

# The Winooski Newsletter

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

SEPTEMBER 2022



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

## Winooski Wellness

By Sean McMannon, Superintendent of Schools

Happy September! As we begin a fresh school year with limited COVID impact, a nearly complete capital project and antiracism work in full swing it is a great time to revisit, restart and rejuvenate one's wellness. We have been through a lot together since March 2020 and our children need us more than ever. As adult leaders, it is our collective and communal responsibility to collaborate so we can continue to help our students reach their true potential. As John Kabat-Zinn said "You can't stop the waves, but you can learn to surf." In order to be our best selves or surf the waves of life skillfully we need to take care of ourselves and each other. I would recommend using the Eight Dimensions of Wellness described

below as a framework to reflect on your individual and family wellness.

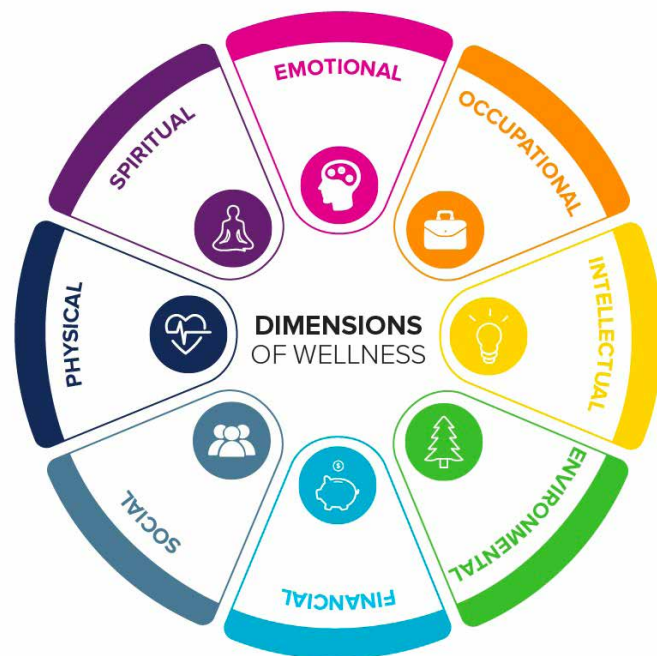
**Physical wellness** relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.

**Emotional wellness** relates to understanding your feelings and coping effectively with stress. It is important to pay attention to self-care, relaxation, stress reduction, and the development of inner resources so you can learn and grow from experiences.

**Social wellness** helps you perform social roles effectively and comfortably, and create a support network. This dimension allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.

**Environmental wellness** inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment.

**Spiritual wellness** allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that



come up in everyday life.

**Intellectual wellness** involves having an open mind when you encounter new ideas and continuing to expand your knowledge. It encourages active participation in scholastic, cultural, and community activities.

**Occupational wellness** is about enjoying your occupational endeavors and appreciating your contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work.

**Financial Wellness** involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety, and fear. (<https://www.lifeofwellness.ca/8-dimensions-of-wellness/>)

WSD has begun to build a culture of wellness over the past decade with

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## School Board Update

By Alex Yin, Board of School Trustees

With a new school year beginning, it seems like a great opportunity to take a moment and reflect on where we have come and where we will go. The past two years have been a journey (and truthfully, I am still trying to figure out what happened to 2021). I think we can all agree, these past two years have been difficult. Yet in reflecting back, I can see how Winooskites' grit, compassion, empathy have helped us persevere, but more importantly prepared us to thrive in the future.

When I was first elected to the school board, I saw a school community of students, teachers, and staff who were eager to learn in spite of their school building. A building that had no insulation, teachers using closet space meant to provide one on one instruction, and buckets to collect water anytime there was a downpour. I was astounded to learn that we were still using the original boiler from the 1950s, hoping we could get another year out of it. If it did break down, we would have to Ebay the parts, hoping another school had decommissioned theirs as the company that manufactured the boiler was long gone. These were problems that could not be solved by going to Lowes and buying Duct tape (which was a suggestion given to me by a Winooski resident). And even with these building conditions, I could see something special in our students.

In my first year on the board, I did some focus groups with middle and high school students. I remember thinking some of these students are smarter than me (and I was the one with all the degrees). They were full of energy and eager to learn, but wanted to take ownership of their education. When Michael Decarreau, the former school board chair, and I used to give school tours prior to the bond vote, I vividly remember two six graders joining us for one. Even though, they were the only participants of this tour, they asked thoughtful questions, because they wanted to hold us accountable. Luckily for Michael and I, we were able to answer their questions and I know they became

our advocates among their peers and parents. They are now in high school, and I'm proud to report they have dreams of becoming Rhodes Scholars, a very prestigious award, on their pathway to becoming doctors (and with a little work, maybe I can convince them to be Deans of a Medical School). Yet, I knew we had a great educational system, because I took every opportunity to watch student presentations. Students never seem to shy away from answering my questions, which do not have simple yes or no answers, but are asked to see if students are thinking critically about their projects (e.g., a recent 8th grade project had students designing sustainable homes – and I would have asked them if they would use the same design for a house in Utah versus one being built in Vermont). One high school student even came to me and asked, "How did you learn to ask such good questions?"

I do not regret starting the the capital project during the pandemic, because I knew we needed to move forward for our students. I know it was not easy for many, and I thank you for your patience. I also ask for your continued patience; but by October we will have renovated, and new spaces that truly meet the educational needs of our students. In full transparency, the capital project did overrun the projected budget and did take longer to complete than expected. Yet, we are projected to borrow 2 million dollars less than the bond vote of \$57.8 million. This is on top of the money we will be saving due to our school district securing financing from the USDA. If we had not started the capital project until now, the costs would have been in the \$90 to \$100 million dollar range.

We didn't just worker harder, but we worked smarter. To me, this is what it means to be fiscally responsible when investing in our future. The Capital Project Committee and Team channeled the grit and determination of our students and community members to ensure we never lost sight of the intended project

goals. There are many people who made this project become a reality, but I need to recognize the following people:

- **Sean McMannon** (Superintendent) and Tom Barden (Project Owner) for their leadership in the oversight of the project. This project was complicated enough but then we added the pandemic to the equation. Some would have run away, but they not only led, but led with integrity. I am forever grateful that they kept our eyes on the prize.
- **Nicole Mace**, Winooski School District Finance Manager for her brilliance in managing the documentation and finances of the project. Without Tom and Nicole, we probably wouldn't have the USDA loan or the ability to use ESSER funds to enhance our HVAC system and other things.
- **Krista Parisi**, Executive Assistant to the Superintendent, who managed the logistics of this capital project, from scheduling meetings to coordinating moves (where plans sometimes changed daily).
- **Cheyne Racine**, Winooski School District Facilities Supervisor, for his leadership in organizing the moves, preparing, and maintaining the building. There are have been some heroic efforts by him and his staff in getting the new/renovated space ready for the students. We probably take the facilities staff for granted – but I want them to know I appreciate them for what they do for the school. I hope the rest of the Winooski community does the same.
- **David Epstein and Cam Featherstonhaugh**, our architects from TruexCullins, and Bert DeLaBruere and Mike Hollister, construction contractors from ReArch, who were consistant problem solvers ensuring that our school district provided us with the building our community deserved. I only wish you found buried treasure to help us lower

## NOTES FROM THE CENTRAL OFFICE

the cost of the project.

