

The Winooski Newsletter

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

DECEMBER 2022



WINOOSKI SCHOOLS
We are the future.



Letter from the Mayor

By Kristine Lott

Hello Neighbors, December kicks off our Fiscal Year 2024 budget meeting cycle - community members are encouraged to participate!

Every year, the City Council discusses with the staff and general public how your tax dollars are spent. We've got a schedule of meetings planned to cover the different areas of government services, citywide projects, staffing, and costs to the community. To view the budget and meeting info, please visit winooski.vt.gov/fy24. Meetings are held on Mondays at 6pm with virtual and in-person attendance options.

Here's what we've got lined up:

- **December 5: Overall Budget Presentation & General Government** - join us to discuss elections, billing, cash collection, parking, and more.
- **December 12: Community Services** - join us to discuss community programs and events, parks, the library, the pool, the senior center, community gardens, and more.
- **January 3: Public Works & Overall Capital Improvement Projects** - join us to discuss plowing, paving, sidewalks, water/sewer, facilities, and equipment.
- **January 9: Public Safety** - join us to discuss the Police Department, Fire Department, code enforcement, and rental inspections.
- **January 17: Overall Budget Discussion** - this meeting may be your last chance to provide your thoughts on the City budget. Is the City spending your taxes the way you want?
- **January 23: Final Budget Vote/Approval** - Winooski City Council will approve the City budget for the ballot



Left to right: Councilor Thomas Renner, Deputy Mayor Jim Duncan, Mayor Kristine Lott, Councilor Bryn Oakleaf, and Councilor Aurora Hurd

in March. If you have comments on how money is spent or how decisions are made, please attend.

In November, Winooski held a historic statewide general election and I am so proud of our community turnout. Many thanks to the Secretary of State's Office, our City Clerks, election workers, and volunteers who helped make it happen. Speaking of historic events, congratulations to the Winooski School District (WSD) Boys Soccer Team on their State Championship win! I also want to take this moment to thank the WSD leaders for their work on the amazing capital project that has transformed the learning environment for our students. I know that the challenges of the project, on top of the pandemic, were incredibly difficult. I hope that you are all proud of your new school.

Lastly, as you'll read in this issue or maybe heard beforehand, I wanted to thank Sean McMannon for his years of service to the community as the WSD Superintendent. Winooski is lucky to have had your leadership, experience, and neighborly spirit to guide Winooski's students, teachers, and school staff.

As always, feel free to reach out any time. You can reach me by phone at 802-766-1988, or email klott@winooski.vt.gov.

INSIDE THIS ISSUE

School District News

Superintendent's Update	2
Transportation Update	2
School Board Update	3
Capital Project Update	3
Introducing EL Curriculum	4-5
Consolidated Federal Programs	6
Restorative Justice and Antiracism Steering Committee	7
Announcements	8
School Matters - K-12	9-12
Health Corner	12
School Menus	13

Municipal Updates

Letter from the Mayor	1
From Your Local Representatives	14
Community Vision	14-15
Reminders from the City Clerk's Office	15
Community Services	16-

Around Winooski

Community Updates/Events	20-23
--------------------------	-------



Winooski's Unsung Hero: Dr. Alex Yin

By Sean McMannon, Superintendent of Schools

Over the past few weeks, after announcing my departure from the Winooski School District at the end of the school year, I have been reflecting on many amazing moments from the past nine years as your superintendent. What really struck me as I skipped down memory lane was the importance of governance and leadership. The academic, social, emotional and civic growth of students is a community endeavor and responsibility and an essential component of our democracy. What makes this messy, democracy work is passionate and skilled citizens working together for a shared purpose. In our case, the growth of Winooski students into college and career-ready, engaged, healthy and successful contributors to our society is our driving aspiration.

Dr. Alex Yin, serving as a Winooski School District (WSD) board member since March of 2018, has exemplified outstanding stewardship of our public education system. His thoughtful and tireless approach to board governance and individual leadership has yielded amazing outcomes for our students. Alex teamed up with former WSD Board president Mike Decarreau to lead our historic Capital Project from start to finish. From giving tours of our dilapidated building on Saturday mornings to students, parents and community members to leading our Capital Project Executive Committee as we navigated the labor and materials challenges of COVID-19, Alex always kept his eye on the importance of this project for future generations of Winooski families.

In addition, he managed to play an integral role with the Coalition for Vermont Student Equity in overhauling the Vermont education funding system to provide a more equitable share of the Education Fund to all VT students living in poverty and/or with English Language Learning needs. This was a huge lift that required hours and hours of collaborative work with other school board members, superintendents and legislators across the state. His powerful testimony about equity to various legislative committees helped make the case for this incredibly



impactful change in the law that will come into effect in fiscal year 2025.

Alex managed to do all of this while continuing to provide excellence in his role at UVM as the Executive Director of Institutional Research and Assessment. And what is closest to Alex's heart is students. At UVM and WSD he has mentored many students, particularly BIPOC students so they felt supported, hopeful and engaged in their future. I would often see Alex with a few Winooski High School (WHS) students at dinner in the rotary somewhere with an inspiring collaborator such as the UVM Director of Admissions. Personally, I know of WHS students that Alex has mentored through the college application process and continued to encourage as they navigate the university landscape.

Dr. Alex Yin has truly changed lives by governing for the future and inspiring and supporting individual students to realize their true potential. Thanks Alex! I will miss working alongside you and appreciate all the work you have done to improve WSD.

WSD Transportation Update

Nicole Mace, Director of Finance & Operations

For the past two years, WSD has been unable to provide transportation to students due to a lack of school bus drivers, which is an issue affecting school districts across the country. Over the past six months, WSD has been fortunate to have several community members step up to help us fill the need for school bus drivers! WSD has provided assistance and support to these community members in navigating the complex process of obtaining their bus driver licenses. Five written permit tests, 60+ hours of training, and a driving test are all required by state and federal law.

Several candidates have recently obtained their licenses, so we are pleased to announce that starting in December we will be

providing transportation to and from school for students residing more than .75 miles from WSD campus.



