

The Winooski Newsletter

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

NOVEMBER 2022



WINOOSKI SCHOOLS
We are the future.



USDA Loan Signing

By Gabby Hora, Director of Communications

Wednesday, October 12th, 2022 was a monumental day for the Winooski School District and all Winooski residents. During the school board's regular meeting, held at 6:30 p.m. in the Winooski school cafeteria, members of the Board of School Trustees, as well as the District Clerk and District Treasurer convened to officially sign and close on the loan that will fund the Winooski capital project.

In 2019, when the Winooski School District Board of Trustees presented the capital project bond vote to Winooski voters, they estimated needing to borrow \$57.8m at an interest rate of 3.63%. The total cost of this 30-year loan would have been \$91,116,447.

On October 12th, the Winooski School District Board of Trustees closed on a \$55m loan with the USDA at a historically low interest rate of 2.25%. The total cost of this 30-year loan is \$74,181,234.



As a result, the Winooski capital project is estimated to cost taxpayers \$16.9 million *less* than projected in 2019.

Borrowing less than the authorized amount was made possible thanks to efforts from our Congressional delegation to secure federal funds for our School Based Health Clinic, federal COVID funds that were used to cover the costs of HVAC materials, and use of fund balance that had been strategically accumulated by the board over the past two years.

Board of School Trustees member, Alex Yin, was quoted saying "I don't think we were lucky, because I think there was bold leadership... to push us to do this." Yin who has been heavily involved with the project since its inception, brought a cake to honor the closing of a chapter.

This incredible achievement was celebrated by audience members both virtual and in-person, including Winooski Mayor Kristine Lott who came to show her support.

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2022 General Election Information

The General Election is on **November 8th! Vote at the Senior Center (123 Barlow Street) from 7am to 7pm.** Please note: the ballot will include the Chittenden Solid

Waste District (CSWD) \$22 million bond item for a new Materials Recovery Facility. Not yet registered? Please visit olvr.vermont.gov to get started.

*** DO YOUR PART ***

VOTE!

NOVEMBER 8, 2022



School Board Update

By Steven Berbeco, Board of School Trustees

The month of November is a time for giving thanks for many of us in this school community. There is certainly a lot to be thankful for, even so early in the school year!

Our school staff members have weathered the pandemic, with all of its interruptions and disruptions and many other challenges. Now, with a feeling that much of that is behind us, they have welcomed our students back with the warmth that has come to be known and trusted. I see this every morning when I drop off my kids for school, from when we first step into the building. I'm grateful for our teachers, paraprofessionals, and student support staff; our administrative team and especially our principals; and our facilities team, food service staff, and others who make sure that the school is ready and welcoming every day. Thank you!

The capital improvement project is nearing completion, finally! It is hard to believe that the Winooski schools have grown so much in the past few years. That growth can be measured by square footage, and also new and better access to student services like the health center and the upcoming necessities store. I am also grateful for the partnership that led to installing a huge solar array on top of the new buildings so that our students and school community know that climate justice is something that we want our next generation to know is a part of our everyday responsibilities.

The students of Winooski's schools deserve gratitude as well. Just as the past years have been challenging for our staff, the next generation that is coming up through the elementary, middle,

and high schools have had to make so many shifts to how they are learning while also keeping focused on the importance of what they are learning, too. Thank you, students, for keeping your flexibility, for being resilient, and for not moving your eyes from the prize of education.

The school community in Winooski is extraordinarily supportive of its schools, and I am grateful for that, as well. This shows up in passing a budget, year after year, that gives us what we need to provide the best services for our students. Also, the school community has expressed its support through the bond vote, through community participation in board meetings, and through the strong involvement in the anti-racism committee work that has been a distinguishing feature of how we define ourselves from the start. The continuing and close cooperation with our city partners also helps us provide a better education for our youth.

Last, and certainly not least, a note of gratitude for my fellow board members. Winooski is fortunate to have such dedicated community members who have stepped up to bring their expertise, as well as to represent the voice of their neighbors in our decision-making, policy setting, and goal building. Some of our board members have been a part of this effort for years, and others have just joined recently, but to all: thank you for all that you do for our community.

Antiracism Work Update

By Kayla Loving

The Antiracism Steering Committee (ARSC) had their first meeting of the year on October 3rd. They spent time reconnecting and going over how to organize committee meetings, roles and responsibilities for ARSC members, engaging with the community, and how to create full youth-adult partnership. They identified gaps in representation on the steering committee as middle school

youth, middle and high school teachers, BIPOC parents, male-identified individuals. They would like to do more community outreach and host community events. They would also like to make sense of the work for the broader community and make it fun for everyone. Some of the ideas they had for creating spaces that truly represent youth-adult partnerships were to include lots of movement, adults stepping back to make space for youth thoughts, mentor partnerships for guidance and support, and being on youths' time so they can be more involved.

Leaders from the action teams joined the meeting so that the ARSC could

review their role and responsibilities. The leaders of the Action Teams are expected to identify a youth co-leader to share power and practice true youth-adult partnership. They will organize their team meetings and share information with the ARSC. The Action Teams should be meeting again soon to continue their planning for implementing the Winooski Students for Antiracism Demands.



School Emergency Information Guide



A Family's Role

In a school emergency, your first instinct might be to start calling the school or rush to the school to pick up your child. The truth is, this only complicates matters from a safety and security standpoint.



What You Should Do

Family members too close to an incident can interfere with the rescue attempts of police and fire officials on the scene. The best action you can take in an emergency is to stay close to your phone and e-mail for regular updates and instructions.

Reuniting With Your Child

Families will be directed by school or public safety officials via phone or email to their child's specific location. Students will only be released to adults who are documented as emergency contacts.

The reunification process can take time, so please be patient as we ensure safety for every student.



In Case of a School Emergency

DO keep your phone close by for notifications from the district.

DO rely only on official communication from school or public safety officials.

DO listen for official information regarding reunification with your child.

DO NOT call or rush to your child's school. Your presence could interfere with emergency responders.

DO NOT phone your child's school. Staff and students are discouraged from using cell phone communication for safety reasons.

When and why will students and staff be asked to lockout, lockdown, secure, or evacuate? A school crisis could be caused by an environmental event, (such as a fire or gas leak), a weather emergency, or an intruder in or near the school.

School officials will respond to the crisis by putting in place a **Hold, Evacuation, Secure, or Lockdown** response to ensure the safety and well-being of students and staff.

District Safety Terms and Procedures

If there is an emergency at our school, it is important to know how the district will respond and what terms we use to describe the situation:

HOLD

A Hold protocol is called when there is a specific situation in the building such as a medical crisis.

All students, staff, and visitors will remain in their assigned area (or move into a room) and continue with normal activities.



EVACUATION

In the event of certain building emergencies, such as a fire, **students will be relocated to a specific evacuation assembly area.** Students will be released to their adults through a formalized family reunification process to ensure the safety of all children.



SECURE

The Secure protocol is called when there is a threat or hazard outside of the school building, such as an unauthorized person or dangerous animal on school grounds. **Students and staff stay inside the school building and continue with normal activities.**



LOCKDOWN

A Lockdown takes place if an internal or external threat is identified at the school. **All doors are locked and students are confined to classrooms.** No entry into or exit from the school will be allowed until an "all-clear" announcement is made. Students will NOT be released during a lockdown.