- **Michael Decarreau**, who played the bad cop to my good cop perfectly. He ensured that we found the right balance in meeting the needs of our students and the costs to our residents. Our school building will not have a gold-plated toilets seats, but instead spaces that are intentionally designed and built to meet our student needs.
- **Winooski School District Teachers and Staff** – I know that the pandemic was hard, and the capital project did not make your job any easier. I appreciate your patience, and hope that in the next year you benefit from having this renovated/new space.
- Finally, the **residents of Winooski** — this would not have been done without your support. I appreciate your trust in me, and in the school district

administration, to build this space for our community, which will be better for it in the long run.

If you still have doubts as to whether we needed to move forward with the capital project, I encourage you to read the Vermont School Facilities Inventory and Assessment (<https://legislature.vermont.gov/assets/Legislative-Reports/edu-legislative-report-french-act-72-facilities-inventory-20220413.pdf>). In the report, you will learn that Winooski School District has a Facility Condition Index (FCI) of 5% compared to Vermont's education system of 71.4%. A higher FCI means a greater need for replacement or upgrades, which suggest a large percentage of Vermont schools are due for a capital project. As I mentioned during the ground-breaking ceremony, the Winooski School District will be a

guiding light and a beacon of hope for all of Vermont.

I am proud of what we have accomplished, but I must admit – it is time for me to step down as a school board trustee. I will not be running for reelection in March. For those interested in running, please do not hesitate to contact me at [ayin@wsdvt.org](mailto:ayin@wsdvt.org). I will be more than happy to share my experiences so that we can have continued success in the Winooski School District.

Do not worry though, I will find a way to stay connected with the school district. No matter how hard the work was in the past two years, the students have always filled me with hope and optimism to look forward to the future. To ensure that I get the proper number of eye rolls, I want to tell the students this was a “lit” experience.

### SUPERINTENDENT

(continued from page 1)

the goal of increasing our student's readiness to learn. We do this through mindfulness, food security, school-based health & dental services and movement. Also, wellness has been a guiding tenet of our capital project to bring better temperature control, improved air quality, and more natural light. Wellness contributes to the collective power of our community. I have experienced the shared strength of Winooski through the Back to School BBQs, Winooski's Got Talent!, and graduation celebration. And we have supported each other through a disruptive pandemic and capital project. Whether we come together in celebration or hardship it is of infinite importance that we continue to stay connected. I would humbly suggest that if we, as a community, continue to embrace the concept of wellness we could become an even healthier city. Each of us can start by looking within. Please join me in making Winooski a city where every child is safe, healthy and feels like they matter! Thank you for working with WSD to benefit our students!

### Welcome New Director of Communications

Gabrielle (Gabby) Hora joined the Winooski School District in August as the Director of Communications. Gabby has several years of experience working in communications for nonprofit organizations focused on violence prevention, as well as a Bachelor's Degree in Communications from Boise State University.

Her experience ranges from grant writing, to media relations, and social media management. Gabby grew up in northwest Oregon, spent the past six years living in the Boise, Idaho area, and is now looking forward to setting roots in Vermont.

Gabby loves to spend time outdoors hiking, skiing, and camping. She also enjoys curling up in a blanket and diving head first into a good book. Gabby is a self-professed cat person whose camera roll is full of pictures of her kitty, Gouda.

Gabby is excited to be joining the



Winooski School District (WSD) team just in time for the 2022/23 school year. She can't wait to meet all the incredible staff, students, and families in Winooski!

# Antiracism Work Update

By Kayla Loving

During the summer, the Antiracism Steering Committee created a comprehensive budget for their work and the implementation of the demands. It was presented to the school board in August.

The Steering Committee is still recruiting youth, community members, and school staff to join the action groups. If you are interested in forming a truth and reconciliation commission, hiring and retaining faculty of color, implementing an ethnic

studies curriculum, creating civil rights workshops, responding to the equity audit, or setting up a multilingual learner mentorship program, send an email to [wsdarsc@gmail.com](mailto:wsdarsc@gmail.com).

The Antiracism Student Group that was meeting during school hours last year hopes to continue meeting throughout this school year to focus on increasing youth voice at the school.

We hope you'll join us!

## 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.*



### Restorative Justice Summer Workshop

By Kayla Loving



This year's Summer Restorative Justice Workshop was co-facilitated by Mearee Jan (10th grader), Eliza Willis (9th grader), Auishma Pradhan (10th grader), Asher Rich (Spectrum's Restorative Justice Intern), and Kayla Loving (Spectrum's Restorative Justice Coordinator). The youth who are co-facilitating the workshop attended the workshop series last summer. They brought their skills and knowledge to improve the experience for the youth who attended this year. The workshop was every Tuesday throughout the summer.

Each week, there was a different main topic chosen by the participants using a suggestion box. Some of the main topics were the Asian American experience, LGBTQIA+ history and representation, Indigenous history and peacemaking, identity, mass shootings, Roe v. Wade, and anti-racism at the Winooski School District.

We ate lunch together trying Japanese, Vietnamese, Somali, Afghan, Turkish, Jamaican, and Indian food. We always started with a check-in question like "What's your favorite utensil and

why?" or "What would be your theme song for today?" We'd play a game like Zip, Zap, Zop or Question Jenga.

We'd have time to journal about how we respond to conflict, how we think others perceive us, what pride means to us, what the American dream means to us, and many other ideas related to conflict or our main topic. We'd learn something about conflict and/or restorative justice. If necessary, there would



be some learning around the main topic and then a circle to discuss and offer opinions about the topic. We made a talking piece, painted over stereotypes that people have made about us, and created a collage of how we want the world to see us.

The main goal of the workshop was to build community. We wanted to provide a safe space for youth to ask questions, listen to opinions they may disagree with, relate to one another, and imagine the type of world that they'd like to live in and how we can get there.

## ANNOUNCEMENTS



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### Winooski School District Child Find Notice

By Katherine Blair, Director of Support Services

The Winooski School District is required by federal law to locate, identify and evaluate all children with disabilities. The process of locating, identifying, and evaluating children with disabilities is known as Child Find. The Winooski School District conducts a Kindergarten Screening every spring, but parents may call to make an appointment to discuss their concerns at any time. As the school district of residence, we have the responsibility to identify and provide services to any child with special needs who may require special education and related services in order to access and benefit from public education.