Information about specific routes and schedules will be distributed to families as we get closer to December 5. In order to ensure we transport as many students as possible we will be running buses starting shortly after 7am, which will mean that the first routes will arrive on campus prior to 7:30am. We are working with our partners at the Abbey Group to provide hot breakfast in the cafeteria for any student who arrives on campus before 7:45am - whether they ride the bus or walk to school.

School Board Update

By Allison Burlock, Board of School Trustees

By the time you're reading this, the capital improvement project will be complete, which I am super excited about. While this signals the winding down of one HUGE project the Winooski School District undertook, the next thing started November 30th—creation of a budget for the 2023-2024 school year, to be voted on on Town Meeting Day in February 2023. As a board member, I take the budget-building process seriously, balancing the needs of the schools with the needs of the larger Winooski community. A high performing, vibrant school is important to fostering a vibrant community, and we need to find a way to enable that vibrancy at a cost that the majority of residents support.

Feedback from community members is key to my work on the school board for building a budget that residents support. If you have been looking for a sign that it's time to join in on some school board work, consider this it. We are in need of budget buddies- non-voting community members who are invited to attend our budget-building meetings and give their feedback on

the budget for the coming school year.

The budget development meetings start with school and district leaders providing background on the school and their needs and insight on how the education finance system works in Vermont, so we can gauge the impact of our decisions on residents. We then move into decision-making mode where we take the information presented and start to prioritize and understand how different options will impact the residents of Winooski and the schools, before settling on the ultimate option to present to voters.

Finally, fellow board member Alex Yin will not be seeking reelection in the coming year. I thank him for his years of service to Winooski, he has been invaluable to my experience on the board. This means we are also looking for someone to step up and fill that seat next year.

If you are interested in either of these ways to get involved in the WSD board but have questions, please reach out to me at aburlock@wsdvt.org, or any of the other board members.

Capital Project Update

By: Gabby Hora, Director of Communications

After over two long years of construction, the Winooski School Capital Project will wrap up this month! Over Thanksgiving break, while students were out of school, finishing touches were made on many of the interior spaces of the school, including moving the library to its final home and shuffling some staff members who were previously displaced into their permanent spaces. The main entrance to the school is set to open on December 12th which means that for the first time in almost two years, students and staff will be able to enter through the main entrance!

So what now? The next couple of months will be a time for students and staff members to adjust to the new building. They will need time to decorate their spaces, and to figure out where all the newly opened hallways lead to. With so much new space, there are sure to be growing pains as WSD learns to utilize each and every nook and cranny.

While the inside of the building will be complete in the coming days, there are still several steps left to finish the exterior of the school. The soccer fields are expected to be finished in the spring when the weather allows and we are hopeful that the delayed Pre-K playground equipment will arrive by the winter holidays. We are confident that these minor pieces will not inconvenience our students and staff as they adjust to the new building.

With such a large-scale project coming to a close, you are probably wondering, when can we see it? When can we celebrate just how far the school has come? WSD will be

BUILDING THE FUTURE OF THE WINOOSKI SCHOOL DISTRICT



hosting a series of events to celebrate the opening of the new building. To kick things off, WSD will host a **Ribbon Cutting Ceremony on January 18th**. This ceremony will bring together major stakeholders of the project. Then on **May 12th from 5:00-7:00pm WSD will host a Community Open House**. This will be an opportunity for families, staff, and any community members who are interested to tour the school and chat with district leaders about how the improvements are positively impacting our students.

Once again, we thank you for your resiliency and flexibility throughout this experience. We hope you are just as excited as we are to see the project finish.



Introducing the new Expeditionary Learning Curriculum

By Sara Raabe, Michael Eppolito, Karen O'Brien, and Jacie Barber

We are excited to announce that we are working with a new English Language Arts (ELA) program from Kindergarten through 8th grade. Expeditionary Learning (EL) is a knowledge-based program that develops your student's social-emotional skills, reading, writing, speaking, and listening while learning about literature, science, and social studies. The topics we are focusing on for the beginning of the school year are:

- Kindergarten - Toys and Play
- 1st Grade - Tools and Work
- 2nd Grade - Schools and Community
- 3rd Grade - Overcoming Learning Challenges Near and Far AND Adaptations and the Wide World of Frogs
- 4th Grade - Poetry, Poets and Becoming Writers
- 5th Grade - Stories of Human Rights
- 6th Grade - Greek Mythology
- 7/8th Grade - The Lost Students of Sudan

KINDERGARTEN

As our **Kindergarteners** study toys and play, they will consider what makes something a toy and what makes toys fun. Our Kindergarten students will think about these big ideas as they study toys:

- People can learn to play and work together through cooperation.
- Using your imagination makes toys fun.
- Everyone has preferences and reasons for their preferences.
- Different people prefer different toys for different reasons.

Students will be reading these books in this module:

- *Llama Llama Time to Share* by Anna Dewdney
- *Toys Galore* by Peter Stein
- *Have Fun, Molly Lou Melon* by Patty Lovell
- *Playing with Friends: Comparing Past and Present* by Rebecca Rissman

How can you support your student at home? Talk to your student about the books they are reading in the classroom, and read books about toys or tell stories about your favorite toys. Try discussing these questions with your student:

- What can we do to make playing together fun?
- What makes toys fun?
- Which toy do you prefer? Why do you prefer that classroom toy?
- What toys do others prefer? Why do they prefer them?

FIRST GRADE

First graders have been hard at work building their literacy and citizenship skills as they engage in a study of tools and work. They first learned about how tools help to do a job, and then extended their understanding of what it takes to do a job when they learned the "habits of character" of initiative, collaboration, perseverance, and responsibility to help them do work. Students will think about these big ideas as they learn about tools:

- Tools make our lives easier by helping us do work.
- Tools help us create things.
- Tools make our lives easier by helping us do work.
- Habits of character are behaviors that help us learn and do our work.

Students will be reading these books in this module:

- *My Math Toolbox* by Nancy Allen
- *I Use Science Tools* by Kelli Hicks
- *Tools* by Ann Morris
- *The Most Magnificent Thing* by Ashley Spires
- *The Little Red Pen* by Janet Stevens and Susan Crummel
- *A Chef's Tools* by Holden Strauss

How can you support your student at home? Talk to your student about the books they are reading in the classroom, and read books about tools or talk about tools you use to make your life easier. Try discussing these questions with your student:

- How do we create a magnificent thing?
- Why do you think we need tools?
- How do habits of character help us do work?