How you can help:

Be prepared. Make sure your child's emergency contact information is accurate and up-to-date. Winooski School District will provide clear and timely information during an emergency by communicating with families by phone, email, on the district website, and on social media.

@WinooskiLearns

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ALUMNI PROFILE:
Aisha Umutesi,
Class of 2021



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.

What are you doing now?

This year, I'm a sophomore at Plymouth State University in New Hampshire. I'm a political science major with a pre-law minor and am considering minoring in French as well. I participate in the BSU club at my school, which is a group for black students. I also participated in the UN model last year. Additionally, I participate in the TRIO program, which helps students in college.

What do you hope to do in your future?

I don't know what the future has in store for me, but I do know that if I keep working hard toward my objectives, they will become a reality. After college, my

goal is to enroll in a law school, but if not, I would still like to pursue a master's degree elsewhere. Since that is my goal, I also hope to land a career that will enable me to contribute to my community.

When you think back to your time at WHS, what makes you smile?

When I think back, my friends that I used to see every day and the folks who look like me every day truly mean a lot to me. That is what makes me smile. Winooski High School is an extremely diverse institution, which, in my opinion, made my day there a pretty positive experience.

How did you prepare for your future when you were at WHS?

My time at Winooski High School really shaped who I am now. I want to thank all of my teachers who helped me be successful so that I could graduate and attend college. The finest thing I could have done was to work hard, pushing myself to consider what comes next in my life. Also playing a significant role

in my high school experience was being motivated and curious about college. At first, the way people talked to me about college made me feel afraid and always left me without hope. Every time I heard about how expensive and difficult college is, it made me feel hopeless. But I told myself, I feel like going to college is the right thing to do, so I'm going to do it, and that's how I find myself where I am today.

What advice would you give your former self?

What I would advise myself is things are going to happen in my life that I might not understand, and while I have already gone through some of them, I also know they will turn out beautifully in the end.

I think there's always a happy ending somewhere. The aches, pains, and heartaches I shall endure are preparing me for something more significant. Keeping the faith and having faith in my journey will bring me far.

I want to continue practicing having faith every day and trusting the journey in my daily life.

ANNOUNCEMENTS

Join the PTO!

By Amelie Thurston, Winooski PTO

Are you interested in meeting fellow parents in the Winooski School District? Do you have a great idea for supporting students, teachers, and staff next school year? Do you have a passion for organizing events (craft fairs, bake sales, talent shows, etc.) and want to work with like-minded people? The Winooski PTO is a small but dedicated group of parents working together to support the WSD learning community. We would love some new members to bring some fresh energy and ideas to the group!

Specifically, the group is looking for two people to serve as Treasurer and Secretary beginning in the fall (starting in September). Existing members and former officers will be on hand to train and mentor their successors. Your imagination is the limit! Join us! Visit <https://www.wsdvt.org/parents-families/pto/>, check out our Facebook page (Winooski PTO), or email us at PTO@wsdvt.org.

SAVE THE DATE:
Winter Clothing Give-Away Coming November 12th

The Winooski Peace Jam Club, a student group focused on making a difference in our community and globally, will host a Winter Clothing Give-Away on November 12th from 1:00 p.m. to 4:00 p.m. at the O'Brien Community Center.

They will be handing out clean/lightly-used, winter items such as mittens, jackets, boots, and hats for free to those that need them!



McKinney Vento Homeless Assistance Act

By Katherine Blair, Director of Support Services

The McKinney Vento Homeless Assistance Act ensures educational rights and protections for children and youth experiencing homelessness. This legislation requires that all homeless children and youth have the same access to a free, appropriate public education as other children and youth in Vermont.

The goals of this legislation include:

- Identifying homeless children and youth
- Immediate enrollment and facilitation of enrollment disputes
- Ensuring access to school and appropriate educational services
- Reducing school transfers and supporting educational stability and continuity
- Increasing parental choice and involvement regarding school enrollment
- Ensuring the educational rights of an unaccompanied youth, and
- Providing information about the rights of homeless children and youth

Eligible children have the right to:

- Receive a free, appropriate education
- Enroll in school immediately, even if lacking documents normally required for enrollment
- Enroll in school and attend classes while the school gathers needed documents
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is the preference.

If the school system believes that the school selected is not in the best interest of the children, then the school system must provide a written explanation of its position and inform families of the right to appeal its decision.

- Receive transportation to and from the school of origin, if requested.
- Receive educational services comparable to those provided to other students, according to children's needs.

For more information on Education for Homeless Children and Youth visit Agency of Education: Homeless Education or contact the Winooski School District's Homeless Liaison, Katherine Blair, Director of Support Services, at (802)383-6085



Welcome New Staff, Part 2

By Gabby Hora,

Director of

Communications



Last month we debuted the first part of our two-part video series introducing new staff. We hope you enjoyed the video and learned a little bit about the new teachers who joined the WSD team this school year.

The second part of this series is now available. Check it out to get to know more of our new WSD staff including instructional assistants, a wellness coordinator, and other support staff at <https://bit.ly/newstaffpt2>.

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 image1 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, including children enrolled in a private school located in Winooski by parent choice or are being home-schooled, we would like to hear from you. Sometimes parents/guardians are unaware that special education services are available to their children.

Please contact the Director of Support Services, Katherine Blair at (802)383-6085 or kblair@wsdvt.org



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Walk to School

By Sara Raabe, JFK Principal

Vermont has a state-run program called Safe Routes to School. SRTS has been part of the VTrans Bicycle and Pedestrian Program for almost a decade, and Local Motion serves as the statewide SRTS coordinator.



Local Motion is Vermont's statewide, non-profit walk-bike advocacy organization that helps with the infrastructure of SRTS and provides guidance to schools participating in the program. This program operates with the foundational belief that students should be able to walk and bike safely to school. Around 100



schools in Vermont have walk and bike-to-school programs. Students walking and/or biking to school helps to foster age-appropriate independence, helps to reduce traffic congestion, and creates stronger community ties.

Each year, SRTS sponsors a Walk to School Day On October 12, 2022, a large group of JFK students, staff, and adults gathered at Walgreens on Main Street. People took some time to mingle around and connect with each other. The MHS band started playing, and we all walked to school together. It was wonderful to start the school day all together, lead by fantastic music. As one of the student said, "this is the best day ever!"



From the SRO Desk

By School Resource Officer Jason Ziter

There's an acronym using the word THINK that is SO VERY powerful! T.H.I.N.K. This very powerful word can help guide students and adults on what is put out on social media. T.H.I.N.K. stands for: Is it TRUE? Is it HELPFUL? Is it INSPIRING? Is it NECESSARY? Is it KIND? With children having access to personal electronic devices / smartphones and such, comes GREAT RESPONSIBILITY.



Over the summer and recently there have been posts to social media platforms that have caused significant issues between students. From bullying to posting videos of fights. A recent incident was recorded and very quickly posted to several social media platforms that then spread throughout Winooski and the surrounding communities.

When issues like this happen, it causes a great deal of stress and pressure among students. Some may find it commical and others can be hurt mentally by seeing friends physically hurt.