If you have, or know of any resident who has, a child with a disability under the age of 21, to include children enrolled in a private school located in Winooski, and those being home-

schooled, we would like to hear from you. Sometimes parents and guardians are unaware that special education services are available to their children.

Please contact me at 802-383-6085 or [kblair@wsdvt.org](mailto:kblair@wsdvt.org)

### Winooski PTO: Join Us!

We hope to be returning to some of our regular events this year, and we would love for you to join us. There are many ways to be involved, and it's a great way to get to know your school and neighbors! For more info, please email [pto@wsdvt.org](mailto:pto@wsdvt.org), and we'd be happy to touch base.

## SCHOOL MATTERS — K TO 12

### JFK Summer School

By Sara Raabe, Principal

This summer JFK ran four weeks of summer programming for incoming K-5 students during the month of July. Each week students attended summer school Monday - Thursday, with Tuesday and Thursday being longer days than Monday and Wednesday.

The structure of summer school this year allowed for more JFK students to access the program, with an average of 58 students attending each week.

Students engaged deeply in literacy instruction grounded in a module from the EL ELA Curriculum. JFK will be implementing this curriculum starting this school year. Literacy learning was enhanced through place-based learning, integrated arts and movement. Students engaged in field studies at Shelburne Farms and on the school campus that was aimed at deepening and extending their learning around the following grade level place-based themes:

- **Kindergarten:** Community (Trees Are Alive)
- **1st Grade:** Change over Time (Sun, Moon, and Stars)
- **2nd Grade:** Cycles (Secret World of Pollination)
- **3rd Grade:** Fairness and Equity (Water Around the World)
- **4th Grade:** Ability to Make a Difference (19th Amendment)
- **5th Grade:** Ability to Make a Difference (Stories of Human Rights)

Overall, summer school was incredibly successful this year with a balance of deep learning and place based exploration.





## From Summer to a Successful School Year!

By Co-Principals Jean Berthiaume and Kate Grodin

As we enter this school year, we want to share that our goal is to ensure that each of you has a very successful school year. We are honored and privileged to be your co-principals again. For all students returning to Winooski Middle & High School, welcome back! For those new to WMHS, we welcome you into a close-knit and prideful family that will take you to the next level in your education.

Here at WMHS we are excited about the significant progress and near completion of the schools' renovation. With the capital project ending and COVID retreating, we will focus on being engaged and timely for learning. We have amazing teachers who provide you with everything you need to grow socially and academically, however, we need your commitment to your education to ensure that you excel. The routines and study habits you put in place this school year will influence your success. We charge each of you to put systems in place at home and in school to guide you as you strive for excellence. Specifically, we will support students with: daily attendance, timeliness to school and all classes, and clear expectations regarding cell phones and devices here at school.

### **Showing up is vital to learning!**

When students are absent, it matters, and there is a reason timeliness is one of our HEART values. By 6th grade chronic absence (missing 18 days per year) is one of the biggest indicators that a student will not finish high school. When students improve their attendance rates, they improve their academic prospects and chances for graduating. This is true for students in preschool through senior year! It also starts right away. Half the students who miss 2-4 days in September will go on to miss nearly a month of school!

### **Being engaged in the classroom matters!**

At WHS we acknowledge that cellphones are a part of students' lives. We also know it is our responsibility to model healthy choices around technology and help students build skills to make informed technology-based decisions. We have prepared the procedures below in an effort to:

- Establish the classroom as a place where students engage solely in learning pursuits.
- Create a classroom environment dedicated to mutual respect and courtesy in line with HEART.
- Decrease school-wide "drama" associated with cell phone use during the school day.

Cell phones and personal electronics are a privilege in WHS. The school is not responsible for lost or stolen personal devices.

## Burlington/Winooski Middle School Summer Program

By Suzanne Skaflestad, 21C Director

Thirty students from Winooski Middle School engaged in five weeks of summer programming Monday-Friday from 8am-4pm at Hunt Middle School.

The Burlington Winooski MS Summer Program helps students re-connect, re-engage

and recover through participation in high quality academic and enrichment programs. These programs provide students with enriching academics that maintain or accelerate learning gains, provide social-emotional support, socialization, fun, and safe ways for youth to be active and engaged.

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

Students learn about how to be a good friend, to look out for each other, and how to stand up for themselves and their needs through social summer experiences.

This summer we had multiple students who took the initiative via email or text to express their interest in this summer program and were able to access the program once they were enrolled. Our students learned valuable lessons in communication and persistence, which are two of the WSD's graduate expectations. And they are also practicing essential life skills as they advocate for new experiences, and take responsibility for their participation. Way to go Winooski students!

Here is what the students liked about the program:

"We had a big soccer game and it was really nice. And, we won!" (Samuel and Pierre, 7th and 8th graders)

"I went blueberry picking, visited ECHO in Burlington and did a lot of fun stuff." (Maline, 6th grader)

"I enjoyed Dungeons and Dragons." (Shagan, 7th grader)

"Sports – especially volleyball" (Mumina, 9th grader, Jessie and Mahamed, 8th graders)

"Hiking in Outdoor -Adventures" (Richard, 6th grader)

We would like to give a special shout out to bus driver, Tim who has driven Winooski students for the past six summers. We are fortunate to have such a caring, reliable bus driver who cares about the students and their safety. When he was asked what his favorite memory of summer was, he said, "All of it....driving different places!"



## Health Guidelines for Returning to School

As we prepare for the beginning of the school year, the Winooski School District (WSD) is hard at work implementing guidelines released by the Vermont Agency of Education and the Department of Health to keep our students and staff members healthy and safe. These guidelines came in a recent memo titled “COVID-19 School Sickness Policy Considerations and Testing in Fall 2022” and in summary include the following:

- The decision to test or return to class should be made by the school nurse based on their clinical decision making.
- If a student or staff member is not well enough to learn or participate, regardless of whether they are tested for COVID-19, they should be sent home from school.

- Students and staff members with confirmed COVID-19, should follow the Vermont Department of Health isolation guidance.
- The decision to wear a mask in school settings is up to the individual staff member or student and their families.
- Staying up to date on all vaccinations will continue to be recommended to students and staff members.

For more information about how these guidelines will affect you and your family please reach out directly to the Health Office at 802-383-6094. Read the Health Department’s full memo at <https://bit.ly/covidfall22>

## Dental News

By Tracy Towers, RDH

### New Dental Suite

We are so excited about the opening of our Dental Room this school year. We will be able to provide some dental services ON SITE. Services will include Dental Screening, Fluoride Varnish, SDF Fluoride (see below) and eventually Dental “cleanings” and Sealants.