SECOND GRADE

Second graders have been building their literacy and citizenship skills as they engage in the study of schools. Students have been participating in a series of focused read-alouds to explore the following big ideas:

- A school is a place designed for students to build knowledge and skills, foster character and relationships, and create high-quality work.
- Things like weather and location can make it difficult for students to go to school.
- Communities think of solutions to make sure students have a place to go to school.
- Schools around the world may be different or they may be similar, but they are all places designed for learning.

Second graders will be reading the following books in this module:

- *Off to Class: Incredible and Unusual Schools around the World* by Susan Hughes
- *The Invisible Boy* by Trudy Ludwig
- *The Dot* by Peter H. Reynolds
- *The Important Book* by Margaret Wise Brown

How can you support your student at home? Talk to your student about the books they are reading in the classroom, and read books about school. Try discussing these questions with your student:

- What is school and why are schools important?
- Why is it hard for some students to go to school in their communities?
- How do communities solve these problems so their students can go to school?

NOTES FROM THE CENTRAL OFFICE

- How are schools around the world different? How are they similar?

THIRD GRADE

Third graders launched the year by building their close reading skills and learning about “freaky” frogs. They have been learning about the challenges students face without access to books and education around the world, and how geography and where you live in the world affects your access to books. Students are also researching “freaky” frogs with unusual adaptations that help them survive in extreme environments throughout the world. Third graders will explore the following **big ideas**:

- Education, books, and reading are important because they help us learn about and make sense of the world, and escape into the lives of other people and other worlds.
- I can overcome learning challenges by being an effective learner: taking initiative and responsibility, persevering, and collaborating.
- An effective narrative has a beginning that establishes the character and situation, a middle that introduces a problem with the character response, and an ending that resolves the problem.
- Experts build knowledge by studying a topic in depth.
- Experts share information through writing and speaking.
- Frogs have unique adaptations that help them to survive in various environments.

Third graders will be reading the following books in these modules:

- *More Than Anything Else* by Marie Bradby
- *Waiting for the Biblioburro* by Monica Brown
- *Thank You, Mr. Falker* by Patricia Polacco
- *Rain School* by James Rumford
- *My Librarian is a Camel* by Margriet Ruurs
- *Nasreen’s Secret School: A True Story from Afghanistan* by Jeanette Winter
- *Lizards, Frogs, and Polliwogs: Poems and Paintings* by Douglas Florian
- *Bullfrog at Magnolia Circle* by Deborah Dennard
- *Everything You Need to Know about Frogs and Other Slippery Creatures* by DK

How can you support your student at home? Talk to your student about the books they are reading in the classroom, and read books together to inspire a love of literacy. Try discussing these questions with your student:

- Why are education, books, and reading important?
- How can you overcome learning challenges?
- How does an author engage the reader in a narrative?
- How do experts build knowledge and share expertise about a topic?
- How do frogs survive?

FOURTH GRADE

Students in **fourth grade** have been exploring what inspires writers to write—specifically what inspires poets to write poetry. They began by reading and analyzing the novel *Love That Dog*

by Sharon Creech, and they will also read *A River of Words: The Story of William Carlos Williams*, by Jennifer Bryant.

They will explore the following big ideas:

- Poetry has characteristics that are unique and distinct from Prose.
- Writers draw inspiration from many places, including the work of other writers and their own lives.

How can you support your student at home? Talk to your student about the books they are reading in the classroom, and read poetry at home. Try discussing these questions with your student:

- What makes a poem a poem?
- What inspires writers to write poetry?

FIFTH GRADE

Fifth graders have been reading the novel *Esperanza Rising* by Pam Muñoz Ryan, and applying their new learning about human rights as one lens through which to interpret the characters and themes in this rich novel.

They will explore the following big ideas:

- Human rights belong to everyone, but they can look different to different people in different places.
- We can better understand how human rights can be threatened by reading about the experiences of fictional characters in stories.
- We can raise awareness of human rights issues by writing about the issues fictional characters face.

How can you support your student at home? Talk to your student about the book they are reading in the classroom, and try discussing these questions with your student:

- What are human rights, and how can they be threatened?
- How can we use writing to raise awareness of human rights?

If you want to learn more about the EL curriculum, go to curriculum.ededucation.org/

21C Application Intent To Apply

By Suzanne Skaflestad, 21C Program Director

The Winooski School District is looking forward to submitting an application in the 2022-2023 competition to provide high quality afterschool and summer programming to students in grades K-12. Winooski School District and the City of Winooski, along with many other committed partners, recognize that its students have a better chance to succeed if they work together to build learning environments that enhance their skills academically, socially, emotionally and physically.

This diverse set of partners, which includes community organizations, businesses, school staff, students and their families, enables the Winooski School District to offer high quality enrichment activities and academic support opportunities after school and during the summer months that meet the needs of its youth in grades K-12 and their families.

Our high quality programs are designed to support the Winooski School District Ends Statement: All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy and productive lives and engage with their local and global community.

Explanation of Consolidated Federal Programs

By Michael Eppolito

Every year the Winooski School District receives federal money through several grants. One of those grants, the Consolidated Federal Programs (CFP), is designed to provide all children with significant opportunities to receive a fair, equitable, and high-quality education and close educational achievement gaps.

The US Department of Education divides the CFP into four parts or Titles. Each Title has specific purposes and restrictions.

How Much Federal Funding Does Winooski Receive?

TITLE I	TITLE II	TITLE III	TITLE IV	TOTALS
\$963,032.00	\$180,627.00	\$64,006.34	\$152,989.00	\$1,360,654.00

TITLE I

The purpose of the Title I program is to provide all children significant opportunities to receive a fair, equitable, and high-quality education and close educational achievement gaps. We can spend Title I funds on:

- Additional academic support for students
- Extended day and extended year programming for students
- Professional development for teachers
- Work that connects to our Continuous Improvement Plan
- Homeless services
- Parent and family engagement

TITLE II

Title II has several purposes, including increasing student achievement to meet Vermont's challenging academic standards, improving the quality and effectiveness of teachers, principals, and other school leaders, and providing low-income and minority students greater access to effective educators. We can spend Title II funds on:

- Development and Implementation of Strong Evaluation and Support Systems
- School Leadership and Community Initiatives
- Induction and Mentoring
- Needs- and Evidence-Based Professional Development Initiatives
- Attracting and Retaining Excellent Educators in High Needs Schools
- Supporting Early Learning Educators

TITLE III

The purposes of this program are to help ensure that children who are multilingual learners attain English proficiency, develop high levels of academic attainment in English, and meet challenging State academic standards.