Some issues happen when group chats are started that result in one person being singled out and bullied.

I encourage all parents and guardians to talk about being responsible and respectful when using social media.

The Winooski School District has policies in place at different grade levels on social responsibility with their use of electronic devices and smartphones. JFK students are not allowed to have their phones on them or use them at all during the school day. The Middle School is "Cell phone free from 8 - 3." High school students may use their phones in between classes and at lunch. No electronic devices (including ear pods / headphones) are to be used during class time.

There are a couple of good resources for parents and guardians to be educated about on social media. Here are two of those: Organization for Social Media Safety and Common Sense Media. Below are their specific websites:

- <https://www.Socialmediasafety.org>
- <https://www.commonsensemedia.org/articles>
- <https://www.commonsensemedia.org/app-reviews/tiktok>
- <http://commonsense.org/education/toolkit/family-engagement-resources>
- <https://www.commonsensemedia.org/articles/social-media>

If you have any questions regarding how to help your child navigate social media, please utilize those resources. Please help us create a great community by educating yourself and your student with positive social media behavior.

And, to be honest,

Narratives by students in American Literature and Literacy

By Caitlin MacLeod-Bluver, Reading Specialist

Students started off the year thinking about our own identities, our names and namesakes, and what makes us unique. Students read Jamaica Kincaid's *Girl*, Sandra Cisneros's *My Name*, Esmeralda Santiago's *How to Eat a Guava*, and Rudy Francisco's *Honest Poem*. Students then chose one text as a model for their own writing. In these narratives, we get to learn more about each other, what makes us who we are, and what our passions are. We can see similarities across cultures, as well as start to hear our powerful young people and their voices shine through. We hope you enjoy reading.

A pdf of more students' published narrative pieces can be found at <https://bit.ly/AndToBeHonest>.

My Name

By Angela Sweet



My name is Angela. Angela means I'm God's heavenly messenger. I was given my name from my father's favorite song, *Angela* by Mötley Crüe.

My name's personality is sympathetic, compassionate, and generous. I would not change my name. I would not even give it one thought because I like the name Angela.

Some people may think that I don't like the name Angela but they're wrong, I like the name. It was given to me when I was born, and I will not change it.

I am not the type of person to go and change my name. Some people do not like who they are, or their name. I like who I am and I like my name. I am the only one in my family with this name.

My last name came from my dad's side of the family, and my middle name, Maire, came from my cousin Kayla.

What neighborhood am I from? I am from the north end of Burlington. We moved to Winooski soon after my brother was born. We have been living here for almost ten years.

My entire family is from Vermont. I have no feelings about Vermont, but, if I had my choice, I would live in the country rather than the city. I want to own a house that obviously has a farm so I can own farm animals. I like the responsibility of taking care of animals. I know this may seem strange, but my aunt and uncle used to live near a barn. Every time I would visit them, the smell of the farm animals would wake me up if I was sleeping. Once I would smell that unique smell, I would know I was there. Now, that house is up for sale. I hope one day to have a farm myself.

I am 15 and I am going to be 16 on November 1st. My brother has a nickname for me and it is Ange. None of my family or anyone else has made fun of my name. Angela Sweet, a name I am proud of.

Honest

By Abdi Osman



I was born on September 5, 2006
I hear that makes me a Virgo
I am 5 foot 8, I weigh 125 pounds
I am a sucker for a girl with a kind heart
and smart mind.

I am still learning about life
I am often overthinking my mistakes
I am often drowning in my sorrow
I like skittles... a lot
I've been told often "hard work pays off"
People say that I am a nice person with a sweet heart
People say that I'm late... a lot

Secretly, I've been running from life since I was five years old
trying to escape, roaming the streets with my cellphone, a
headphone over my head

I have this odd fascination with a girl with blue eyes deep as the
sea sometimes I drown in them with no escape
I assume it's because I can't swim
I know it sounds crazy, but sometime I can't stop staring
And to be honest, I'm scared to wake up and face the world every
day

I know this sounds weird, but sometimes I wonder if she knows
she's my kryptonite
I wonder if she knows I'm a ticking bomb every day ready to
explode with emotions built up
I'm afraid the sunshine isn't gonna shine tomorrow

Hi, my name is Abdi
I enjoy playing with kids, listening to music, and praying 5 times
a day
But I don't allow myself to lose control
I have solar-powered confidence
I have a battery-operated smile
My hobbies include dribbling my pain away, and trapping my life
away

I don't know how much but I do know this:
I know I got dreams
I know I'm a shooting star under the midnight sky

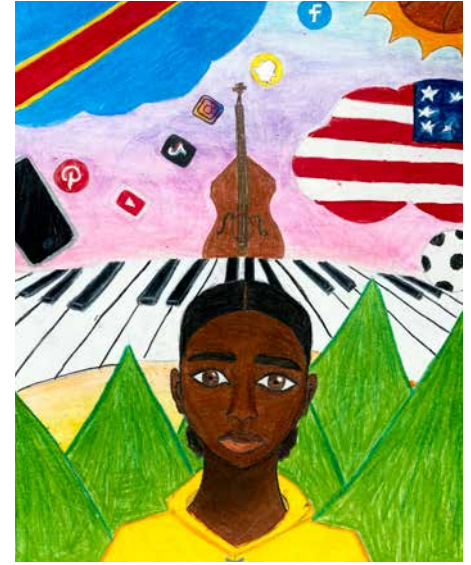
Exploring Surrealism through Still Life Art

By Emily Jacobs,
WMS Visual Arts Teacher

Our Winooski Middle School art students have done beautiful work on their annual surrealist self-portraits, demonstrating fantastical qualities of Surrealism while representing their identities. Each student has embedded aspects of themselves into their self-portrait with thoughtful visual symbolism. These portraits will soon be on display at Scout & Co. in Winooski. Details of this exhibit to come in the December newsletter!



Dahlia, 8th-grade



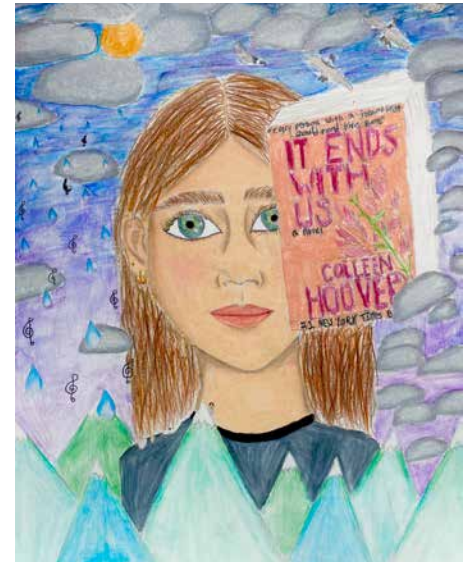
Djoyce, 8th-grade



Moe, 8th-grade



Moo July, 8th-grade



Phoebe, 8th-grade



Prisca, 7th-grade



Shrijan, 7th-grade



Smarika, 7th-grade



Bora, 8th-grade



Dahir, 8th-grade



Esther, 8th-grade



Hue, 8th-grade



Jafari, 8th-grade



Nisha, 7th-grade



Stella, 7th-grade



Taraji, 7th-grade



William, 8th-grade

Health Office News

By Elizabeth Parris BSN, RN, NCSN

Free Flu Shots Available

The WSD is once again partnering with Primary Pediatrics to administer **FREE flu shots** to all of our students, preschool-12th grade.

