

The Winooski Newsletter

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

OCTOBER 2022



WINOOSKI SCHOOLS
We are the future.

Letter from the Mayor

By Kristine Lott



Hello Neighbors. With the cooling weather, we'll be spending more time indoors - let's not forget that COVID-19 is still circulating, and we should continue to follow the public

health guidelines of the CDC and Vermont Department of Health. To stay up to date with all things COVID-19, please visit healthvermont.gov/covid-19.

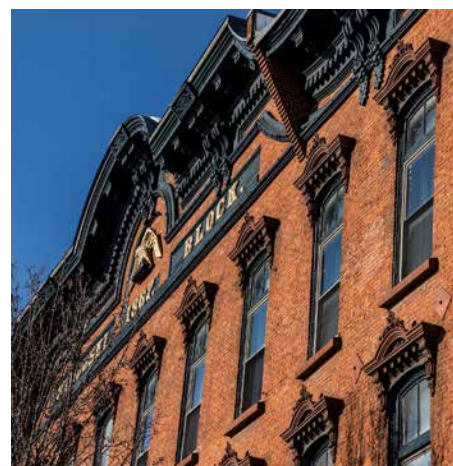
Speaking of COVID-19, the Winooski City Council recently approved a Recovery Nonprofit Grant Program designed to help our local nonprofit organizations meet the increased pandemic-related needs of our residents. This program is funded

by federal grant money that Winooski received through the American Rescue Plan Act (ARPA). Your nonprofit organization may be eligible for up to \$10,000 - to learn more and apply, please visit winooskivt.gov/arpa.

In addition to this program, the City Council is discussing other ways to use ARPA funding to address pandemic impacts throughout our community. Along with our annual budget discussions and the soon-to-be-available funds from completing our Tax Increment Finance (TIF) loan payments (related to the redevelopment of our downtown), there will be lots of opportunities to discuss how the City should be investing in the community.

In other financial news, the City Council recently discussed fundraising for our Community Services scholarship fund. With all of the amazing summer camps, recreation programs, and a packed season at the Myers Memorial Pool, we are focused on continuing the success of scholarships. If you need financial support to access our programs, you can simply choose the scholarship option when registering. Additionally, if you're interested in supporting your neighbors, you can also donate to the fund! View our online catalog at winooskivt.gov/recprogrms.

In housing-related news, the City Council approved the creation of a new staff position; the Housing Initiative Director will research, develop, and implement housing initiatives that are in line with our Strategic Vision and Master Plan. This focused role will allow us to address growing challenges by monitoring trends, researching policy, and coordinating with partner organizations. I was also delighted to have joined the Champlain Housing Trust, Lieutenant Governor Molly Gray, our City Manager, Elaine Wang, and many community



partners for the official completion of Butternut Grove here in Winooski! All 20 permanently affordable homes have been sold or are under contract. Please take a moment to read this exciting news at getahome.org.

I also want to mention that in August, Council completed a 90-day review of our new City Manager, Elaine Wang, who started with the City in May. Elaine is off to a great start in this role and has demonstrated a strong commitment to our residents. She will continue to focus on supporting the balance of resources with demands, supporting staff, and bringing an equity lens into the operations of the City's work. If you haven't had the chance to meet her yet, please reach out: 802 655 6410 / ewang@winooskivt.gov.

Finally, you may have heard about a lawsuit challenging all-resident voting in Winooski. The case was dismissed by the Vermont Superior Court and I'm pleased that our neighbors will continue to have a voice on our municipal and school district ballot items. To learn more about voting in Winooski, and to prepare for the upcoming General Election, please visit winooskivt.gov/vote or call the City Clerk's Office: 802-655-6410.

As always, feel free to reach out any time. Feedback is always welcome.

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A Look Back to Move Forward...

By Sean McMannon, Superintendent of Schools

Recently I stood outside the 1st grade pods squinting into the sun and facing the WCAX camera to discuss WSD's new solar arrays and I was brought back to July 1, 2013, my first day on the job. The vivid memories of that day came flooding back. As I got a tour of our campus I was notified we had an outdoor smoking area which wasn't too far from a "No Smoking" sign, the heat in the second floor high school was stifling, there were water-stained ceiling tiles across the building, the institutional colors and materials were ubiquitous and the six different construction projects from 1957-2000 were evident. As I learned more about the history of the building and the growing list of capital needs I began to strategize about how we could convince the school board and the broader community that we needed a comprehensive and coherent approach, not just annual band-aids to the hub of our community, the Winooski Educational Center.

What I quickly learned was that we had work to build trust between taxpayers and WSD before we could pursue such a significant investment. This set the District Leadership team and the school board on a path of stabilizing WSD through consistent leadership with clear roles and responsibilities which is actualized through Policy Governance. We worked diligently to describe the complex needs of our students and the board and the community supported budgets with additional staffing. Also, we developed programming to fill basic needs gaps to ensure a higher student readiness to learn each day and began building a data system to track student growth in reading, math, attendance and behavior.

We continued to work on these priorities and in September 2017 we formed the WSD Capital Project Committee made up of staff, students, parents, administrators and architects to develop a capital project vision and oversee a full facility evaluation report. Our guiding principles have been: Wellness, Learning and Engagement. After extensive community engagement including building tours, house/neighborhood meetings and tons of information provided through our various communication modes, the bond vote narrowly passed in May 2019 to borrow up to \$57.8 million dollars for our capital project.