### Dental Program Paperwork:

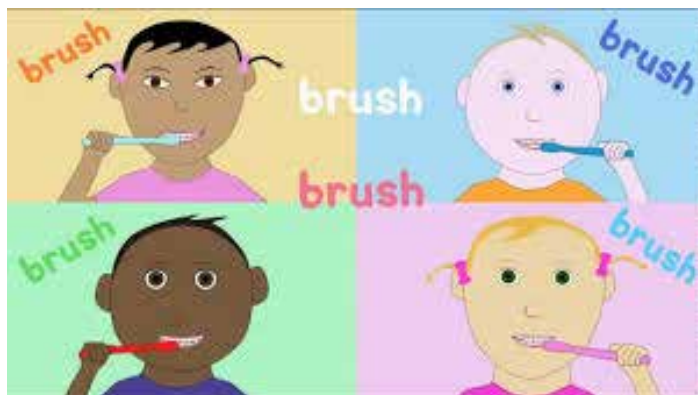
ANY student who participates in our School-linked Dental Program with Vermont Dental Care will have to update their dental forms for the upcoming 22/23 school year.

The liaisons are working very hard to get this accomplished! Be on the lookout for dental forms in backpacks to be filled out. Please return them to school with your child. Students with outdated forms may be delayed in receiving dental care IF their forms are not up to date

### What is SDF? Silver Diamine Fluoride

SDF is a liquid that dentists use to help prevent cavities from growing and spreading; it is a popular method of treating children’s cavities because:

- It doesn’t require the dentist to actually remove cavities.
- It’s easy to apply
- Effective and efficient. A study has shown that it can stop around 80% of cavities and can be applied in less than a minute.
- Safe. Many studies and trials have shown that there are no serious side effects other than staining.
- Quick and painless. Unlike traditional treatments such as filling a cavity, SDF is quick and painless. As such, it may be a great choice for children, particularly very young children with situational anxiety.




In general, SDF only has the following side effects:

- Irreversible dark stains in the areas where it’s applied, particularly on cavities.
- Gums and other parts of the mouth can get stained as well, although these stains will eventually go away, unlike the stains on your teeth.
- SDF can also temporarily stain skin and clothes that come in contact with the solution.


If you have any questions please contact me, Tracy Towers RDH, [ttowers@wsdvt.org](mailto:ttowers@wsdvt.org)

# WINOOSKI SCHOOL MENUS



## Winooski Elementary School Breakfast

### September 2022



V =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>5</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">HAPPY LABOR DAY</p>	<p>6 <b>Homemade Breakfast Round Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 <b>Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 <b>Homemade Cinnamon Roll Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>12 <b>Asst. WG Cereal Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>13 <b>Homemade Breakfast Round Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 <b>Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 <b>Homemade Cinnamon Roll Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
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**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.


Fresh, Dried Or Canned Fruit


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

**TITAN** Simply manage your student's account

Visit our Family Portal


Click Image Below for employment opportunities






## Winooski Elementary School Lunch

### September 2022



V =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>September is National Fresh Fruits &amp; Veggies Month</p> 		<p style="font-size: 1.5em; font-weight: bold; background-color: #0070c0; color: white; padding: 5px; display: inline-block;">BACK TO SCHOOL!</p>		
<p>5</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">HAPPY LABOR DAY</p>	<p>6 <b>Taco Bar w/ Hard or Soft Shell</b> Garden Salsa Seasoned Black Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 <b>Cheese Pizza Veggie Pizza</b> Fresh Broccoli Salad Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 <b>Spaghetti w/ Meat Sauce</b> Steamed Corn Fresh Celery Sticks Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 <b>Fluffy Pancakes</b> Real Maple Syrup Sweet &amp; White Homefries Fresh Turkey Sausage Patty's Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>12 <b>Dress Your Own Hot Dog</b> Roasted Sweet Potato Wedges Vegetarian Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>13 <b>Tater Tot Nachos</b> Steamed Corn Cherry Tomato &amp; Corn Salad Spanish Rice Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 <b>Cheese Pizza Veggie Pizza</b> Seasoned Green Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 <b>Alaska Pollock Fish Sticks</b> Oven Baked Crinkle Cut French Fries Fresh Creamy Coleslaw Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 <b>Grilled Cheese Sandwich</b> Creamy Tomato Soup Sprinkled w/ Cheddar Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>19 <b>Meatball Sub (Beef &amp; Chicken Meatballs)</b> Maple Baked Beans Garden Pasta Salad Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>20 <b>General Tso Chicken</b> Steamed Broccoli Steamed Carrots Rice Pilaf Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>21 <b>Cheesy Breadsticks</b> Marinara Sauce Caesar Salad Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p style="text-align: center; color: red; font-weight: bold;">Birthday Party Sandwich</p> <p>22 <b>Chicken Party Sandwich w/Lettuce &amp; Tomato</b> Fresh Corn on the Cob Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>23 <b>Deli Bar</b> Garden Pasta Salad Veggie Sticks Baked Scoops Corn Chips Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>26 <b>Oven Baked Chicken Nuggets</b> Roasted Potato Wedges Tossed Garden Salad Homemade Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>27 <b>Chicken &amp; Cheese Fajita</b> Garden Salsa Mexicali Corn Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>28 <b>Cheese Pizza</b> Kale Apple Salad Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p style="text-align: center; color: red; font-weight: bold;">Harvest Festival</p> <p style="font-size: 0.8em; color: red;">Fresh Corn on the Cob &amp; Apples</p> <p>29 <b>Marinated Chicken Breast</b> Caesar Salad Maple Glazed Carrots Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>30 <b>French Toast Sticks</b> Real Maple Syrup Sausage Links Sweet &amp; White Homefries Fresh Green Pepper Strips Assorted Fresh, Dried or Canned Fruit Milk Variety</p>

**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

Fruit & Yogurt Parfait w/Granola


Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below:

**TITAN** Simply manage your student's account

Visit our Family Portal

Harvest of the Month: Sweet Peppers



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





## Letter from the Mayor

By Kristine Lott

Hi neighbors, I am pleased to share that last month Winooski City Council approved amendments to our Unified Land Use and Development Regulations that incentivize developers to create affordable housing and homes for larger families, which as you know, is a highly identified need in Winooski. Land use regulations are the primary area of local control regarding our housing landscape, and thanks to the months of work completed by our Planning Commission (and lots of helpful public input!), we were able to accomplish this important change. Also on the topic of housing, the City Council is considering additional citywide policies. We want to listen to residents, tenants, landlords, and housing providers to understand what the high-priority housing concerns are. We could consider asking the State Legislature for access to policies preventing no-cause evictions or other items that focus on rent, security deposits, and related issues. I encourage you to attend our City Council, Planning Commission, and Housing Commission meetings or to reach out directly to share your thoughts.