We can spend Title III funds on:

- Effective language instruction educational programs that support
- English language proficiency;
- Student academic achievement in core academic subjects.

TITLE IV

The purpose of this program is to improve student's academic achievement by increasing our capacity to provide all students with access to a well-rounded education; improve school conditions for student learning; and

- Improve the use of technology to enhance the academic achievement and digital literacy of all students.
- Science Technology Engineering and Math programs
- Accelerated Learning Programs
- College and Career Counseling
- Social-emotional Learning (SEL)
- Drug and violence prevention
- School-based mental health services
- Supporting the effective use of technology

This year we have used our Consolidated Federal Programs to invest in the following:

TITLE I	TITLE II	TITLE III	TITLE IV
Purchase of classroom libraries	Professional Development for summer school teachers	Liaison Support	Equipment for High School Science classrooms
Academic Interventionists	Professional Development in adolescent literacy	Summer Camp for ELL Students	
Academic Coaches	Professional Development in math best practices	Spring Camp for ELL Students	
iLab Teachers			
Spring Literacy Camps			
Homeless Services: Transportation			
Parent Involvement			

If you have any ideas about additional investments or have any questions about how we spend this money please contact me in any of the following ways:

Email: meppolito@wsdvt.org

Phone: 802-383-6148

Or reach out to your liaison.

RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please scan the QR code to visit our website.



Winooski Youth Present at the Annual Rowland Conference

By Kayla Loving

The annual Rowland Conference that took place at the University of Vermont on Oct. 26th. The Rowland Conference is hosted by the Rowland Foundation which has a fellowship for Vermont middle and high school educators focused on equity. The Rowland Foundation “believes that systemic change, the kind that can alter a school’s culture and enhance its climate for learning, is derived from visionary leadership within the school.” There are currently two Rowland Fellows in Winooski. Each year, a group from the Winooski School District attends the conference. This year Mea Ree Jan, Eliza Willis, and Auishma Pradhan to speak about their experiences and facilitate a workshop with Kayla Loving of Spectrum Youth & Family Services.



fit restorative justice--which is inspired by indigenous philosophies-- into its framework? Educators took time to discuss how restorative justice as a mindset can address historical harms and foster spaces where learners can be their authentic selves. The facilitators also shared how they practiced restorative justice through the Summer Restorative Justice Workshop.

MeaRee, Eliza, and Auishma were also invited to speak about their experience as

youth in Vermont schools. They shared about true youth-adult partnership and sustainable leadership highlighting how they were brought in by Winooski Students for Antiracism members who were older. The older youth served as mentors and inspired them to carry on the work. They explained that adults shouldn’t be inviting youth to their tables, instead adults should be joining the youth tables. They also highlighted how one youth doesn’t represent all youth, so it’s important to gather many youth voices.

Antiracism Work Update

By Kayla Loving and Christie Howell

The Antiracism Steering Committee had its second meeting of the school year on November 7th. More youth have been getting involved in the work. There were about fifteen youth present at the last Steering Committee meeting! Because there were some new participants, there was an overview of the Steering Committee’s role. They also spent time connecting as that’s key to building community and an important aspect of every meeting.

During the meeting, they looked at some survey data from The New Teacher Project (TNTTP) that was shared at the Community Dinner on October 26th. The group walked around the room, examining and discussing print-outs of the data, then posted questions and observations about it. They then had a circle discussion. Two of the major themes that emerged were the importance of youth voice in the hiring process (and in all aspects of the school), and how before Winooski can attract and retain new faculty and staff of color, they must make current staff feel more welcome.

The co-facilitators of the Multilingual Mentorship Program Action Group also attended the Antiracism Steering Committee meeting to share that they received a \$7,000 grant from



Mentor Vermont that they can use to hire a coordinator for the mentorship program for the remainder of this school year. The position will cost \$15,000, so they need help finding the remainder of the money. Mentor Vermont also needs a commitment that the position will be sustainable. The Action Group and Steering Committee are problem solving to make sure that this program can get started after all of the work that has been put into it.

The action groups have been working on recruiting youth co-facilitators to practice true youth-adult partnership. Many of them have had or have planned the first meetings of the school year. There will be updates on the progress of the individual action groups in the next newsletter.

ANNOUNCEMENTS

Save The Date: Spartan Alumni Basketball Game

By Gabby Hora,

Director of Communications



The Winooski High School will host the first-ever Spartan Alumni Basketball game on **December 30th**. This will be a co-ed event and all WSD alumni are invited to play.

The event will consist of two parts: a three-point contest and a green-and-white game.

Who is the best shooter in Spartan basketball history? Find out during the three-point contest. This portion of the event is only open to participating alumni and will kick off the night at 6:00 pm.

Following the three-point contest, the green-and-white game will begin at 7:00 pm. This co-ed game will allow our incredible WSD alumni to showcase their talent!

To play in the green and white game, alumni will be charged \$10.00 which will cover the cost of referees and a t-shirt. An additional \$10.00 fee will be charged to those who want to participate in the three-point contest.

Teams will be determined ahead of time, so be sure to sign-up by December 9th to ensure your spot. Sign up by visiting <https://bit.ly/spartanalumnigame> or contact Athletic Director Sam Jackson at sjackson@wsdvt.org or 802-363-5856 for more information.

Community members are invited to this spectacular event to watch the green-and-white game! Doors will open to the public at 6:45 pm and admission will cost \$5.00 for adults and \$2.00 for students.

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.

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



Spartan Soccer Champions!