After assembling the construction management team and engaging in all of the pre-construction work such as permitting and soil sampling we were suddenly hit with the COVID-19 pandemic and school was dismissed for remote learning in March 2020. There was a lot of hand-wringing and sleepless nights caused by the consideration of whether to delay or persist with our project. As you well know, we persisted and are nearing the completion of this important project. It has been a long haul to get to this point with tremendous effort by many committed folks, exciting to see progress and incredibly challenging to navigate for students, families and staff.

Financially, this project is complex but could not have gone any better for Winooski taxpayers. Our community authorized the school board to borrow up to \$57.8 million dollars for our capital project. Our current estimate is that we will borrow \$55 million dollars. While the project has gone over budget primarily

due to additional COVID-related expenses we have also been able to take advantage of federal Elementary and Secondary School Emergency Relief funds (ESSER), local fund balance and fundraising. In addition, originally we modeled an interest rate of 3.83% on borrowed funds and we have secured a maximum of 2.25% through USDA financing. This is incredible given current interest rates are about 4%. Lastly, our construction management team estimates that if we had delayed the project and broke ground in June of 2022 our project would cost ~\$100million dollars.

This community effort to have the vision to build and renovate our campus is something that we should all be proud of, plan to protect and care for our investment and use the facility to support learning excellence, creativity and innovation. Thank you for working with WSD to benefit our students!

Sharing updates and expressing gratitude

By Kamal Dahal, Board of School Trustees

As warm summer days gradually morph into cooler and comparatively shorter fall days, it makes us feel as if the purpose of September is to remind us to start preparing for even colder and shorter winter days. For our school, the month of September is also a first month (with full school days) of the school calendar year. Thus, as your school board trustee, I am thrilled to share so many exciting updates for this month.

I joined the school board 18 months ago during COVID-19 pandemic, and amid the capital project. I remember receiving my first school tour where I got to mostly witness the exposed ceilings and walls. During my tour, I decided to close my eyes and create a mental simulation based off the detailed description from the project manager. The mental images of the cafeteria, library, front admin office spaces, and hallways, from my first school tour is either complete or almost to the end of its completion now. Thus, I cannot express enough excitement to share the updates to the community. Here are some of the highlights (as listed in our most recent superintendent's report):

- The front entry of JFK is now open.
- Bathroom partitions in east-west or grades 3-5 hallway should be installed by the time you are reading this paper.
- Playgrounds on the back corner of the building are nearly complete and the construction of the PreK playground in the back is underway.
- The side parking lot between the elementary school and George Street is nearly complete, only awaiting lighting and EV stations.
- The front or north-south hallway of the elementary will be

NOTES FROM THE CENTRAL OFFICE

opening in late September.

- The Performing Arts Center (PAC) has some finishes such as sanding and painting the stage floor but is substantially complete and handed over to WSD on 9/15.
- Black Box Theater & Choir Room was turned over to WSD on 9/12.
- The Maintenance Shop on the back corner of the building will be turned over to WSD on 9/30.
- Main Lobby, Library, PreK classrooms (2), District Office and Support Services Office will be turned over to WSD on 10/21.
- The Main lobby is scheduled to be open on 10/24.
- The District Office and Support Services will move into their new spaces 10/26-28.
- The Library and JFK Office will be moved over Thanksgiving break.
- Front soccer field scheduled to be completed and ReArch construction zone demobilized. The soccer field will be turned over but will not be ready for play until the spring because of grass needing to grow.

Secondly, I understand that the community is anxiously looking forward to bus service to all residents (residing outside $\frac{3}{4}$ of a mile from school) as budgeted last year; nevertheless, the unavailability of school bus drivers in the area has become an impediment to swiftly rolling this service. And my understanding is that this labor shortage extends beyond Winooski.

With that said, I would like to mention that the school leadership team, namely our superintendent Sean McMannon and our amazing finance director Nicole Mace have gone above and beyond in fulfilling the promise made to the community. Corali Cotrina is another name that cannot be missed on this effort. Thank you all for your continuous and persistent effort. If not for your efforts, I wouldn't be able to share the following progress highlights (as mentioned in our most recent superintendent's report):

- Progress underway towards increasing the number of school bus drivers serving WSD through the STA contract.
- The DMV has partnered with WSD to expedite the process for testing driver candidates; and several candidates had passed their tests and are ready to begin 50 hours of mandatory driver training with STA.
- One driver has completed the training process and has started to build routes into his schedule.
- The school will offer the first expanded route in the morning and will continue to add routes as more drivers become available

Lastly, I would like to thank all the students, parents, and residents for showcasing incredible patience and trust throughout the last couple years of capital project and pandemic.

Words of gratitude would be incomplete without expressing a sincere thanks to all teachers, support staffs, superintendent, and the entire leadership team. Running the school and providing a

continuous education in midst of a construction project is like conducting a heart bypass surgery while the patient is awake (in my opinion), and this difficulty was exacerbated even more by unforeseen pandemic.

Nevertheless, with resilience and extreme hard work from school leadership team, support staffs, and all our teachers, we are now closer to celebrating the completion of this large project.

Again, thank you to all our teachers, staffs, and the entire leadership team. You all are true heroes for our students and our community!



Family and Staff Back To School BBQ

By Gabby Hora, Director of Communications

After a two-year hiatus, we were so excited to once again host the annual Family and Staff Back To School BBQ on September 1.

This event was created nearly 10 years ago as an attempt to bring the community together and ease some of the fear and uncertainty that comes with a new school year. The onset of COVID-19 forced WSD to cancel the BBQ in 2020 and 2021. This coupled with the Capital Project made this year's BBQ that much more special, as for many families this was their first time seeing inside the new school.