Recently, we shared some big news about a federal grant award that will help us finance the replacement of the Winooski-Burlington bridge. This effort was supported by the Chittenden County Regional Planning Commission, which helped complete a scoping study a few years ago to design potential multimodal alternatives for bikes and pedestrians. You can find the scoping study report at [ccrpcvt.org/our-communities/winooski/](http://ccrpcvt.org/our-communities/winooski/). Speaking of transportation, we're also working on a Traffic Calming Manual and Policy. The goal of this project will allow residents to report safety concerns on their streets. Objective criteria would

allow for physical safety improvement changes. To view the current iteration of the manual, please visit [winooskivt.gov](http://winooskivt.gov).

Speaking of policy, the Winooski Police Department presented a 3-year update to our Community Policing Strategic Plan. The update includes an explicit focus on building relationships with youth and new American community members, crime reduction through working with chronic offenders and developing and mentoring our personnel. We've seen significant improvements in recruitment and are looking at increasing community engagement opportunities. You can view the full plan at [winooskivt.gov/police](http://winooskivt.gov/police) and see opportunities for residents to engage in our shared community safety efforts.

As we wrap up an eventful summer full of amazing events, I'm excited to share that with the support of Downtown Winooski, the City of Winooski will host its first Winooski Pride event in Rotary Park on September 17. Residents and visitors can also expect to enjoy another amazing Halloween in Winooski event at the end of October!

Moving into the Fall is when the Council and city staff begin discussing the city budget. We've been listening to residents all summer about COVID-19 impacts, which will help us consider how to allocate ~ \$2million in federal relief funds. Speaking of budgets, about 20 years ago, voters supported a Tax Increment Finance District (TIF) for the redevelopment of our downtown. We took on significant debt and invested in infrastructure to support that development to create growth in our city that ultimately creates revenue that could mitigate tax increases. That debt should be paid off next year, which will mean instead of paying off the debt with the new revenue created by the downtown development, we'll start receiving that revenue in our General Fund, so we can use it to support city services. This is a big increase in money available and we need to hear from community members about how they want us to prioritize new funds. Please reach out to any member of the City Council with your thoughts and concerns.

As always, feel free to reach out any time. ([klott@winooskivt.gov](mailto:klott@winooskivt.gov) / 802 766 1988)



## From Your Local Representatives

By Representative Taylor Small

During this last legislative session, Vermont became the first state in the nation to modernize our Temporary Aid for Needy Families (TANF) program, Reach Up, by eliminating arbitrary and racist work requirements that have failed to help families achieve long-term economic stability.

This was one of the primary bills that I supported this past session, which used an evidence-based framework supported by the American Public Human Services Association. With the Governor's signature, Act 133 (previously H.464) recognizes the agency and humanity of participating families, allowing them to work collaboratively with their case managers to enhance their economic mobility by pursuing training or education, by removing barriers to employment like untreated health issues, or by finding a job that recognizes their strengths, goals, and needs.

Throughout the 2022 legislative session, I worked with my fellow legislators, partner organizations, and Reach Up participants to make sure that we were doing right by some of Vermont's most vulnerable families. In addition to eliminating work requirements in favor of a trauma-informed strength-based collaborative approach to building economic stability, the new law also allows families to continue to receive support for children who are in school through age 21, reduces the benefits cliff by increasing earned income disregards, allows more child support to be retained

by families, and eliminates the use of a medical review team that re-reviewed determinations by participants' own healthcare providers.

What we learned through testimony is that many families that turn to Reach Up are fleeing domestic violence, have lived in extreme poverty, or have experienced significant adversity as a child. Since TANF was created 25 years ago on the federal level, we've learned that we need to create policies that do not re-traumatize families by setting unrealistic expectations, ignore families' individual circumstances, and take an overly punitive approach when parents cannot meet impossible goals.

Though this act does not take full effect until 2024, our work this past session is part of a much needed update to our Reach Up statute in order to better support both participating families and their case workers. By simplifying participant expectations and removing archaic work requirements, we are empowering Vermont's families to pursue self-determined goals that will actually meet their needs and the needs of their children. There is more work to be done to eradicate generational poverty and strengthen Vermont's social safety net, but this was an important and necessary step in the right direction.

As we prepare for the next legislative session, I am committed to examining how our state's benefits programs are, or are not supporting participating Vermonters. This means better allocating our resources to meet people's actual needs rather than assuming that we already know best.



### 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](http://winooski.vt.gov/about).

### Economic Vitality

The U.S. Department of Transportation (USDOT) has awarded Vermont three Rebuilding American Infrastructure With Sustainability And Equity (RAISE) grants totaling \$34,624,624 for Fiscal Year 2022. The grants will support three projects in Vermont: replacing the Winooski River Bridge; construction of the Federal Street Multi-Modal Connector in St. Albans; and a planning grant to improve public transit in Northwestern Vermont. In a press release provided by Senator Patrick Leahy, Vermont Secretary of Transportation Joe Flynn said: “The Vermont Agency of Transportation is excited to receive this RAISE grant for the replacement of the Winooski River Bridge between Winooski and Burlington. This grant will help to upgrade this critical connection, between two major cities, and provide much-needed multi-modal transportation infrastructure. We are grateful for our congressional delegation's support of this project.” Winooski City Manager Elaine Wang said: “Winooski is thrilled to have this opportunity to improve the safety of this very important structure for our region.” To view this press release, visit [leahy.senate.gov/press](http://leahy.senate.gov/press).

### Municipal Infrastructure

Over the past few months, the Municipal Infrastructure Commission reviewed City Council's latest Priorities and Strategies document, which is used to guide the work of the Council and staff. Additionally, the Commission has been focused on the Vermont Agency of Transportation East Allen roadwork project, the Americans with Disabilities Act transition plan by the Chittenden County Regional Planning Commission, and enhanced support for Winooski renters, landlords, businesses, and nonprofits from Efficiency Vermont.

To read Councilor Bryn Oakleaf's latest Municipal Infrastructure Commission Liaison update, please visit [winooski.vt.gov](http://winooski.vt.gov).

### Housing

The Housing Commission met in June and July to discuss City Council's priorities for housing, the previous year's work plan, and the findings of the City's equity audit. The Commission also discussed the addition of priorities around supporting education for and connections between landlords, renters, and property managers to improve the housing in Winooski. In addition, the Winooski Housing Commission has been focused on the Housing Trust Fund, which has been in the works since 2016.

The Fund has three housing improvement programs that can help developers and individual property owners create affordable housing, and individual homebuyers with down payments.