By Gabby Hora, Director of Communications

The WHS Spartans boys soccer team has a long-standing reputation of being good, but for the first time in program history, they were able to come together as a team to capitalize on their talent and bring home the championship! In the past eight seasons, the WHS Spartans Boys Soccer Team had reached the semi-final match five times, and the championship game just once since 2000. There have been stand-out players, and close seasons, but never one that compares to what they accomplished this fall.

The championship game, which took place on November 5th against Rivendell Academy at AppleJack Stadium in Manchester was no fluke, but a culmination of a season of hard work from both WHS student-athletes and coaches. After an impressive dance through the playoffs, knocking off Blue Mountain, Richford, and Arlington during home games in Winooski, team scouting told players and coaches that the best way to gain an advantage on Rivendell would be attacking from the wide parts of the field. The team spent practice time leading up to the championship game perfecting their strategy and learning passing combinations that allowed them to move the ball to the sidelines of the field.

On the day of the championship game, Winooski fans, including principals, parents, and a slew of high school fans, dressed in Spartan green and packed the stands of AppleJack stadium! The Spartans started the game strong, netting two goals in the first 30 minutes and going into halftime on a high note. In the second half, with sun and wind in their faces, the boys were able to score an early goal, before ceding one to Rivendell Academy in the last ten minutes. Rivendell's late effort was not

enough to overtake the Spartans, and when the final whistle blew the scoreboard revealed a Winooski 3-1 win! Fans, players, and coaches rushed the field where smiles and even some tears of joy plastered Spartan faces.

“Dream big and keep working. We did it for our city. I am so happy for my guys. Special thanks to AD Jackson and Coach

Feiss for believing in us and pushing us through adversity. It's hard to believe my four years are over.”
—Captain Hussien Abdulaziz

After a long ride home full of singing, chanting, and posing with the trophy, the bus took a trip through the streets of Winooski so the boys could sing

out the window and announce their win to the people of Winooski.

On top of taking home the championship, the team also earned some impressive stats, scoring 81 goals and shutting out teams during 8 games throughout the season. The team celebrated their incredible 15-2 season at the end of the season banquet where honors were given and records were made known!

“It's exciting to create a culture that students want to be a part of. It is bigger than soccer. We are using the game of soccer to teach the game of life. The wins on the scoreboard are great, but the wins in life are better. This is a historic moment for our school. For the first time in history, we are state champs. I will forever look back on this team with great fondness. As I tell all of our players we are stronger together.” —Athletic Director, Sam Jackson.



“I'm really proud of the boys for being able to finally bring home a championship. We have had many successful seasons over the history of the program so it feels good to win a title for not only this year's team, but all the players that have helped establish our tradition of winning.”

— Head Coach Stephen Feiss

Circus Smirkus Returns

By Gabby Hora, Director of Communications

After a 2 year break, due to COVID-19, Circus Smirkus returned to the Winooski Middle School this fall! Circus Smirkus, a nonprofit arts and education organization based here in Vermont, first came to Winooski in 2017 for a 6-week residency with the 6th-grade students' thanks to an AOE Grant. The program which promotes social-emotional learning was a massive hit amongst students and staff alike. Teachers noted that even their classes who had trouble with collaboration before were able to work on projects productively after the program. This initial success locked in the desire for Circus Smirkus to return time and time again as a way for 6th-grade students to kick off their school year, and time as WMS students. Circus Smirkus returned for shorter residencies in 2018 and 2019, finding a sweet spot with a 3-week program after some trial and error.

Circus Smirkus is a unique opportunity that hones in on things such as dedication, cooperation, and camaraderie, preparing students to work productively together. Over the course of 3-weeks veteran circus instructor, Josh Shack, taught 6th-grade students tangible circus skills such as juggling, balance, and plate spinning, offering a diverse array of opportunities so each student could find a skill to excel at. Entangled in learning these skills, were an array of "Circus Secrets" or mottos, that when followed would help students to succeed both in the circus and classroom. These 'Circus Secrets' included things like "Try, Try Again", "Give Help, Get Help" and "Imagine." Students set goals and worked together to create a showstopping culminating performance for the school and community to watch!

In addition to learning circus skills with Josh, students also engaged in classroom activities and work with their teachers. Circus Smirkus is part of a 6th-grade expedition called "Powered by Persistence." Prior to Josh's arrival, the 6th-grade teachers held a launch for the expedition that included a high school panel of students. The high schoolers answered questions and shared highlights from their 6th-grade circus experience. The launch ended with an invitation for students to design a t-shirt for this year's circus. All designs were submitted for a student

vote. **Calvin Buhendwa's** design received the most votes and was printed on t-shirts in time for the



T-shirt design by Calvin Buhendwa



culminating performance. In math class, students designed and made models of circus tents which were displayed in a "circus village" on the day of the show. In social studies, 6th-graders spent time writing artist statements that were included in the performance program, and in language arts, they spent some time writing reflections about their circus experiences. To wrap up the unit, students wrote personal essays or narratives about a powerful circus moment.

I had the opportunity to visit a class as they practiced their skills and prepared for their culminating performance. Amongst the chaos of a middle school class at work, I witnessed students helping students, offering advice, and cheering each other on. I was greeted by an excited group of students practicing their skills and chatted with them about what they learned from this experience.

Barakit a 6th-grade student, who will be performing pyramid, flower sticks, plate spinning, feather, and clowning let me know that of this whole experience she was most excited to "Perform in front of a lot of people."

Another 6th-grade student, Aili, talked with me about her prior experience participating in a Circus Smirkus program last winter. Aili's advice for future students in Circus Smirkus is to "Always persist even when it's hard!"

This resounding feeling of persistence was felt throughout the Performing Arts Center. Students Ankita, Lyra, and Scarlet echoed that one thing their experience with Circus Smirkus taught them was to keep trying even when things are hard.

The culminating performances of this incredible expedition took place on November 11th in the new Performing Arts Center. Amongst the audience members were fellow WSD students, teachers, community members, and parents.



Abstract Art

By Emily Jacobs,
WMS Visual Arts Teacher

“In our most recent art unit, our Winooski Middle School artists studied and created abstract art. Students learned about the difference between geometric and organic shapes; analyzed the work of Wassily Kandinsky; and practiced utilizing the principles of balance and rhythm in their artwork. Finally, students discussed the process of titling abstract artwork, and considered which emotions, ideas, and qualities their artwork were represented in their artwork.”