We would like to extend a huge thank you to all that made this event a success. To The Abbey Group for serving a delicious community meal of hamburgers, hot dogs, an array of salads, and even ice cream to over 800 students and family members. To our incredible facilities team for ensuring our building and campus were ready to welcome students and families. And to all of the staff, students, and families that showed up to be together. It was so nice to see all the smiling faces back again.

With another successful BBQ on the books, we look forward to continuing this WSD tradition for years to come.



NOTES FROM THE CENTRAL OFFICE

Building a Better School: Lots to Unveil

By Gabby Hora, Director of Communications

The summer months proved to be productive for the Winooski School Capital Project. Since students left in June, many areas of the school have been completed, and others are nearing an end. Teachers and staff have had some time to settle



into their new spaces, and students have once again filled our halls.

Of the areas of the school that were completed over the summer, perhaps the most anticipated was the Performing Arts Center (PAC), a space intended to showcase our talented students. The PAC boasts fixed seating for 386, state-of-the-art lighting and acoustics, and a massive electronic screen for multi-media use.

Another space that was completed over the summer was renovations on the



JFK 3-5 hallway.

In addition to these indoor spaces, we were also pleased to unveil two of our three playgrounds with a mix of new and reused equipment. Our trio of playgrounds will soon be completed with the addition of a PreK playground.



After over two years of work, the Winooski School Capital Project is set to complete this month. We will do our best to keep you informed of any changes this will bring to the community and can't wait to invite you to tour the new school!



Antiracism Work Update

By Kayla Loving

On August 17th, members of the Antiracism Steering Committee presented their budget for the 2022-2023 school year to the school board. The budget included stipends to pay members of the committee and the action groups, facilitation by UP for Learning, community outreach and events, interpretation, and community experts to consult the action group. The budget was approved for \$105,740.

The Antiracism Steering Committee had a table out at the WSD back-to-school barbecue on September 1st. We were able to recruit new members for the committee and action groups and share the work we've done with the community. We look forward to continuing our work throughout this school year and seeing the demands by the Winooski Students for Antiracism become a reality.



NOTES FROM THE CENTRAL OFFICE

From the SRO Desk

By School Resource Officer Jason Ziter

First let me introduce myself. My name is Officer Jason Ziter, or as students and staff call me "Officer Jason." I was born and raised in Vermont and grew up in Essex. I have been in public safety since high school and made it my career path. I worked for the Town of Colchester on their ambulance and then became a full time firefighter for the City of Burlington. I have also been a volunteer on my local ambulance service and fire department. I became a part-time police officer in 1999 and worked part time for the Chittenden County Sheriff's Department and the Grand Isle County Sheriff's Department.



In September of 2016 I was hired full time for the Winooski Police Department and started working in the school as the School Resource Officer (SRO) in 2017. I thoroughly enjoy my job and it has been a passion to work as an SRO. I'm also very involved with our community through community policing events. During the summer and on school vacations I return to the patrol staff at the police department. I perform regular patrol duties, but also focus on working with the youth of our community.

Drop-Off, Pick-Up and Parking

Very, very soon the construction at the school will be completed. Until that is done, we will all work together to make drop-off, pick-up and parking successful. We ask that everyone help when dropping off that you **pull all the way forward in the drop-off loop** to allow the most amount of vehicles through. Please do not pull into the parking lot to drop off as this blocks the flow of traffic and vehicles quickly back up onto Main St.

- During pick-up, we know that traffic goes out onto Main Street, and it usually clears up by 3:10.
- *The George Street parking lot is for staff members and is NOT a designated drop-off area.* Please respect the residents of George St. and avoid dropping off there. Also, George St. has changed to parking on only one side of the street. We're asking families to please drop off and pick up on Normand Street.
- *We strongly encourage families if you're within walking distance, to walk your child to school.* Or, if you're able to car-pool, to share a ride with someone. This will help the environment and the congestion of vehicles.

Once construction is completed, we will have the inner drop off loop open and the second loop to park and walk your student to the school. There will also be additional parking for staff open on the north side of the campus to help ease the congestion in the main parking lot.

Until next month... Kwaheri!!!

ANNOUNCEMENTS

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, 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

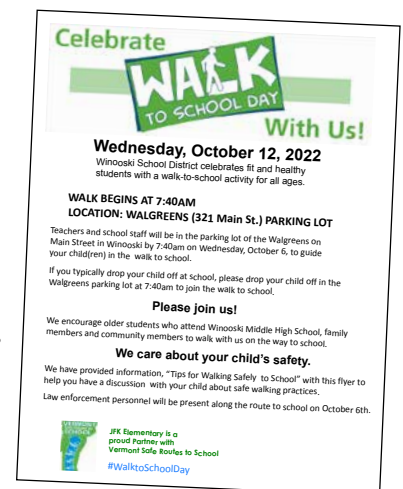
SAVE THE DATE

Walk to School Day is October 12

On Wednesday, October 12th, students in the Winooski School District will be celebrating Walk To School Day.

At 7:40 AM students can be dropped off in the Walgreens parking lot located at 321 Main St. in Winooski. WSD staff will be waiting to greet students, and then at 7:45 AM, they will proceed up the sidewalk to school.

Our local law enforcement will be on hand to help us travel safely together and we encourage older students who attend WMHS, family members, and community members to walk with us on the way to school.