If you would like your child to receive a free flu shot at school please fill out and sign the form that has already gone home with students last month.

Every child who brings back a signed form will receive a flu shot during one of the scheduled dates:

- Tuesday, November 1st
- Friday, November 4th
- Tuesday, November 8th
- Friday, November 11th.

If you need another form, please call 802.655.0411 and press 4 to be connected to the district health office

Getting a flu vaccine is very important. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death. If you have any concerns, please speak with your child's provider to see if a flu shot is right for them.

Vision and Hearing Screenings

Each year, we are asked by the state of Vermont to perform vision and hearing screenings on students in grades Kindergarten, 1st, 3rd, 5th, 7th, 9th, and 12th. We would like to extend our thanks to the LIONS Club for volunteering to screen our student's vision last month.

If a student's vision was outside of normal limits, a letter was sent home to explain the next steps. If you have any questions, please reach out to the health office. Hearing screenings are in process, you will receive a letter from the health office if your student's hearing results were outside of normal limits..



Remembering Dr. Chuck Seleen

By Tracy Towers, RDH, BS

The State of Vermont and our Winooski Community, in particular, are feeling a big void with the loss of Dr. Chuck Seleen on Sept 19, 2022. He was a true public health dentist, an advocate for dental health for all, and served thousands of people throughout his over 40-year career in dentistry at Vermont Dental Care. He believed in the mission of Vermont Dental Care, dedicating his life to serving the “underserved” with a focus on children from low-income and socioeconomic status. He made a difference in the lives of his patients every day. He was a friend to all. He was respected and loved, humble and kind. He was truly one of a kind.

Vermont Dental Care, under the leadership of Dr. Seleen in collaboration with our Tooth Tutor Dental Hygienist, created our School Linked Dental Transportation Program. Hundreds of students each year are transported to Vermont Dental Care during their school day, received comprehensive dental care, and then returned to school. This program has increased access to care and improved the oral health of hundreds of students over the past 8 years, and continues to grow every year. The legacy of Dr. Seleen will live on through the smiles of our Winooski students. What a gift!



Veggie VanGo Schedule for 2022/3

The Vermont Foodbank is all set for another year of Veggie VanGo at the Winooski School District. They will be in the WSD parking lot every **first and third Friday of the month** to hand out fresh produce. Students will first have the opportunity to go through the line from 9:00-10:05am. Following this, at 10:05am, community members will be welcomed. Check out the WSD Facebook Page the night before each event to see what produce the Vermont Foodbank will be bringing!

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast November 2022

=Vegetarian Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
7 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	11 No School
14 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
21 No School	22 No School	23 No School	24 No School	25 No School
28 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	30	Please advise us if special meal accommodations are required for allergens or other special dietary needs.	

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



This institution is an equal opportunity provider.



Winooski Elementary School Lunch November 2022

=Vegetarian Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Luncheon Thursday, November 18, 2022	1 General Tso Chicken Garden Salsa Steamed Broccoli Steamed Carrots Rice Pilaf Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Cheesy Breadsticks Caesar Salad Marinara Sauce Fresh Cucumber Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Chicken Patty Sandwich w/Lettuce & Tomato Lettuce & Tomato Hand Cut French Fries Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety Birthday Celebration	4 Fisherman's Catch Fish Sandwich Hand Cut French Fries Fresh Creamy Coleslaw Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
7 Oven Baked Chicken Nuggets BBQ Sauce Roasted Potato Wedges Roasted Fresh Zucchini Homemade Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Chicken & Cheese Fajita Garden Salsa Seasoned Black Beans Mexicali Corn Spanish Rice Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Cheese Pizza Fresh Carrot Sticks Hearty Country Vegetable Soup Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety Taste Test Event: Sweet Potato	10 Marinated Chicken Breast Caesar Salad Maple Glazed Carrots Rice Pilaf Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	11 No School
14 Dress Your Own Burger on a Bun Hand Cut French Fries Maple Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Beef Nacho Supreme w/ Cheese Sauce Garden Salsa Mexicali Corn Spanish Rice Cabot Sour Cream Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Cheese Pizza Veggie Pizza Steamed Carrots Confitto Corn Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Cheesy Ravioli Bake Steamed Broccoli Fresh Celery Sticks Garlic Breadstick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Oven Roast Turkey w/ Gravy Chef's Mashed Potato Seasoned Green Beans Hearty Stuffing Cranberry Sauce Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
21 No School	22 No School	23 No School	24 No School	25 No School
28 Creamy Macaroni & Cheese Steamed Green Peas Fresh Carrot Sticks Homemade Cornbread Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Golden Crispy Chicken Tenders Mashed Sweet Potato Steamed Corn Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	30 Cheesy Breadsticks Cherry Tomato & Corn Salad Marinara Sauce Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	Voting Fun Facts Please advise us if special meal accommodations are required for allergens or other special dietary needs. 1. Election Day was established by Congress in 1875. 2. Election Day is always the Tuesday of or after November 2. 3. Congress chose a day in November for Election Day because the harvest work was always done by the	

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 Stic

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

[Deli Options K 8](#)
[Fruit & Yogurt Parfait w/Granola](#)
[Milk](#) [Condiments](#)
[Fresh, Dried Or Canned Fruit](#)

Pay for meals on-line. Click Image Below:



Harvest of the Month: Sweet Potato



This institution is an equal opportunity provider.



Letter from the Mayor

By Kristine Lott

Hello Neighbors,
I'm pleased to share an update on joint work between the City of Winooski and the Winooski School District. In October, the School Trustees and City Council held a joint meeting to discuss our shared



priorities for this community and increase our collaboration. Earlier this year, we worked with Opportunity Consulting to conduct an equity audit, explore areas where experiences in the City and School District are inequitable, and find opportunities to adopt equity-focused policies and practices. You can view the final report and learn more about these initiatives on our website at winooski.vt.gov/equity. We will continue collaborating on these priorities and creating a shared work plan with community input in the near future.

Speaking of equity, your City Council is looking to increase opportunities for engagement throughout Winooski by meeting residents where they are. If you're interested in connecting with us at your community room, cultural gathering, faith group - or wherever you are in Winooski, let us know! You can always reach out to your Councilors, find our contact information at winooski.vt.gov/council.

Last month, the City began our annual budget process. As inflation continues to be high, the cost of retaining existing City staff and services is going up. We've typically tried to keep municipal tax increases near the cost-of-living adjustment, which historically had been around 2% each year. With inflation continuing to be high, a 2% or lower increase isn't possible without cutting services. Winooski already has underfunded some service areas, so this is difficult to do. The Council has asked staff to put forward a budget that retains our existing service level and propose

increased funding for services that aren't meeting maintenance standards, like streets and sidewalks. We could consider using reserve funds and one-time federal grant money from the American Rescue Plan Act (ARPA) to subsidize the increase this year, with an eye toward affordability. We will have budget presentations from December through February where residents can weigh in. Please stay tuned for ways to engage. Your feedback helps Council and staff put a budget on the Town Meeting Day ballot that you can support. For full details, please visit winooski.vt.gov/fy24.