To learn more about this program, please visit [winooski.vt.gov/housing](http://winooski.vt.gov/housing). To view Deputy Mayor Jim Duncan's latest Housing Commission Liaison Update, please visit [winooski.vt.gov](http://winooski.vt.gov).

### Safe, Healthy, Connected People

The Winooski Police Department (WPD) has recently completed their 2023 – 2025 Community Policing Strategic Plan. To learn more about WPD's current priorities, challenges, and achievements – please visit [winooski.vt.gov/police](http://winooski.vt.gov/police) to view the plan.

One area of the Plan noted for improvement is community engagement. Since the start of the COVID-19 pandemic, connecting in-person with residents has been challenging. With the high vaccination levels and return to a more normal way of life, the Winooski Police Department held a few special events in August – including their Coffee with a Cop program, the Senior Appreciation BBQ at the Winooski Senior Center, and a block party on West Spring Street.



## COVID-19 Information

Reminder: the Vermont Department of Health (VDH) has discontinued COVID-19 testing at the O'Brien Community Center. VDH currently recommends getting at-home tests from your local pharmacy or healthcare provider. For a limited time, take-home COVID-19 tests can be acquired at the following locations while supplies last:

### Winooski Memorial Library (33 Malletts Bay Ave)

- Tues.-Fri., 10am-6pm
- Sat., 10am-2pm

### Winooski Senior Center (123 Barlow Street)

- Tues., Wed., Thurs., 9:00am-12pm

### Winooski City Hall (27 West Allen Street)

- City Clerk's Office:  
Mon.-Fri., 7:30am-4:30pm
- Winooski Police Department: 24/7

COVID-19 vaccines are available for everyone ages 6 months and older – for info, please visit [healthvermont.gov/myvaccine](https://healthvermont.gov/myvaccine).

The Vermont Health Equity Initiative is partnering with the Vermont Department of Health to offer a limited series of Under 5 COVID-19 vaccine clinics!

To see the current schedule, please visit [vermontthehealthequity.org](https://vermontthehealthequity.org).



## Reminders from the City Clerk's Office

The Champlain Water District is hosting a special bond vote election on Tuesday, September 13, 2022. Winooski residents can vote at the polling location: 403 Queen City Park Road, South Burlington Vermont from 7am to 7pm. The total bond vote amount is \$8,700,000, which accounts for two projects: Filter Water Tank II (aka South Filter Water Tank Replacement) and the Raw Water Parallel Transmission Main project. There will be no CWD rate increase as a result of these two projects. For full details on this bond vote please visit [champlainwater.org](https://champlainwater.org). To request an absentee ballot, call or email 802 655 6410 / [clerk@winooskivt.gov](mailto:clerk@winooskivt.gov).

- **General Election** - November 8, 2022
- **Polling:** 7am – 7pm at the Winooski Senior Center (123 Barlow St)

For full details on this election, please visit [winooskivt.gov/vote](https://winooskivt.gov/vote). Ballots will be mailed to all active registered voters during the last week in September.

Please note: the Champlain Solid Waste District will have a special bond vote item on the ballot for Winooski residents to vote on. To learn more about this bond vote, please visit [cswd.net](https://cswd.net).



## Citywide Reappraisal

The City of Winooski was ordered by the State of Vermont to complete a citywide reappraisal. State law requires

Vermont municipalities to reappraise all forms of property when the Common Level of Appraisal (CLA) falls below 85% or rises above 115%. The purpose of the citywide reappraisal is to ensure that every property taxpayer is paying their fair share of (but not more than) property taxes.

The city-wide reappraisal will be completed in phases during a two-year process. On June 15th, the City of Winooski began to send out letters (street by street) to property owners requesting information or inspection. On July 1, the City's contracted appraiser began field work which includes a market study that establishes preliminary valuation tables and schedules for the reappraisal. If you are a property owner, please keep an eye out for one of these letters as we make our way through each address

The new values are set to begin on April 1st, 2024 for the 2024-25 budget and tax year.

To view the full details and FAQs on this process, please visit [winooskivt.gov/reappraisal](https://winooskivt.gov/reappraisal).



## Centennial Merch

There's still time to get a shirt, hoodie, or hat to celebrate Winooski's 100th municipal birthday!

Reserve yours at [legacy.winooskivt.gov/merch](https://legacy.winooskivt.gov/merch) – payments can be made at Winooski City Hall (27 W. Allen St.) by credit card, cash, or check.

## Community Services Updates

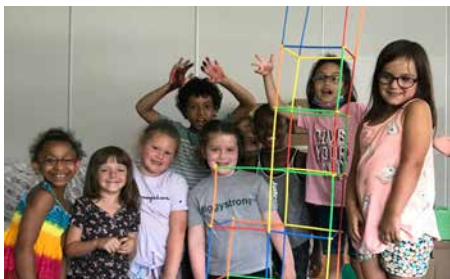


### Recreation and Parks

[winooskivt.gov/rec](http://winooskivt.gov/rec)

  @winooskirec

The Winooski Recreation and Parks team would like to thank our residents and visitors for an amazing 2nd year at the newly renovated Myers Memorial Pool! Keep an eye out for our fall program announcements - visit [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms) for details.



### Thrive After School

[winooskivt.gov/thrive](http://winooskivt.gov/thrive)

 @thrivewinooski

Our state-licensed, 3 STAR childcare/enrichment program runs from 3 - 5:30p, 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.

To learn more and sign up, please visit [winooskivt.gov/thrive](http://winooskivt.gov/thrive).



### Winooski Memorial Library

[winooskivt.gov/library](http://winooskivt.gov/library)

  @winooskilibrary

#### 1:1 Tech Assistance

The Winooski Memorial Library is excited to announce our partnership with USCRI Vermont to offer tech assistance to community residents! 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.

- Saturdays, 11:30am-1:30pm
- Free to join, open to adults 18+

#### 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 [winooskivt.gov/library](http://winooskivt.gov/library) or stop by the library for questions about access and/or additional information.

#### Community Restorative Justice Circle

Join us on the third Wednesday 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.

- Wednesday, September 21st from 6-7pm.
- Free to join, open to all.

“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 prevent future harm” (Amplify RJ).

#### 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, September 17th, 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.*

#### 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
- Free to join, open to adults 18+

#### Free Veggie Distribution

We've partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next

## WINOOSKI MUNICIPAL UPDATES

meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by and say hello all summer!

- July 13th-November 9th
- Wednesdays from 4-6pm, at the O'Brien Community Center (Parking Lot)
- Please bring your own reusable grocery bags.
- Seasonal item availability on a first-served basis

### LEGO Club

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!

- Thursdays, 3:30-4:30pm

### Library Card Sign-up Month

Since 1987, Library Card Sign-up Month has been held each September to mark the beginning of the school year. During the month, the American Library Association and libraries unite in a national effort to ensure every child signs-up for their own library card. And it's not just for kids - adults are welcome to sign-up for a library card, as well! Stop by throughout the month (and beyond) to sign-up or renew your existing Winooski Memorial Library card!