JFK Elementary School Update

By Sara Raabe, Principal

The beginning of the school year has been fantastic. Staff came back to pre service with energy and enthusiasm. After a week of learning together as a staff, we welcomed students into the beautiful building and they have settled into the school year.

Each year JFK starts the year with The First Six Weeks. This means that we take the time to get to know our students and families, and we develop expectations of how we do school with our students. We begin academics within those First Six Weeks as students begin to internalize routines and expectations.



What if your teacher shows you a tissue box and says this is not a box? What could it be? 3rd grade read *Not a Box* by Antoinette Portis. In follow up activities, students had to transform shapes into different things. The tissue box was passed around and students had to make it something different - not a box, a hat!

Overall, we have had a fantastic start to the school year. It is going to be an amazing year of learning!

Clear Expectations & Goals Lead to More Engaged Learning

By Co-Principals Jean Berthiaume & Kate Grodin

Our school year is off to a great start with a focus on re-engagement in learning! The last few years we have been challenged to navigate all that a pandemic can throw at us and especially in setting and holding students to clear expectations. This year, however, we are laying the foundation for engagement in learning with consistent attendance, timelines, and phone expectations. Already we are seeing and hearing success stories. High school students and teachers report there is more evidence of learning this year than last year at this same time. In the middle school, hallways are cleared and students are starting classes on time. Students are adjusting well to the norms we have established.

Although we are only entering the second month of school, we will be holding **student and family conferences on October 20th and 21st**. These

conferences provide students with an opportunity to share their learning with families and set goals for this new school year. The cycle of setting goals and then receiving honest, actionable feedback is critical for a student's success.

Our WMHS advisory system has been a lifeline during tough times for students and families alike. This year, we are supporting teachers as advisors to use their authentic and caring relationships to challenge and re-engage all learners in setting goals and high expectations of themselves. Engaging families in this process only strengthens this work as caregivers offer essential support and information about their students as well as their own hopes and dreams for them. We look forward to welcoming families to conferences this fall!



Student Success — Winooski & Beyond

21st Century Community Learning Center

MSHS AFTERSCHOOL OFFERINGS
Session 1: September 26-October 23, 2022

There is no charge to participate in 21C afterschool programs. Each student is offered a healthy meal.

If you have any questions, please feel free to email Suzanne at: sskaflestad@winooski.org

MONDAYS (3-4pm) begins 9/26 (unless otherwise indicated)

MS Neighborhood and Yard Games with Mr. Skramstad in the 4th classroom [beginning 9/26 and 10/3/22](#)
Do you wish you had more time to get together for a game of football? Or just "Pee-Wee" football? Some new games have been created. Also, get it if the weather is nice, no worries we have available, temporary, close to a variety of the best games. Come join our neighborhood. This class focuses on the 100-yard line and the 100-yard line.

MSHS Afterschool Dance Class with Ms. Bailey in the PAC/Stage studio [beginning 9/26 and 10/3/22](#)
Let's spend an hour after school having fun while dancing to the latest musical songs. At the end of the week students will learn choreography to an original song of their choice. This class focuses on the Creativity CX in the area of performing arts. Step into the world of after-school with us.

MSHS Weight Training with Mr. Coats in the weight room [beginning 9/26 and 10/3/22](#)
Middle and high school students are invited to join us in the weight room to experience the satisfaction of improving your body strength and endurance by weight training. You are free to perform your own work out on our own gymnasium. This class focuses on the Well-Being CX in the area of Physical and Social-Emotional Health.

Monday continued

MS Open Gym with Mr. Messier in the MSHS Gym [beginning 9/26 and 10/3/22](#)
Middle School students are welcome to attend general practice sessions or classes teams for small pick-up games. This class focuses on the Well-Being CX in the area of Physical and Social-Emotional Health.

MS Open Support with Ms. Proulx in the 4216 classroom [beginning 9/26 and 10/3/22](#)
The primary focus of this support will be to help students with their homework and assignments, but the space is welcome for any school-related learning for a student during these assignments. This class focuses on the Critical Thinking CX in the area of Financial Literacy.

New Year, New 21C Afterschool Programs

By Suzanne Skaflestad, 21C Director

21C Afterschool Programs are in full swing with students engaging in a variety of activities that include fitness programs, wellness, leadership, mentoring, STEM, art, literacy, violin, dance, and more!

The 21C program's primary purpose is to offer students a broad array of services, programs and activities after school that are designed to reinforce and complement the regular academic program.

There is no charge to participate in 21C programs, and each student is offered a healthy meal.

THANK YOU to all the WSD staff, community partners and volunteers who share their passions and interests with our students and provide them with the opportunity to develop their skills, be exposed to new experiences, make a new friend and build positive memories beyond the school day.

Check out the district website at wsvdt.org to find flyers with program details. To learn if a program is still open, please contact Suzanne Skaflestad at sskaflestad@wsvdt.org.

21C AFTERSCHOOL SESSION 1 OFFERINGS for JFK students
Beginning September 26th, 2022 (unless otherwise indicated)

There is no charge to participate in the 21C afterschool program.
Session 1: **September 26-October 23, 2022** (unless otherwise indicated)

Each student is offered a healthy meal. Please remember to stay home if sick.
JFK students attending 21C classes will eat the school building through the JFK entrance.
If you have any questions, please feel free to email Suzanne at: sskaflestad@winooski.org

MONDAY AFTERSCHOOL CLASSES (begins 9/26) (3-4pm)

Walking Club (K-2) with Ms. Dry [beginning 9/26](#)
Let's spend some time after school walking and socializing. Spend time with friends and practice healthy habits. Walking every other day class rooms to be beneficial for our mental and physical health. This club focuses on the Well-Being CX in the area of Physical and Social-Emotional Health.