In housing news, the City is actively hiring a Housing Initiative Director to research, develop, and implement initiatives that support our priorities of creating more affordable and larger family-sized housing in Winooski. We have launched our Housing Trust Fund, which can provide funds for home improvements, down payment assistance, and the development of priority housing. The Planning Commission recently updated local zoning to incentivize the development of priority housing and will look at parking regulations in the future, in tandem with the Housing Commission. They are currently looking at historic preservation protections. Our Housing Commission and public safety staff are now reviewing ordinance that impacts housing quality and enforcement. To learn more about housing initiatives and resources, visit winooski.vt.gov/housing.

Finally, I'd like to thank Downtown Winooski, City staff, volunteers, and everyone who attended the 2022 Halloween in Winooski event! With the holiday season upon us, keep an eye out for the annual Holiday Pop Up and be sure to support a local Winooski business this year. I'd also like to remind everyone that the General Election is on November 8th. If you haven't voted yet, stop by the Winooski Senior Center from 7am to 7pm. It is always refreshing to see our residents engaging in the public process and I'm grateful for the service our elected officials provide. To learn more, visit winooski.vt.gov/vote.

As always, feel free to reach out any time.



From Your Local Representatives

By Sen. Kesha Ram Hinsdale

Participating in Government

Wishing you all a happy Fall and warm start to the holiday season! Diwali might be the earliest this year on October 24. I was delighted to celebrate this Festival of Lights in the White House this past week. It was a tremendous honor to represent Vermont

This past session, we passed Vermont's first Environmental Justice policy framework as Act 154, joining over 40 states in having civil rights infrastructure built into our environmental protection. I was honored to recently receive the 2022 EPA Environmental Merit Award for Government Service for working to pass this legislation for 17 years.

To do this work effectively, we will need to implement an Environmental Justice Advisory Council. This historic council is forming now, and there are opportunities for appointment to advise state agencies on incorporating environmental justice into state procedures and decision making.

Specifically, the Speaker and Pro Tem are taking applications and nominations for representatives from municipal government, social justice organizations, mobile home park residents, environmental justice communities (like Winooski), organizations addressing food security, immigrant communities, and environmental organizations. The council will meet up to eight times a year.

Applications can be submitted at <https://ltgov.vermont.gov/COC-Applications> or by email at Speaker@leg.state.vt.us and are due Monday, November 14th, 2022. There are also two

WINOOSKI MUNICIPAL UPDATES

openings on the Vermont Commission on Women, and I encourage you to apply.

Community involvement is crucial to the advancement of our goals as a state, and everyone should have a voice within our democracy.

It is a privilege to serve you. Please stay in touch.



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

Get involved in the budget process! How do you want your tax dollars to be spent in Winooski? Visit winooski.vt.gov/fy24 to view the budget presentation schedule and join us for any public meeting to share your opinions, ask questions, get prepared for Town Meeting Day.

Municipal Infrastructure

The Exit 16 Diverging Diamond Interchange (DDI) Project Team is excited to announce that construction of the Exit 16 DDI Project is coming! The Vermont Agency of Transportation (VTrans) is improving the roadway in the vicinity of Interstate 89 Exit 16 by building Vermont's first DDI. There is the potential for construction to begin in Winter 2023 – for full project details and to stay up to date, visit exit16ddi.vtransprojects.vermont.gov.

Housing

Be sure to check out our new housing page at winooski.vt.gov/housing! Learn

more about current housing initiatives and resources in Winooski, such as the Winooski Housing Trust Fund. The Winooski Housing Commission meets monthly and residents are encouraged to participate! Visit winooski.vt.gov to view the latest Housing Commission Liaison update.

Safe, Healthy, Connected People

Last month, City Staff gave the Safe/Healthy/Connected People goal update to the City Council. The update included information regarding a plan for tenancy and community accessibility of the O'Brien Community Center, an increase in program offerings through Recreation and Parks, planning for the School Resource Officer model, an update on Regional Dispatch, the Fire Department tower/ladder replacement, and more. To view this update, please visit our agenda center: winooski.vt.gov/agendacenter.



COVID-19 Information

As we head into the colder months, the City of Winooski encourages our residents and visitors to do everything they can to prevent the spread of COVID-19.

Stay up to date on vaccinations.

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death. Vermonters ages 6 months and older can get vaccinated, including with the new “bivalent” vaccines. Bivalent vaccines protect against older and newer strains circulating in Vermont. We strongly encourage you to protect yourself by getting vaccinated as soon as possible.

Stay home if sick.

Whether you have symptoms of COVID-19, the flu, or another contagious

illness, please stay home if you are sick and call your health care provider if needed. (If you don't have a health care provider, call 2-1-1.) This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Continue to wear a mask in public.

While masking is no longer mandatory in Vermont, community members can still use this important preventative tool. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking the droplets from our breath that spreads the virus. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric, or layer a disposable mask under a cloth mask to increase effectiveness.

Get tested when needed.

You can protect others by getting tested if you have COVID-19 symptoms or if you are a close contact of someone who tested positive for COVID-19, so you can decide whether to isolate. It's especially important to get tested if you are at higher risk for COVID-19, so you can reach out to your health care provider to ask about treatment. Free COVID tests are available at the Winooski Clerk's Office at 27 W Allen St., the Winooski Library at 32 Mallets Bay Ave, and the Winooski Senior Center at 123 Barlow St.

To learn more about preventing the spread of COVID-19, please visit healthvermont.gov/covid-19.



Reminders from the City Clerk's Office

The General Election is on November 8th! Vote at the Senior Center (123 Barlow Street) from 7am to 7pm. Please note: the ballot will include the Chittenden Solid Waste District (CSWD) \$22 million bond item

WINOOSKI MUNICIPAL UPDATES

for a new Materials Recovery Facility.

Not yet registered? Please visit olvr.vermont.gov to get started.

The next installment of property taxes and utilities payments are due on November 15th. Please note that we have a drop box located at the Winooski City Hall (27 W. Allen Street). If you are paying by check/money order, please note the payments need to be in made on or before November 15th. Postmarks are not considered as timely payment.

Questions? Call or email: 802 655 6410 / clerk@winooski.vt.gov.



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 winooski.vt.gov/reappraisal.



Annual Winter Parking Ban Reminder

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

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

- When issued, bans may last more than one evening and are in effect until further notice. The City of Winooski reserves the right to tow vehicles at the owner's expense.
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908.
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect.
- Overnight parking in the Winooski Parking Garage on Cascade Way is available (pay at kiosk or by ParkMobile app) 6pm to 7am.
- If you have questions regarding winter parking bans, please call 802 655 6410. If your vehicle has been towed, please contact Elite Auto and Truck Service and Sales: 802 497 0176

To learn more, please visit winooski.vt.gov/parking



Centennial Merch

Celebrate Winooski's 100th municipal birthday with a shirt, hoodie, or hat! Reserve yours @ legacy.winooski.vt.gov/merch.