Beautiful Life by Bora, 8th-grade



Colors Explode by Daijanique, 7th-grade



Headspace by Hue, 8th-grade



KA BOOM by Smarika, 7th grade



Sea Glass by Jesse, 8th-grade



Spectral by Yasmina, 7th-grade



Sun Glow by Esther, 8th-grade



The Space Between by Phoebe, 8th-grade

Global Explorations – Researching about Where We are From

By Saruro Ali, grade 12

In *Global Explorations*, students learn about both the history and current issues facing some of the countries where many of our students come from: Democratic Republic of Congo, Somalia, and Bhutan and Nepal. In our Somalia unit, students created their own inquiry question and researched their question. Below is an excerpt from one student's writing. Saruro was born in the Dadaab refugee camp in Kenya and researched why it is closing.



Inquiry Question: What is the reason why Somalis are getting kicked out of Dadaab camp and what will be the effects?

First, one reason why Kenya is closing the Dadaab camp is because of the threat of Al-shabab. For example, in *The Guardian* it states “although the Kenyan government has long viewed Dadaab as a breeding ground for al-Shabaab and often called for it to be shut, its language has become increasingly blunt in the aftermath of Garissa and the 2013 attack on the Westgate shopping center.” This evidence demonstrates that Dadaab camp is closing because of al-Shabab's power and Kenya's fear of al-Shabab using Dadaab as a breeding ground.

What will be the effects of this closure?

The effects are that if the camps close many sick people in Dadaab will not find health care. For example, Doctors without Borders is concerned about refugees' access to medical care as many people in the camps live with chronic medical conditions and will need continued treatment, including for diseases like HIV/AIDS, diabetes, and tuberculosis. Doctors without Borders currently treats 950 people with hypertension, 600 with diabetes, and 45 patients in the mental health program in Dagahaley camp alone. “Leaving Kenya and going back to Somalia is not a choice for many families. For instance, in the refugee camps in Kenya, all children go to school for free. That isn't the case in Somalia. All schools in Somalia are not free, and not every family can afford to send their children to school (Abdulahi M.)” Going back to Somalia is not a choice for many Somali families because many of the people are very sick and going back to Somalia where healthcare is hard to find or expensive for parents.

As a person who was born in the Dadaab camp, I feel like they shouldn't close the camp because a lot of people will die of hunger, plus they will be homeless. A lot of Somali parents have lost hope of going back to Somalia.

WINOOSKI SCHOOL HEALTH CORNER

Health Office News

By Elizabeth Parris BSN, RN, NCSN

As we head into cooler weather and we start to add warm layers of clothing, we thought we would give some helpful tips on preventing lice and treating it. Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact. However, much less frequently they are spread by sharing clothing or belongings. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the scalp.

The following are steps that can be taken to help prevent and control the spread of head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, camp).
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
- Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the two days before treatment using the hot water and the high heat settings. Vacuum the floor and furniture, particularly where the infested person sat or lay.

Dental News

By Tracy Towers, RDH, BS

Thanks to the Vermont Department of Health, we received grant funding to purchase the necessary equipment to officially begin offering limited preventive dental hygiene services (cleaning, sealants, fluoride varnish, and silver diamine fluoride applications) on site.

We hope to have protocols, systems, and equipment in place for a January 2023 “soft” opening.

As always, if you have any questions about our School Dental Program, I can be reached at ttowers@wsdvt.org


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

December 2022


=Vegetarian Menus are subject to change


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:
 Simply manage your student's account
Visit our Family Portal

Click Image Below for employment opportunities


Monday	Tuesday	Wednesday	Thursday	Friday
	Please advise us if special meal accommodations are required for allergens or other special dietary needs.		1 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
5 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
12 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
19 Blueberry Bread Slice Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Cinnamon Granola Breakfast Round Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Iced Breakfast Bun Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Warm Chocolate Chip Muffin Danimals Yogurt w/Graham Cracker Assorted Fresh, Dried or Canned Fruit Milk Variety
26 No School	27 No School	28 No School	29 No School	30 No School

This institution is an equal opportunity provider.



Winooski Elementary School Lunch

December 2022


=Vegetarian Menus are subject to change

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 Meals.

Deli Options K 8
Milk Condiments
Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below
 Simply manage your student's account
Visit our Family Portal

Harvest of the Month:
Winter Squash

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


Monday	Tuesday	Wednesday	Thursday	Friday
Please advise us if special meal accommodations are required for allergens or other special dietary needs.	 Childhood Hunger is a problem that affects over 13 million kids every year in the United States. It affects kids who have no way of fixing the problem, and not only affects them today, it affects their future and their ability to break the cycle of hunger and poverty as they get older. Consider one of the below to help local food banks. 1. Volunteer for a Food Drive 2. Build a Community Garden 3. Host a Food Drive at School 4. Collect Food instead of presents		1 Oven Baked Corn Dog Oven Baked Potato Puffs Maple Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Chicken Teriyaki Rice Bowl Steamed Carrots Steamed Broccoli Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
5 Chicken Patty Sandwich w/Lettuce & Tomato Hand Cut French Fries Garlic Roasted Garbanzo Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Chicken & Cheese Fajita Fresh Green Pepper Strips Garden Salsa Spanish Rice Cabot Sour Cream Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Cheese Pizza Veggie Fresh Carrot Sticks Tossed Garden Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Spaghetti w/ Meat Sauce Steamed Corn Steamed Green Peas Garlic Breadstick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety Birthday Celebration	9 Fluffy Pancakes Fresh Cucumber Sticks Sweet & White Homefries Real Maple Syrup Lunch Scrambled Eggs Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
12 Seasoned Chicken Tenders Cucumber Greek Salad Garlic Roasted Garbanzo Beans Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Tater Tot Nachos Steamed Corn Garden Salsa Spanish Rice Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety Taste Test Event: Winter Squash	14 Cheesy Goulash Steamed Broccoli Tossed Garden Salad Garlic Breadstick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Alaska Pollock Fish Sticks Hand Cut French Fries Magenta Root Slaw Barbar Sauce Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Honey Glazed Carrots Roasted Broccoli Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
19 Hearty Chicken & Biscuits Steamed Green Peas Steamed Carrots Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Taco Bar w/ The Works & Ground Turkey K-8 Garden Salsa Mexicali Corn Spanish Rice Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Cheesy Breadsticks Marinara Sauce Tossed Garden Salad Roasted Cauliflower Curry Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Grilled Chicken Sandwich Lettuce & Tomato Maple Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Dress Your Own Burger on a Bun Caesar Salad Lettuce & Tomato Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
26 No School	27 No School	28 No School	29 No School	30 No School

This institution is an equal opportunity provider.