Join us Coding (K-2) with Mr. Affrati [beginning 9/26](#)
Students will be introduced to the concepts of coding - using Fun Apps on the iPad! These engaging programs present unique challenges and puzzles to help the student learn problem solving skills. Students can work on their own level, allowing them to go at their own pace and also have the work with the rest of the class. Students will also have access to the award winning puzzle game GoProbot. This class focuses on the Critical Thinking CX in the area of Math/Reasoning.

Music Instruction Beginning Group Violin Class (3-4) with Ms. Malave and Mr. Cole [beginning 9/26](#)
If you have expressed curiosity in learning to play the violin, this class is perfect for you! This small, engaging class will focus on the fundamentals of violin playing. A fun and supportive group setting. Students will learn the basics of violin playing and music theory. This class focuses on the Creativity CX in the area of Performing Arts.

JFK Health HEROES (3-4) Health Education (Resources for Outreach, Employment and Survival) [beginning 9/26](#)
Join us in our efforts to improve your health and well-being through movement, mindfulness, nutrition, self-care, and active learning and building community. We will have fun experiencing ways to improve our own and others' health and happiness. This class focuses on the Well-Being CX in the area of Physical and Social-Emotional Health.



Welcome New Teachers and Staff!

By Gabby Hora, Director of Communications

WSD is excited to welcome new staff members into the district for the 2022-2023 school year and can't wait to see all the incredible things they do!

Part one of a two part video series introducing new staff was prepared in time for staff convocation on September 1, and we are so excited to share it with you now!

We are working hard on the second part of this series which will include introductions for new custodial staff, instructional assistants, and other staff who were onboarded after the start of the school year. This video will be available in the November edition of the Winooski Newsletter and sooner on the WSD website.

Get to know new staff by visiting this link: <https://youtu.be/lGeDBtmn9Bs>



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!



News from Health Office

By Kelly Marcus, RN, Winooski School Nurse

Hello, my name is Kelly Marcus and I have been a nurse for 37 years. I have worked in ICU, Oncology, and School Nursing. I am so excited to join the Health Office in Winooski and am looking forward to meeting everyone.

We would like to take this opportunity and give some helpful hints to prevent illness as we head into the flu and cold season. These are recommendations from the CDC.

Avoid close contact.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

- If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk.

Clean your hands.

- Avoid touching your eyes, nose, or mouth.
- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Dental News

By Tracy Towers, RDH, BS

Keep Smiling Winooski! We are so excited about the new Dental Suite on site at School. It's a great reason for us all to smile!

School Linked Dental Program

Our Vermont Dental Care-Winooski School District Collaboration continues. We will continue to transport groups of students to the dental office during the school day for their dental needs. This program has been a success since its inception in 2017, hundreds of students have received comprehensive dental treatment.

New Dental Suite

Our goal for our new room is to begin offering limited, preventive dental services like Cleanings, Fluoride, Silver Diamine Fluoride, and X-rays. We are in the process of getting the necessary equipment in place, as well as establishing Agreements/Consents that will allow us to proceed with operations. We will keep you informed on our progress.

Updating Paperwork

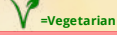
If your child participates in our School Linked Dental Program, we are in the process of updating forms/medical histories. Please be on the lookout for forms that may come home and send them back to school asap.

Questions? Please contact me: Tracy Towers, RDH, BS by emailing ttowers@wsdvt.org.

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast October 2022



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Asst. WG Cereal Graham Crackers Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	4 No School	5 Bagel w/ Cream Cheese Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Homemade Cinnamon Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Fruit Filled Muffin w/Cheese Stick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
10 Asst. WG Cereal Graham Crackers Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Homemade Breakfast Round Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Bagel w/ Cream Cheese Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Homemade Cinnamon Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Fruit Filled Muffin w/Cheese Stick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
17 Asst. WG Cereal Graham Crackers Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Homemade Breakfast Round Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Bagel w/ Cream Cheese Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Homemade Cinnamon Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Fruit Filled Muffin w/Cheese Stick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
24 Asst. WG Cereal Graham Crackers Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Homemade Breakfast Round Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Bagel w/ Cream Cheese Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Homemade Cinnamon Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Fruit Filled Muffin w/Cheese Stick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
31 Asst. WG Cereal Graham Crackers Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety				