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

[f](#) [i](#) @winooskirec

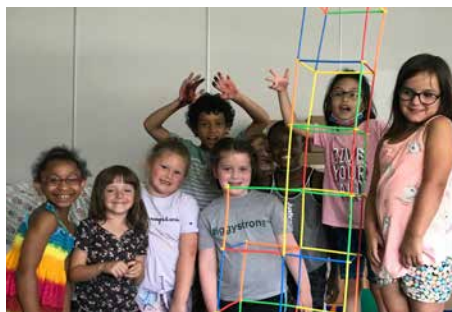
Winter Programs

Keep an eye out for our winter programs announcement! To view our up-to-date program listings, visit winooski.vt.gov/recprograms.

*** DO YOUR PART ***

VOTE!

NOVEMBER 8, 2022



Thrive After School

winooski.vt.gov/thrive

@thrivewinooski

Our state-licensed, 3 STAR childcare/enrichment program runs from 3pm to 5:30pm, Monday – Friday. We partner with WSD to provide a community where children in grades K-5 explore, learn, and grow during their after-school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more. Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need.

To learn more and sign up, please visit winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.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 at the Winooski Library for 1:1 assistance and to learn new skills!

- Saturdays from 12pm to 2 pm
- Free to join, open to adults 18+
- Drop-in, no registration required

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.

Community Restorative Justice Circle

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.

- Thursday, October 21st from 6 to 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, October 15th, 12:30 to 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.

NaNoWriMo Write-in

Join us for a write-in as part of National Novel Writing Month (NaNoWriMo)! Facilitated by local author Aurora Hurd, participants will have the opportunity to write together, discuss plot lines and story arcs, and share in their efforts to finish a novel during the course of November.

- Saturday, November 5th from 3pm to 5pm
- Drop-in, no registration required

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

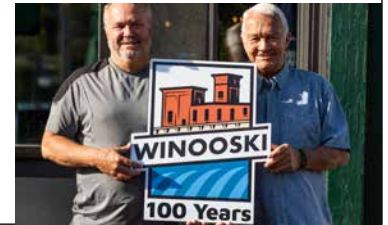
We've partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by for our final two distributions of the season!

- Wednesday, November 2 & 9 from 4pm to 6pm @ the O'Brien Community Center (Parking Lot)

Please bring your own reusable grocery bags.

Seasonal item availability on a first-served basis

To celebrate Winooski's 100th anniversary, we asked our neighbors in the business community what makes Winooski a place of welcoming and opportunity. What do you love about Winooski's businesses? Scan the QR code with your mobile device to watch this amazing video!



Friends of the Winooski Library

The Friends of the Winooski Memorial Library is recruiting new members interested in supporting the values and mission of the Library! The Friends are a 501(c)(3) volunteer organization that aims to promote use of the library's resources, work to encourage contributions and lead fundraising efforts, and serve as an advocate of all things library in the community.

As a Friend, you might participate on the Board, attend quarterly meetings, help to create public support and awareness for the Library and its programs, raise money for capital campaigns or direct gifts for items not in the Library's own budget, sponsor and support Library programs and events, volunteer to work in the Library or on specific tasks, and/or something else of your choosing!

Membership is free and open to anyone in the Winooski community!

Please reach with interest or questions to Nate Eddy, Library Director, at neddy@winooskivt.gov / 802 655 6424

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, 3:30pm to 4:30pm

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@winooskivt.gov; 802 655 6424

Pokémon Club

Join us on Wednesdays this fall at the Library for all things Pokemon! Franchise fans will get together to discuss their favorite cards, games, and TV episodes.

Along with card trading, we'll have simple art projects and other activities for club members to enjoy while socializing at this weekly activity group.

- Wednesdays from 3:30pm to 4:30pm
- September 28 - December 14, 2022
- Drop-in, no registration required
- Youth 8+

STEAM Ahead Saturdays

Find us on Saturdays from 10am to 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 / 802 655 6424

Youth Graphic Novel Group

Winooski youth are invited to join a monthly drop-in graphic novel discussion at the Winooski Memorial Library! Attendees will also have the opportunity to play games and vote on next month's group reading.

Our first month's read for November 18th is "Snapdragon" by Kat Leyh. Patrons can borrow their own copy of the book from the Library to read before our first meeting.

- Third Friday of each month from 4pm to 5pm
- Recommended for youth ages 10+
- Snacks will be provided!

Please reach out to Kirsten Wilson, Youth Services Coordinator, at kwilson@winooski.vt.gov for more information or to sign up for email updates on this program.



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays, Wednesdays & Thursdays from 9am to 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

NOTE: We will be closed 11/7 & 11/8 for Voting, and for the week of 11/28 - 12/2 for our Annual Floor Cleaning.

TUESDAYS & THURSDAYS

Breakfast Café 9am to 11am

Everyone is welcome to join us on Tuesdays and Thursdays 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 11/8, 11/17, 11/24 and 11/29

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 noon the Thursday 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!

NOTE: No meal on 11/30



Special programs

Immigration and Mill Stories Kiosk

- Monday, 11/14 at 10am

The Heritage Winooski Mill Museum is bringing the Story Kiosk project to the Senior Center! We'll share some stories that have already been recorded, and invite you to record your own story about your connection to the Winooski Mills (or any mill!) and/or your family immigration history. Coffee and breakfast snacks provided. Join us! FREE!

Age Well Thanksgiving Take Out Meal

- Wednesday, 11/16

Free for 60+ with registration. Stop by between 10am and 12pm and bring home

a great meal: Roast turkey with gravy and stuffing, mashed potatoes, carrots, cranberry sauce, roll, pumpkin pie and milk. RSVP by 12pm on 11/10. Call us at 802 655 6425 (Sorry, no walk-ins) FREE!

Mac & Cheese Bar Lunch

- Thursday, 11/17 at 12pm

Join us for a sit-down lunch of Mac & Cheese with all your favorite toppings! Enjoy a green garden salad and freshly baked cakes for dessert. RSVP by 11/10 at noon. \$5 pre-pay (Sorry, no take out or walk-ins).

Bone Builders

- Mondays and Wednesdays from 3pm to 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 on 11/7, 11/28 and 11/30.



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.

*** DO YOUR PART ***

VOTE!

NOVEMBER 8, 2022

November Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Small Business

Saturday

Saturday, November 26, 2022 is Small Business Saturday – a day to celebrate and support

JOIN US AND #SHOPSMALL

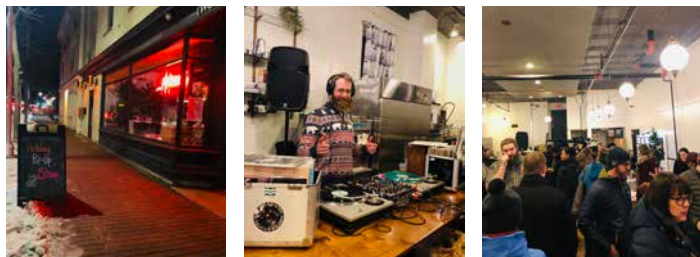


small businesses and all they do for their communities. Support your favorite small businesses in Winooski on Small Business Saturday this year! Or try somewhere new! The holiday season is a great time to try a new cuisine, book a service at a local salon, or pop into a retail shop you may have passed by but never explored. You've heard it before but it remains true, the small business community in Winooski still needs your support as they continue to navigate the challenges of pandemic effects.