### 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 Chromebooks, 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

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!

- Tuesdays, 10 – 11am.

For more information, please reach out to Kirsten Wilson at [kwilson@winooski.vt.gov](mailto:kwilson@winooski.vt.gov); 802 655 6424

### Morning Coffee Social

Join us on the back lawn at the Winooski Memorial Library on the first and third Friday of each month for our morning coffee social! Meet up with friends and neighbors, new faces and old, for some casual conversation while enjoying a locally roasted brew.

- Friday September 2nd & September 16th, 9:30-10:30am
- On the back lawn of the Winooski Memorial Library - weather permitting

### 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 10am 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](mailto:neddy@winooski.vt.gov) / 802 655 6424



### Winooski Senior Center

[winooski.vt.gov/seniorcenter](http://winooski.vt.gov/seniorcenter)

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays, Wednesdays & Thursdays from 9am-12pm. Join us for events and programs! Stay connected with us: call: 802 655 6425, voice mail 24/7. Email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov)

NOTE: We are closed for Senior Programs on Monday 9/5 & 9/6, and for the week of 9/13-15

#### TUESDAYS

##### Breakfast Café

Everyone is welcome to join us on Tuesdays and Thursdays from 9 – 11am as we gather and converse with community members. Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and beverages - Priced by donation. NOTE: No Cafe on 9/6 & 9/13.

#### WEDNESDAYS

##### 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 10am – 12pm at the Senior Center. Reservations must be made by 12pm the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov) for the weekly menu and to register for this program. FREE!

# WINOOSKI MUNICIPAL UPDATES

## THURSDAYS

### Breakfast Café

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 beverages – Priced by donation.

- NOTE: No Cafe on 9/15 & 9/29.

## SPECIAL PROGRAMS



### Full Moon Garden Party - Friday, September 9, 6–8pm

Join us outside for an Evening in the Community Gardens! Join us for grilled goodies, beverages and moon pies! Great music and tons of fun! FREE! Please call us to RSVP by 9/7.

### CSWD Presentation - Thursday, September 22, 5:30-7:30pm

The Chittenden Solid Waste District is proposing to build a new, more efficient and effective Materials Recovery Facility (MRF) that will provide extensive environmental benefits and affordable, in-state processing for Vermonters' recycling for decades to come. Come to this presentation to learn more about the proposed bond that will be on the November General Election ballot.

### Senior Harvest Luncheon - Thursday, September 29 at 12pm

Join us for our annual Harvest Luncheon. This is an eat-in event. Sorry, no take out. Doors open at 11:30am. Meal served at 12am. \$5.00 pre-pay. You must have a reservation to attend. Please call us to RSVP by 9/26.

### Bone Builders - Mondays and Wednesdays from 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. FREE!

- NOTE: No program 9/5.



## MEALS on WHEELS AMERICA

### 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.



### Pickleball

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 [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms).

- Thursdays, through September 29th, 6–7pm.



### 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 (Tues/Wed/Thurs 9am–12pm) and meet Tom and see what he's building using downed trees from our city's parks.

### Summer fun at the Senior Center



## September Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

### **Come out to support the Winooski Farmers Market!**

The Winooski Farmers Market is hosted on Winooski Falls Way (in front of the Champlain Mill) every Sunday through October 16 from 10am - 2pm. Free parking is available on the street and in the parking garage across from the market.



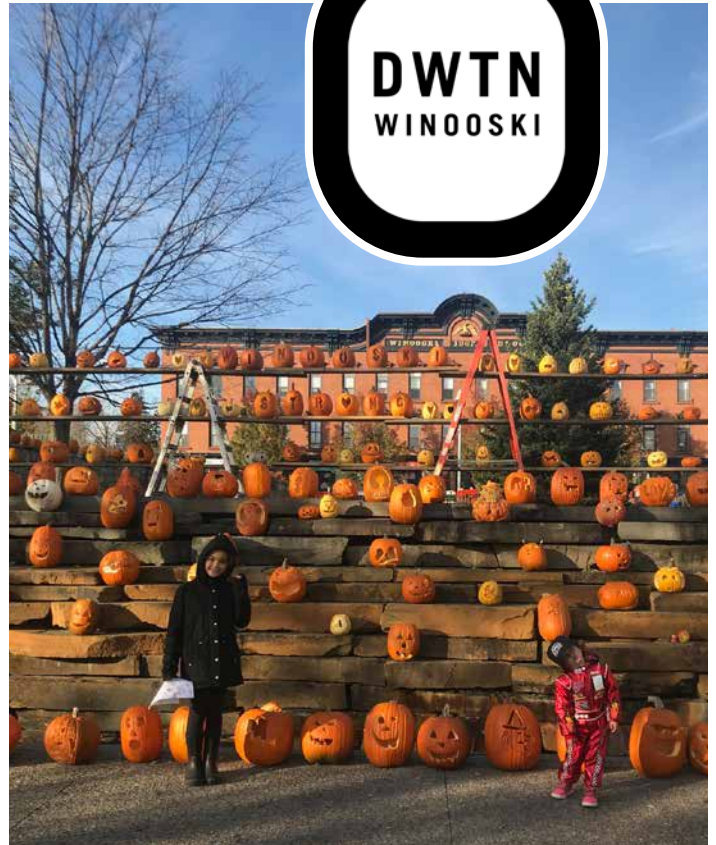
Every week you'll find fresh local produce, unique foods, locally made items, live music and that just-can't-put-your-finger-on-it sense of community.

The Winooski Farmers Market welcomes EBT/3 Squares Vermont customers and will match up to \$10 in Crop Cash, thanks to NOFA-VT. That's free \$ to spend on fresh food at the market!

Thank you to our sponsors and partners on this beloved event, including Opportunities Credit Union and City Lights.

### **Winooski Pride Event on September 17!**

To honor and celebrate our LGBTQIA+ residents and allies, Downtown Winooski is collaborating with local leaders to host a Winooski Pride event with music and fun on September 17 from 5-8pm in Rotary Park. If you'd like to get involved, please email [meredith@downtownwinooski.org](mailto:meredith@downtownwinooski.org).



### **Do you like Halloween in Winooski? We need your help making it happen!**

If you enjoy this tradition in Winooski, please consider helping out! We're looking for help planning, promoting, fundraising, as well as helping us pick, carve and display pumpkins! It takes a lot of people coming together to make this happen, thanks for getting involved! Email [meredith@downtownwinooski.org](mailto:meredith@downtownwinooski.org) if you're interested in volunteering.