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 October 2022



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 No School	5 Cheese Pizza Veggie Pizza Steamed Carrots Confetti Corn Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Cheesy Ravioli Bake Steamed Broccoli Fresh Celery Sticks Garlic Breadsticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Grilled Chicken Sandwich Oven Baked Potato Puffs Seasoned Green Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
10 Creamy Macaroni & Cheese Steamed Green Peas Fresh Carrot Sticks Homemade Cornbread Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Golden Crispy Chicken Tenders Mashed Sweet Potato Steamed Corn Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Cheesy Breadsticks Cherry Tomato & Corn Salad Marinara Sauce Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Beefy Homemade Chili Fresh Carrot Sticks Fresh Green Pepper Strips Dinner Roll Spanish Rice Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Sole O's Buffalo Fish Nuggets Fresh Creamy Coleslaw Oven Baked Potato Puffs Dinner Roll Fresh Carrot Sticks Steamed Corn Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
17 National School Lunch Chicken Parfait Sandwich w/Lettuce & Tomato Fresh Carrot Sticks Hand Cut French Fries Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	18 National School Lunch Week Chicken Taco Bar w/ The Works Garden Salsa Seasoned Black Beans Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	19 National School Lunch Week Cheese Pizza Veggie Pizza Caesar Salad Fresh Green Pepper Strips Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	20 National School Lunch Spaghetti w/Meat Sauce Steamed Corn Fresh Cucumber Sticks Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	21 National School Lunch Week Fluffy Pancakes Fresh Carrot Sticks Sweet & White Homefries Real Maple Syrup Twin Turkey Sausage Patty's Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
24 Dress Your Own Hot Dog Roasted Sweet Potato Wedges Vegetarian Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Cheese Quesadilla Garden Salsa Steamed Corn Cherry Tomato & Corn Salad Spanish Rice Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Cheese Pizza Veggie Pizza Seasoned Green Beans Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Alaska Pollock Fish Sticks Caesar Salad Sweet Potato Fries Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/Cheddar Fresh Carrot Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
31 Meatball Sub (Beef & Chicken Meatballs) Maple Baked Beans Garden Pasta Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety				

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

Delhi 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:
Apples



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

Please advise us if special meal accommodations are required for allergens or other special dietary needs.

This institution is an equal opportunity provider.



From Your Local Representatives

By Representative Hal Colston

It has been an honor and a special privilege to serve two terms as your State Representative. As I reflect on what I was able to accomplish in Montpelier with your support, my real focus is on what will be needed going forward so our fragile democracy is one that improves the common good for all.

My first bill introduced in the first biennium, H.427 – an act to verify the foreign credentials of immigrant professionals, was signed into law as Act 10. So many of our neighbors who have 20 or 30 years of experience in their home country as a professional must settle on a low-wage job here in the service industry. This does not have to be the case going forward. This past March was the first time that any Winooski neighbor who is a legal resident could vote in local elections and run for a local elected position. This Winooski charter change bill that I sponsored and introduced received strong support in both chambers and the General Assembly overrode the Governor’s veto, so this is now law. And finally, the Truth and Reconciliation bill I co-sponsored was signed into law. A statewide Truth and Reconciliation Commission shall be established to learn how Vermont’s policies and laws have harmed many different groups in our state over the years. The Commission’s thorough process to hear these truths will inform their recommendations to reconcile the harm done.

The bill that I hope gets introduced in the future is to examine the inequity of our legislative process and recommend a remedy for addressing this. I believe that Vermont’s Citizen Legislature has run its

course. Maybe a 100 years ago this system worked just fine. But today legislators are expected to produce fulltime outcomes for solving complex issues with part-time input without staff except for Legislative Counsel and the Joint Fiscal Office. On the back of a napkin, I figured out that my pay for working as a legislator is about \$9.74/hour. Who can afford to do this?! White, retired Vermonters are the super majority in the Vermont General Assembly.

A possible solution could be the establishment of a Blue-Ribbon Panel supported by the Snelling Center for Government. What might a future legislative body need so it has sufficient time and resources to do its work instead of leaving nearly 500 bills a session on committee walls? A livable wage with full benefits, legislative staff, professional development? What might a future legislative body look like? Members who are single moms and single dads, low-income Vermonters, black and brown Vermonters, LGBTQ Vermonters, young Vermonters? I feel the time has come to include new and missing voices in our legislative body. Our democracy will be all the better for it. We will be all the better for it.



Community Vision

This section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City’s Strategic Vision areas – or “community vision”. To learn more, visit winooski.vt.gov/about.

Economic Vitality

The City of Winooski is launching a COVID-19 Recovery Nonprofit Grant program. This program is funded by federal grant money that Winooski

received through the American Rescue Plan Act (ARPA). Your nonprofit organization may be eligible for up to \$10,000 - to learn more and apply, please visit winooski.vt.gov/arpa. We are also pleased to announce that Johnathan Fenney was appointed by the City Council as our new City Treasurer on August 8th!

Municipal Infrastructure

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.

Housing

City Council approved the creation of a new staff position; the Housing Initiative Director will research, develop, and implement housing initiatives that are in line with our Strategic Vision and Master Plan. This focused role will allow us to address growing challenges by monitoring trends, researching policy, and coordinating with partner organizations. In the coming weeks, we’ll have a ‘Housing Initiatives’ page where residents can learn more about the Winooski Housing Trust Fund, local

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resources, and related updates. Soon, that page will be located at winooski.vt.gov/initiatives.

Safe, Healthy, Connected People

The Winooski Commission for Inclusion & Belonging Commission held its first meeting in August. The Commission acts as an advisory group for the City Council with a focus on equitable policies and best practices for inclusion and is one of several equity initiatives that the city is currently engaged in. One of the ways the Commission is unique from other commissions is that each member will serve as an ambassador to one of the other commissions: Planning, Finance, Housing, Municipal Infrastructure, and Safe Healthy Connected People. To learn more, please visit winooski.vt.gov/inclusion.



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.

COVID-19 vaccines are available for everyone ages 6 months and older – for info, please visit healthvermont.gov/myvaccine.

For all other COVID-19 info, 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 – 7pm. The State of Vermont will be mailing General Election ballots to all active voters during the last week of September – for full details on voting in Winooski, please visit winooski.vt.gov/vote. 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. Questions? Feel free to call or email: 802 655 6410 / clerkwinooski.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.