Park once and with a quick walk you can finish your holiday to do list in Winooski! You might be surprised what you can find in only one or two blocks. Shopping for last-minute gifts for hard-to-buy for family and friends? What about teachers and co-workers? Find unique offerings in Winooski. Whether you're preparing for a get-together with close family, or even a festive Zoom, Winooski shops have what you need to make it a safe and memorable party.

Tips: Download the Parkmobile app so you can easily take care of your parking (and even add more time!) right from your smartphone. While you're on your phone, sign up for City of Winooski winter parking alerts with NIXLE, or simply text 'Winooski' to 888-777.

If you need some inspiration for shopping in Winooski, check out: <http://downtownwinooski.org/winooski-shopping-guide/>



Winooski Holiday Pop Up Shop

It's time to "Party while you shop, shop while you party!" at the Winooski Holiday Pop Up Shop.

Founded more than a decade ago by The Monkey House, the 2021 event included a dozen venues, a dozen DJs, alcohol and food tastings, and nearly 50 vendors! We're excited to



announce that the 2022 Winooski Holiday Pop Up Shop will be Thursday December 1 from 5-9pm at a variety of Winooski businesses, restaurants, bars and other venues. This is a can't-miss unique shopping experience. Bring your friends, explore the downtown area and find special gifts for everyone on your list (or yourself - we won't judge!)

Get all the details at <http://downtownwinooski.org/popup>



Looking ahead to 2023

This is a critical time for Winooski's downtown and for the economic development of the entire city. As a nonprofit organization, we work hard to secure event sponsorships and general fund donations to support and sustain programming and operations this year. We know it will take many sponsors and donors working together to help us reach our goals for 2023 and beyond.

Downtown Winooski is a 501c(3) organization dedicated to building community and economic vitality through events, marketing, business-to-business collaboration, and advocacy. Downtown Winooski is in a unique position to bring our strong business community together to identify and achieve common goals. This year we conducted rigorous business outreach and support as well as hosting free and inclusive community events to benefit residents, tourists and everyone who works or plays in Winooski.

By investing in Downtown Winooski and our programming, businesses and organizations show a shared desire to foster a vibrant, connected and healthy city. We are looking for unrestricted support for operations, but we also have several event sponsorship opportunities for 2023. Reach out to Meredith@downtownwinooski.org or visit www.DowntownWinooski.org to learn more about how to support Downtown Winooski's valuable work with dollars and volunteer hours.

Winooski Partnership for Prevention

By Kate Nugent, Director



Community Meals

November 30 will be our next community meal featuring Bosnian cuisine from Meza! Look out for our newsletter to sign up with helpful resources for families and community members. This will be our last dinner until after the holidays.

Above the Influence

This group meets on Wednesdays in room A114 at the Winooski School from 3 to 4pm. Middle school youth are welcome to come learn and enjoy fun community projects with our high school leaders and WPP staff.

Including People in Recovery

When gathering, celebrating, and promoting events, we can be inclusive of people in the recovery community by focusing on our shared purpose and de-emphasizing alcohol and other substances. Including an array of options for food and beverage helps normalize and include everyone. It also helps youth and young adults see that becoming an adult doesn't require substance use.



"Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery" —SAMHSA

And SAMHSA has a variety of inclusive, affirming resources for folks in recovery. Scan the QR code at left with your smartphone to find out more.

Cessation Support – Free!

November is tobacco awareness month and November 17th is American Cancer Society's Great American Smokeout. If you are looking to quit using tobacco or nicotine products (including vapes), consider joining on with this national effort. Nearly 70% SAMHSA Recovery Support of smokers say they want to quit, but haven't yet been successful. For most people, it takes between 7-10 attempts to quit, and fortunately, Vermont residents have access to free medication and support that will increase the chances of success. For more information on how to take control of your health, call 1-800-QUIT-NOW, or scan the QR code to learn more. If you're a teen looking to quit vaping, text 36072 for MyLifeMyQuit.

Homesharing Can Help With Bills and Provide Help

By Ric Cengeri, Communications Specialist

Costs have been rising for all of us and many Vermonters face the prospect of larger fuel bills this winter. One way to help with the effects of inflation is through homesharing.

HomeShare Vermont is an organization that has been matching people who have a room in their home with those seeking an affordable place to live for the past 40 years. If you're interested in having more income to pay for this winter's heating bill, learning about the tax benefits of homesharing or if could use some help around the house, we'd love to speak with you about how we go about finding a compatible homeshare guest for you.

The housemate can contribute to rent and utilities and/ or provide help with household tasks, such as cooking, yardwork, housekeeping, snow removal, pet care or running errands. We conduct background and reference checks and interviews. Then, you decide which of our pre-screened candidates you'd like to live with.

We're available to speak with you about how homesharing can be a benefit to you. Call us to learn more at (802) 863-5625 or visit our website at HomeShareVermont.org



Live Election Results!

Watch Election Forums before you cast your vote!

Stay tuned for Town Meeting TV's live election night results show at 7:30 p.m.

Visit ch17.tv for dates & details on how to participate!

Vermont's General Election is November 8th.

Tune in here!



ON COMCAST 1087, BT 17/217, YOUTUBE.COM/TOWNMEETINGTV

Thoughts on Social Isolation and Loneliness

By Sister Pat McKittrick

Just what is social isolation? According to the dictionary, it is “the state or condition of having little or no contact with others.”

And what is loneliness? Loneliness is “the feeling of being alone or separated from others.”

According to recent studies, Social isolation and loneliness are becoming more common. We certainly have experienced an increase in both since the Covid pandemic. According to the World Health Organization, quality social connections are essential to our physical and mental well-being.

Social Determinants of Health are the economic and social conditions that influence individual and group differences in health status. They are the health promoting factors found in one’s living and working conditions, rather than individual risk factors that influence the risk for a disease, or vulnerability to disease or injury. The distributions of social determinants are often shaped by public policies and reflect prevailing political ideologies of the area, according to Wikipedia.