From Your Local Representatives

By Representative Taylor Small

First, I want to thank you all for your confidence and support of my work thus far in the legislature. It is the honor of my life to serve our community and I look forward to all that we will accomplish over the next two years. We have many crises facing our state and nation right now and I believe that through collaboration, connection, and creativity we will find the solutions to help uplift all Vermonters.

I am excited to share that **Daisy Berbeco** will be joining me as your newest representative in Montpelier! I also want to thank Jordan Matte and Infinite Culclease for stepping up to run for State Representative and State Senator, respectively. Our democracy thrives when voters have access to choice, and your choice to run allowed all of us that privilege. This was a historic election all around with over 2,600 Winooski voters returning their ballots, two constitutional amendments passing with an overwhelming majority, and Vermont sending our first woman to Congress. We have proven once again that our state can be a leader on the national scale.

As you may remember from a previous piece that I wrote about redistricting, every 10 years, in every state across the nation, we review the census data and begin to work on reapportionment -- or redistricting -- for our statewide elections. For some states, this can be a polarizing experience due to historical and current examples of gerrymandering -- the act of manipulating the boundaries of an electoral constituency so as to favor a specific party -- which disenfranchises marginalized voters.

In the legislature this past year, we updated our district maps to reflect the changes in population across the state. For Winooski, this meant that we maintained a two-member district and because of our population growth we relieved ourselves of a small portion of Burlington along the river that was once part of our district. This redistricting change means that your state representatives this year are solely representing our great city.

As for the Senate districts, a previous legislature enacted a law that no district shall have more than three Senators. This meant that we saw a significant shake up in the Chittenden County Senate district since we previously voted for a total of six at-large Senators for the county. Winooski became a part of the Chittenden Central Senate district, which includes all of Winooski, the north end of Burlington, a small portion of Colchester, and a portion of Essex. We had the opportunity to elect three Senators to represent the geographically smallest Senate district in the state. This year we elected incumbent Senator Phil Baruth, as well as first-time Senators Tanya Vyhovsky, who previously served one term in the House, and Martine Larocque Gulick.

What does this ultimately mean for Winooski, though? This means that you now have five strong voices across both chambers in the Vermont Legislature to advocate on behalf of Winooski, as well as five direct contacts in state government to help make sure that the issues that are important to you get addressed. In addition, we saw a lot of turnover in both the House and Senate this year, with about one third of the General Assembly not returning this coming January.

We have a lot of work ahead of us, and also a lot of opportunities for change. I look forward to continuing this work with you and encourage you to be in contact as we move through this next session.



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 Fiscal Year 2024 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, and get prepared for Town Meeting Day. Community engagement is important for this process – if you have questions about the budget, please call or email: 802 655 6410 / budget@winooski.vt.gov.

Municipal Infrastructure

The Agency of Commerce and Community Development (ACCD) recently awarded the City of Winooski \$809,927 from the Brownfield Revitalization Fund! Purpose: Construction of a municipally owned 3 level parking garage, topped by 84 units of housing, 115-unit hotel, restaurant, cafe, meeting space on vacant site in a developed portion of Winooski's designated downtown. For more information, please visit accd.vermont.gov.

Housing

The City of Winooski is excited to announce the Winooski Housing Trust Fund, which provides 3 new funding programs in partnership with Opportunities Credit Union that support affordable housing in our community. To learn more, see the descriptions below.

Visit winooski.vt.gov/housing to learn more or visit the Winooski branch of Opportunities Credit Union to apply today!

- **Down Payment Assistance Program:** Low to moderate-income first-time homebuyers are encouraged to apply for this program for assistance with the down payment for a first-time home purchase.
- **Affordable Housing Construction and Rehabilitation Program:** Professional real estate developers, both for-profit and non-profit, and public housing agencies are eligible for this program when constructing or substantially rehabilitating housing for low-income persons, including homeownership or rental properties.
- **Home Improvement Program:** Low to moderate-income owner-occupants of single-family homes and multifamily properties are encouraged to apply for this program when rehabilitating properties providing homes for low to moderate-income households.

Safe, Healthy, Connected People

The Winooski Fire Department reminds our residents to keep the fire hydrants clear during the snowy winter weather! If there is a fire hydrant near your house, do your part to keep it accessible: remove any snow and ice, clear a wide enough perimeter (about 3 feet) around the hydrant for firefighters to work, and clear a path from hydrant to street. Also, with the holiday season upon us, there are many fire and life safety tips available for staying safe this time of year – be sure to check out the National Fire Protection Association’s educational tools at nfpa.org/Public-Education.



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 City Clerk’s Office We would like to thank the poll workers for their dedication during the Statewide general election last month! Special thanks go to the Winooski restaurants who provided food: Misery Loves Company, Tiny Thai, Sarom’s Café, Scout & Company, Monkey House, and Morning Light Bakery.

We will begin issuing Dog Licenses during the first week of January 2023! Vermont State Law requires all dogs who are 6 months of age be licensed for every calendar year. In order to license your dog, we require a currently valid rabies certificate.

- \$14 (altered) on or before April 1st
- \$18 (un-altered) on or before April 1st
- On April 2nd, there will be additional late fees!

Winooski City Hall will be closed on the following days:

- Friday, December 23 (1/2 day 7:30am-11:30am)
- Monday, December 26
- Friday, December 30 (1/2 day 7:30am-11:30am)



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

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

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

Friday Afternoon Outing @ ECHO Leahy Center

Are you looking for an afternoon of scientific discovery and experiential learning? Join staff at the science and nature museum to explore more than 100 hands-on exhibits, 70+ species of live animals, and more!