Centennial Merch

Celebrate Winooski's 100th municipal birthday with a shirt, hoodie, or hat! Reserve yours @ [legacy.winooski.vt.gov/merch](https://www.instagram.com/legacy.winooski.vt.gov/merch).

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

[f](https://www.facebook.com/winooskirec) [@winooskirec](https://www.instagram.com/winooskirec)

The Fall Programs

We're working hard to bring you an amazing series of new programs! Keep an eye out for:

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- Youth Rock Climbing
- Youth Field Hockey (K -5)
- Adult Yoga
- Skateboarding @ Talent Skatepark
- Nature Walks with the Nature Conservancy & more!

To view our up-to-date program listings, visit winooski.vt.gov/recprograms.



Honoring Rita Martel and Edna Yates

The Winooski Gardening Group recently donated a beautiful sign to long-time Winooski residents Rita Martel and Edna Yates in celebration of their beautiful 'Secret Garden'. What started over 15 years ago as a Green Up Day project, this labor of love project turned an unloved spot of land into a vibrant perennial garden. A dedication was made and community members enjoyed dessert and some lively conversation about gardening in Winooski. Please join us in congratulating Rita and Edna on this amazing project!

Halloween in Winooski Volunteer Opportunities

Halloween in Winooski is right around the corner! We need YOU to make sure the 2022 event is spectacular. Volunteers support is needed for the following:

- Trailers are needed for transporting and storing pumpkins
- Picking pumpkins at the farm(s)
- Carving pumpkins @ Senior Center (October 22 & 23)
- Take home to carve at Senior Center starting October 22, return by October 26
- Unloading pumpkins/set up in Rotary Park (October 29)
- Lighting pumpkins @ 5pm (October 29, 30)

If you'd like to get involved, please email info@downtownwinooski.org!



Thrive After School

winooski.vt.gov/thrive

 @thrivewinooski

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

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



Winooski Memorial Library

winooski.vt.gov/library

  @winooskilibrary

Audiobooks, Ebooks, & More

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

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 6-7pm.
- 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, 12:30-2pm
- 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

WINOOSKI MUNICIPAL UPDATES

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 and say hello all summer!

- 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 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; 802 655 6424

STEAM Ahead Saturdays

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

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

Weekly Storytime

Join us on Thursdays at 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



Winooski Senior Center

winooski.vt.gov/seniorcenter

 [@winooskiseniorcenter](https://www.facebook.com/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

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.

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 for the weekly menu and to register for this program. FREE!

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.

Special programs



BBQ with Age Well

Thursday October 6 at 12pm: Join us for a freshly grilled lunch presented by Age Well. Our menu includes: BBQ Chicken, Italian sausage w/peppers and onions,

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salads, and cookies. \$5 donation. You must pre-register and pay in advance. Call us at 802 655 6425.

Halloween Party

Thursday, October 27 @ 12pm: Join us for our annual Halloween Party! Costume optional. Join us for pumpkin carving, tricks and treats, hot appetizers, and a Halloween-themed dessert bar. FREE!

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!

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.

AROUND WINOOSKI

October Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Winooski Farmers Market Open Until October 16!

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



Small Business

Saturday - November 26, 2022

We are so lucky to have an incredible small business community in Winooski. New businesses and those who have been in the city for decades are all such a special part of our day-to-day lives and the vibrancy of our city. We encourage you to shop small all year, but especially on Small Business Saturday. Let's show up for our favorite businesses and vote with our dollars for the kinds of businesses we want to be in our city!

Holiday Pop Up Shop - Thursday, December 1, 2022

Save the date for the most fun shopping event of the year (we might be biased), the Winooski Holiday Pop Up Shop! Dozens of local businesses come together for a night to "Shop while you party, and party while you shop!" Follow @downtownwinooski on social media and look for a vendor application on www.downtownwinooski.org/popup.



Halloween in Winooski 2022

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

The beloved Halloween in Winooski event is back! There are lots of opportunities to gather with neighbors and friends to help prepare for the weekend. And of course lots of opportunities to gather to celebrate and enjoy! If you want to get involved, please email meredith@downtownwinooski.org and we'll find a place for you!

Get involved:

- Saturday, October 22 & Sunday, October 23: Pumpkin Carving at the Winooski Senior Center (123 Barlow St.) 10am - 5pm! We provide the pumpkins and the carving tools, you just show up with your family, neighbors and friends! All ages welcome. No sign ups required.
- Saturday, October 22 - Wednesday, October 26: Pick up pumpkins at the Senior Center to carve at home! Return on or before the 26th.
- Set up and decorate Rotary Park, 9am Saturday, October 29.
- Volunteer to light jack-o-lanterns 5pm Saturday, October 29 and 5pm Sunday, October 30.

Save the dates:

- Halloween in Winooski Party Saturday, October 29 4pm - 10pm! Wear your costume and get ready to explore the festival of pumpkins, dance to DJs and live music, and enjoy kids activities.



- Please note pumpkins will be lit on Saturday, October 29 and Sunday, October 30 only. The pumpkins will be displayed on Monday October 31 but not lit.

More information is available at www.downtownwinooski.org/Halloween. Follow @downtownwinooski on social media for up-to-the-minute updates!

October Update

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

Howard Center is continuing to engage our community on mental health issues in recognition of World Mental Health Day October 12. Please join us for this free, open to the public virtual event. World Mental Health Day provides an opportunity for community education and engagement to reduce stigma, raise awareness, and to connect to the global movement to ensure our communities have access to mental health support when needed.