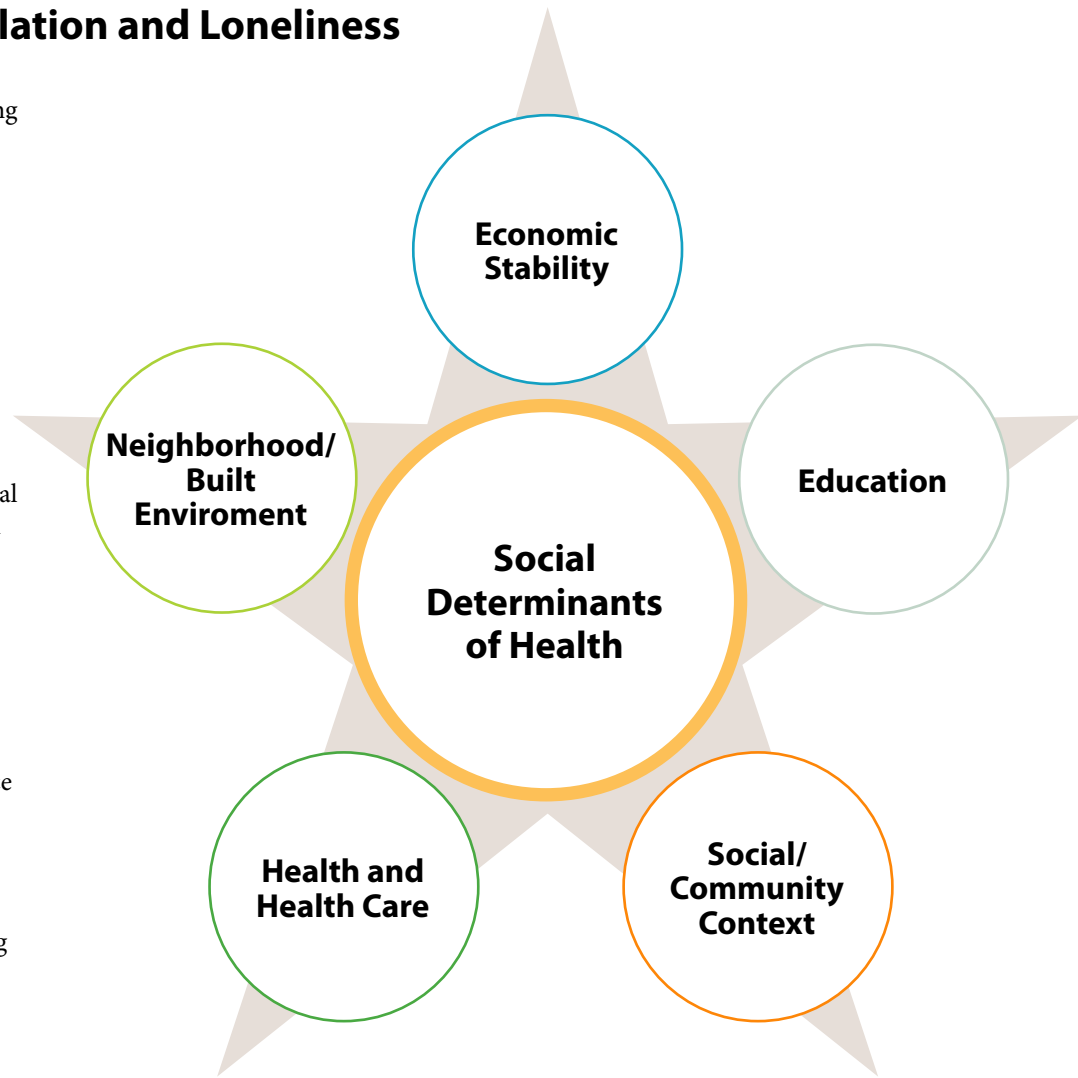
Recent studies indicate that one in three older people experience loneliness and that this seriously affects their physical and mental health. It may also demonstrate a lesser quality of life as well as shorten their longevity.

Some causes of Social Isolation and Loneliness:

- loss of mobility
- unemployment
- health issues
- disabilities
- transportation issues
- economic struggles and
- domestic violence.

These are only a few issues that may trigger loneliness.

The UN is recognizing both Social isolation and Loneliness as a priority public health problem and policy issue for older people.



The World Health Organization suggests that if you feel lonely or socially isolated:

- Get in touch with friends (telephone, email, text)
- Do the things you enjoy. (Hobbies, walking, spending time outside)
- Reach out to agencies (Age Well, SASH, AARP, various community groups)
- Find a hobby, or take a class, find an activity that you enjoy
- Send letters or cards to family/friends
- Go to the Library
- Adopt a pet

- Stay physically active, join a walking group, exercise class
- Visit your Senior Center, or Community Center

So I hope you will find time to engage in meaningful activities that give a sense of purpose to your life.

Watch for the re-opening of the Coffee Hour at the O’Brien Community Center. More information will follow.

Winooski Food Shelf Schedule for November

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, November 5th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, November 9th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, November 15th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, November 30th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers

Please carefully read over the November dates as we have changed the schedule to avoid Thanksgiving week.

The December schedule will also be different. We will be open Saturday, December 3rd; Wednesday, December 7th, Wednesday, December 14th, and Saturday, December 17th.

Huge numbers of Winooski residents continue to use our food shelf. While we are all feeling a financial pinch because of inflation, large families and Senior Citizens have been hit especially hard by inflation. At the Food Shelf we continue to run into supply chain issues and have had to order pallets of rice and lentils from the Vermont Foodbank in order to meet the needs of our community. We hope to provide something special for the Holiday meals, but recognize that supply chain issues may mean we all have to get more creative.

We are asking for donations of: cooking oil (we hand out to each family), white rice, lentils, dried beans, spaghetti, condiments like mayo, and packages of store bought cookies for the Holidays.

Food Shelf Policy: Winooski residents coming for the first time should bring proof that they 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.

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. We especially need help serving clients on Wednesdays.

Free Fentanyl Test Strips

By Paul Detzer

According to the Centers for Disease Control and Prevention (CDC), 71,238 Americans died from synthetic opioid (fentanyl) overdoses in 2021. An amount of fentanyl the size of a grain of sand contains five times the lethal dose.

As part of its harm reduction approach to the treatment of opiate use, Howard Center's Safe Recovery program offers free test strips that can indicate the presence of fentanyl in illicit opiates. Fentanyl is 30 to 50 times more powerful than heroin.

The Vermont Department of Health reports that fentanyl was involved in nearly every fatal overdose of the 210 overdose deaths in Vermont last year.

Without testing, it is nearly impossible to determine whether a particular sampling of opiates, pressed pills, cocaine, or methamphetamine may contain fentanyl, so individuals are unaware of the presence of fentanyl in the drugs they are

using until it is too late. The testing procedure is relatively easy. A small sample of the drug is mixed with water and the test strip is then dipped into the solution.

Howard Center Safe Recovery Program provides free and anonymous Fentanyl test strips and Narcan® (Naloxone) overdose reversal kits. Safe Recovery is open Monday-Friday from 9 a.m. – 12 p.m. and 1 – 5 p.m.

Individuals do not need to have an appointment to receive services. For more information, call Safe Recovery at 802-488-6067 during business hours as above. In the event of an overdose, please dial 9-1-1





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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT

www.wsdvt.org

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802-383-6000

John F. Kennedy Elementary School

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

Winooski Middle and High School

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

Board of School Trustees

Allison Burlock, 802-349-7018, aburlock@wsdvt.org
Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
Kamal Dahal, 802-310-2821, kdahal@wsdvt.org
Dr. Alex Yin, 516-423-9601, ayin@wsdvt.org

CITY OF WINOOSKI

www.winooskivt.gov, 802-655-6410

Mayor

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

City Manager

Elaine Wang, 802-655-6410, ewang@winooskivt.gov

City Councilors

James Duncan, *Deputy Mayor*, 802-310-7103, jduncan@winooskivt.gov
Aurora Hurd, 802-734-7082, ahurd@winooskivt.gov
Bryn Oakleaf, 802-448-2966, boakleaf@winooskivt.gov
Thomas Renner, 802-922-3265, trenner@winooskivt.gov

City Clerk

Jenny Willingham, 802-655-6410, jwillingham@winooskivt.gov

Winooski Police

Emergency: Call 9-1-1
Non-emergency: 802-655-0221

Winooski Fire Department

Emergency: Call 9-1-1
Non-emergency: 802-655-6420

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