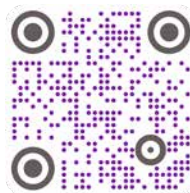
### Winooski Partnership for Prevention

#### Fall Updates 2022

According to surveys conducted in Vermont by the Vermont Department of Health, youth and young adults most often obtain their first drink/drug from their own homes. We all want the youth in our community to be able to grow up healthy, and we'd like to share some tips that will help us change this:

- Lock and/or securely store any alcohol or drugs that may be in your home
- Keep any alcohol/drugs out of sight and reach of youth and young adults
- Set clear expectations for the young/young adult person you care for.

Use this QR code to watch a video from the Talk, They Hear You campaign that can help you "see" what it looks like to have this type of conversation.



#### Save the Date! Dinners are back!

Our next take-home community dinner will take place on Wednesday, September 28 and feature food from Northern Spain. Sign up for our newsletter on our website <https://www.winooskiprevention.org/> to get the first chance to sign up to try this food, FREE, support a local entrepreneur, and get free resources, too.

**September 29** at 6:30pm the WPP will co-host with CCV and Vermont Public a screening & Q&A of Bess O'Brien's latest film project, Listen Up, "an ambitious original musical based on eight months of interviews, workshops, conversations and listening sessions with more than 800 teens across Vermont." Learn more about the film at <https://www.listenupvt.org/about>.

#### We're hiring!

Check out our website for our open positions, and or get in touch with us to find out more.

#### Tourtiere Recipe Winners, 2022

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

On French Heritage Day, we celebrated Tourtiere with a contest - declaring the following winners:

1. Evelyn Martin
2. Michelle Spence
3. Jacqueline Jones
4. Christine Frenette

Thanks to everyone for coming out and making the event so lively and fun!--

**MEET the Candidates**

**The General Election is on November 8th**

Watch our LIVE Election Forums to get to know the candidates and issues before you cast your vote!

Visit our website for dates & details on how to participate.

ON COMCAST 1087, BT 217/317, YOUTUBE & CH17.TV





## Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

<b>Saturday, September 10th</b>	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
<b>Wednesday, September 14th</b>	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
<b>Saturday, September 24th</b>	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
<b>Wednesday, September 28th</b>	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers

**VOLUNTEERS NEEDED!!** We continue to see around 200 households each month – that is about 800 people. Most of our neighbors needing some extra help are young families with children. We have around 200 babies in need of diapers each month. Volunteers help pack bags of food, repack bulk potatoes and other veggies, go and pick up donated diapers and food, set up tables for food shelves and serve clients.

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

**Where to find us:** The 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](http://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. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

**Food Shelf Volunteers Needed:** If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: [winooskifoodshelf@gmail.com](mailto:winooskifoodshelf@gmail.com). We especially need help serving clients on Wednesdays.

## September is Suicide Prevention Month

*A collaboration of publications produced by members of the Vermont Care Partners*

How do you know if someone is considering suicide? There are situations when this may be obvious, for instance if a person openly talks about suicide or wanting to die. Yet, there are many other signs and symptoms that can provide subtle clues. For people who are struggling with thoughts of suicide, having people in their life educated on these signs and symptoms could make an important difference. It could even be what helps the person through a situation to seek help and heal. By knowing what to look for, you can then reach out to them - a friend, a loved one, or even someone you don't know as well.

One symptom that is often mistaken for a positive change is when someone who has been very sad or withdrawn or angry suddenly is back to their 'old self' or very upbeat. While this can be relieving, it can indicate the person has come to terms with their choice about suicide which lessens the tension associated with making this choice. This shows the importance of recognizing the signs/symptoms that indicate someone is struggling with suicidal thoughts, and then reaching out to help them despite the potential awkwardness or fear surrounding this difficult subject.

There are many avenues for help in Vermont and still suicide takes too many lives each year. When there are signs

that someone may be struggling or experiencing mental health symptoms,

connecting with a mental health professional such as a therapist or a primary care physician can provide help and support. Friends, colleagues, or family members can also provide a supportive connection. As a community it's important to reach out if we notice signs that someone is struggling.

Here are some of the options that can offer treatment and intervention—day or night:

- **Howard Center First Call for Chittenden County:** 802-488-7777 (Local)
- **Suicide Prevention Lifeline:** 988 (National)
- **Crisis Text Line:** 741741 (National)

If someone is in immediate danger, call 9-1-1 or bring them to the Emergency Department.

We also offer a free information and resource guide, *Suicide Prevention Across the Lifespan*.

For more information, please contact [pdetzer@howardcenter.org](mailto:pdetzer@howardcenter.org) or go to [howardcenter.org/educational-resources/suicide-prevention](http://howardcenter.org/educational-resources/suicide-prevention)





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**IMPORTANT NUMBERS IN WINOOSKI**

**WINOOSKI SCHOOL DISTRICT**  
**[www.wsdvt.org](http://www.wsdvt.org)**

**Superintendent of Schools**  
 Sean McMannon, [smcmannon@wsdvt.org](mailto:smcmannon@wsdvt.org)  
 802-383-6000

**John F. Kennedy Elementary School**  
 Principal: Sara Raabe  
 802-655-0411  
[sraabe@wsdvt.org](mailto:sraabe@wsdvt.org)

**Winooski Middle and High School**  
 Co-Principals: Kate Grodin and Jean Berthiaume  
 802-655-3530  
[kgrodin@wsdvt.org](mailto:kgrodin@wsdvt.org)  
[jberthiaume@wsdvt.org](mailto:jberthiaume@wsdvt.org)

**Board of School Trustees**  
 Allison Burlock, 802-349-7018, [aburlock@wsdvt.org](mailto:aburlock@wsdvt.org)  
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**CITY OF WINOOSKI**  
**[www.winooskivt.gov](http://www.winooskivt.gov), 802-655-6410**

**Mayor**  
 Kristine Lott, 802-766-1988, [klott@winooskivt.gov](mailto:klott@winooskivt.gov)

**City Manager**  
 Elaine Wang, 802-655-6410, [ewang@winooskivt.gov](mailto:ewang@winooskivt.gov)

**City Councilors**  
 James Duncan, *Deputy Mayor*, 802-310-7103, [jduncan@winooskivt.gov](mailto:jduncan@winooskivt.gov)  
 Aurora Hurd, 802-734-7082, [ahurd@winooskivt.gov](mailto:ahurd@winooskivt.gov)  
 Bryn Oakleaf, 802-448-2966, [boakleaf@winooskivt.gov](mailto:boakleaf@winooskivt.gov)  
 Thomas Renner, 802-922-3265, [trenner@winooskivt.gov](mailto:trenner@winooskivt.gov)

**City Clerk**  
 Jenny Willingham, 802-655-6410, [jwillingham@winooskivt.gov](mailto: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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