This year's World Mental Health Day event presents two featured speakers, Alice T. Chen, MD and Ferene Paris Meyer. Dr. Chen is a board-certified internal medicine physician and a national leader in physician advocacy, community organizing, and public health. Ferene Paris Meyer is a storyteller and founder of All Heart Inspirations.

Dr. Chen will draw on her years of experience and expertise to discuss the causes of burnout, particularly those present in healthcare and social services settings; physical and mental symptoms; and strategies for addressing burnout in all facets of life, including the workplace.

Ferene empowers those navigating mental health to be their

authentic selves and has personally found storytelling to be healing and transformational in her own experience with anxiety and depression.

"[I will] infuse heartfelt shares as a catalyst for awakening a fire within us to heal and transform. We all have stories worthy of telling," said Ferene.

More information and many resources are available at howardcenter.org/community-education/world-mental-health-day/ including articles and publications, local and national resources, information about our featured speakers, dates, and times, and how to register.

Help is here at Howard Center. Our Access and Intake team and main number 802-488-6000 is available M-F from 8:00am – 6:00pm. If you or someone you know is experiencing a crisis, our crisis line, First Call for Chittenden County, is available 24/7/365 at 802-488-7777.



Recognizing & Recovering from **BURNOUT**

with Dr. Alice Chen and Ferene Paris Meyer

FREE! REGISTER NOW

OCTOBER 12

Winooski Partnership for Prevention

By Kate Nugent, Partnership for Prevention Director

Community Meals

Welcome back to the school year, and for us, it is also welcome back to our community meals series! We're looking forward to the fall meals that will feature Spanish, African, and Bosnian food from our local chefs that folks love. Please sign up for our newsletter to be the first to reserve meals.

After School & Above the Influence

In addition to community meals, we are partnering with the Winooski School District to host after school programming on Wednesdays. Students who participate learn about and put into practice actions that can lead to lasting community change. To participate, look for the program sign-up through the WSD afterschool offerings. High school students passionate about putting public health into action are also



Lyra, fifth grade, places a reminder to adults to keep alcohol out of the hands of people under age 21

invited to partner with the WPP as full members of the Board of Trustees, as mentors to younger students, and access training and experience in local and state advocacy.

How Nicotine Addiction Affects Youth Mental Health

Learn from the CDC fact sheet: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

- When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.
- Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine. People may keep using tobacco products to help relieve these symptoms. Link: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/index.html>
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress. What may start as social experimentation can become an addiction.
- Youth e-cigarette and cigarette use have been associated with mental health symptoms that include depression.

Self-Care, Mental Health, and Random Acts of Kindness

By Sister Pat McKittrick

What are we seeing post pandemic? Many are struggling with mental health issues. As I visit people in the community, frequently, I hear how “anxious” people are, to the point of being unable to function in daily life. What can we do to be healthier?

The National Institute of Mental Health (NIH) <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health> offers many useful tips.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling. Set goals and priorities. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help. Self-care looks different for everyone, and it is important to find what you need and enjoy. Understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

For other ideas for healthy practices for your mind, body, surroundings, and relationships, see the National Institutes of Health (NIH) Wellness Toolkits. Subscribe to this interesting newsletter: <https://mariashriver.com/ive-been-thinking-about-thanking-my-mind/>

Recently, I read about new research on “Random Acts of Kindness.” It is amazing what impact acts of kindness can have on the one receiving the kindness and the one acting kindly. What would happen if everyone tried to be kinder, gentler, and more positive? Would we see a decrease in violence? A more peaceful community? It may be worth it to try. Why not strive to integrate Random Acts of Kindness in your daily routine? It doesn't need to cost anything and yet the return on your investment could be significant. See how it makes you feel.

Share with me what acts of kindness you are practicing and how it makes you feel. Call or text me at: 802-233-5509. Or, email: Pat.mckittrick@uvmhealth.org.

Winooski Food Shelf Schedule for October

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, October 8th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, October 12th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, October 22nd	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, October 26th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers

Huge numbers of Winooski residents are now using the Food Shelf! In August, we served 1,123 people living in 241 households. This has been an overwhelming challenge at a time when only very few volunteers are available to help. Funds are stretched thin and it is increasingly difficult to even find enough pantry staples. Our client numbers have been increasing steadily every month and have doubled since January.

The holidays are fast approaching. We change our schedules in November and December. In November, we are open: Saturday, November 5th, Wednesday, November 9th, Saturday, November 19th and Wednesday, November 30th. In December, we will be open: Saturday, December 3rd, Wednesday December 7th, Wednesday, December 14th, and Saturday, December 17th.

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.

MEET the Candidates
Vermont's General Election is November 8th

Watch Election Forums before you cast your vote! Then, stay tuned for Town Meeting TV's live election night results show.

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

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

What is HomeShare Vermont?

By Amy Jelen, Homesharing Coordinator

For over 40 years, HomeShare Vermont has connected people of all ages and income levels wishing to share their homes with compatible housemates. Let HomeShare Vermont do the background/reference checks and interviews, and you decide which pre-screened candidate to live with.



A compatible housemate can contribute to rent/utilities and/or help with tasks such as snow removal, housekeeping, cooking, yardwork, pet care, and errands. Tell us what you're looking for, and we try to find it! Participants value our comprehensive screening and matching process, and we're with you for the life of your match.

There is no fee to apply. A one-time, income-based match fee applies only if we successfully find you a match.

Call us to learn more at 802-863-5625 or visit our website at HomeShareVermont.org



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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
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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

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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
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 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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