- Ages 5-11: Friday, December 16 @ 3-5:15pm

Youth Climbing

Winooski Recreation & Parks is partnering with MetroRock to offer rock climbing! Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. Transportation is provided.

- Ages 5-8: Tuesdays, January 10 - February 7 @ 3-4:45pm
- Ages 9-12: Thursdays, January 12 - February 16 @ 3-4:45pm

Very Merry Theatre

Interested in exploring your talents and learning more about theatre arts and stage performance? Join Winooski Rec & Parks in collaboration with Very Merry Theatre for this 8-week performing arts program that will be run at the Winooski School District!

Grades K-6: Wednesdays, January 4 - February 22 @ 3-4:30pm

WINOOSKI MUNICIPAL UPDATES

Safe Sitter Certification

Grades 9-12: / Tuesdays, January 10 - February 14 @ 3-4:15pm

Are you a teen interested in gaining a new skill set that could lead to helping out families in your community and earning some money? Join Community Services Admin and Outreach Assistant, Zahra Mohamed, in this 5-week babysitting training course to obtain your Safe Sitter Certification as well as First Aid/CPR Certification this winter at WSD. This is an amazing opportunity to bulk up your resume!

Youth Basketball League

Join local volunteer coaches* and Winooski Rec & Parks staff in this youth basketball league this winter! Students in grades K-2 will participate in a weekly Saturday clinic. Students in grades 3-8 will practice one time per week (M-Th depending on volunteer availability) and attend Saturday games against neighboring town recreation teams. Youth will work on dribbling, shooting, footwork, and team play in this skills-based clinic series/league.

* We need volunteer coaches to run this program successfully! Please contact Robin Merritt, Recreation and Parks Manager at rmerritt@winooski.vt.gov for more information and to support this program, as a volunteer. No prior coaching experience necessary. Positive attitude is a must!

- Grades K-2 Co-ed Clinic: Saturdays, January 7 - February 18 9:30-10:30am
- Grades 3-4 Co-ed Team: Weeks of January 3 - February 18
- Grades 5-6 Co-ed Team: Weeks of January 3 - February 18
- Grades 7-8 Boys Team: Weeks of January 3 - February 18
- Grades 7-8 Girls Team: Weeks of January 3 - February 18

Adult Yoga (18+)

Looking to slow down, engage in low impact exercise, and practice living in the present moment? Join yoga practitioner Sarah Sears of Yoga Vermont in either a 3-week meditative breathing or a 6 week yoga flow program that will take place at the Winooski Senior Center at

123 Barlow Street.

- Coherent Breathing: Mondays, Dec. 5 - Dec. 19 @ Time TBD
- Vinyasa Flow: Wednesdays, January 4 - February 8 @ Time TBD

Pickleball Court Rentals

Looking to continue your pickleball play throughout the winter? Rent a pickleball court at the O'Brien Community Center Gym with friends and other pickleball enthusiasts. Please contact Robin Merritt for more information at rmerritt@winooski.vt.gov and save the date for our Pickleball Tournament on Saturday, January 28th! All team fees will go toward sponsoring program scholarships for community members.

- Adult (18+): Wednesdays, throughout the winter @ 5-6pm

Community Outdoor Ice Rink @ Landry Park

Weather permitting - look out for our outdoor ice rink located at Landry Park this winter!

Stay tuned for upcoming Recreation & Parks programming including youth indoor soccer, cartooning & comic book club, adult art pop-ups with local artists, Friday afternoon outings, and more!



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 on select Saturdays for 1:1 assistance and to learn new skills!

- Saturday, December 3rd from 12:00-2:00pm
- 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, December 15th 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, December 17th, 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.

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 winter distribution!

- Wednesday, December 7 from 3:30 to 5:30pm @ the O'Brien Community Center
- Please bring your own reusable grocery bags.
- Seasonal item availability on a first-served basis

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@winooski.vt.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@winooski.vt.gov; 802 655 6424

Pokémon Club

Join us on Wednesdays 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 3:30 to 4:30pm
- December 7th and 14th, 2022
- Drop-in, no registration required
- Youth 8+

STEAM Ahead Saturdays

Find us on Saturdays from 10 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.

WINOOSKI MUNICIPAL UPDATES

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.

- Third Friday of each month from 4-5pm
- 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

TUESDAYS & THURSDAYS

Breakfast Café 9 to 11 am

Everyone is welcome to drop in and join us on Tuesdays and Thursdays from 9-11am as we gather and converse

with community members. Our eat-in Breakfast Café now features hot breakfast sandwiches, fruit, treats and beverages - priced by donation. **No Café on 12/1, 12/15, 12/17 and 12/29.**

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! No meal on 12/28**

Special programs

Holiday Card Making & Luminary Decorating - Tuesday 12/6, 9-11 am

Join us for a morning of Card Making with Mrs. Robinson and decorate a luminary for "The Longest Night". We'll provide everything you need to make beautiful handcrafted items. **FREE!**

Coffee Chat with A4TD - Thursday, 12/8, 9-11 am

Are you 55+ looking to work, get paid and keep your benefits? Come meet the folks from Associates for Training and Development. Learn about their Senior Community Service Employment Program. **FREE!**

Coffee Chat with Dan Higgins - Tuesday, 12/13, 9-11 am

Come meet Winooski's premier photographer, hear his stories and see his collection of Winooski photos. **FREE!**

Senior Holiday Party - Thursday, 11/15 at 12 pm

Join us for a traditional Holiday party with live music, a sing-a-long, great food and a Yankee Swap! **FREE!**

Holiday Cookie Swap - Tuesday, 12/20, 9-11 am

Bring your cookies to share or just come and decorate ours! Meet folks from the Vermont Chapter of the Alzheimer's Association and learn about the early symptoms of Alzheimer's. **FREE!**

The Longest Night - Wednesday, 12/21, 5:30pm at Rotary Park

Everyone is welcome to join us as we remember those affected by Alzheimer's disease. Let's gather together and use our passion to raise funds, create awareness and support the research efforts of the Alzheimer's Association. Come and light a luminary, enjoy music, hot drinks and refreshments. **FREE!**

Birthday Card Making - Tuesday, 1/3, 9-11 am

Join us for a morning of Card Making with Mrs. Robinson. We'll provide everything you need to make beautiful handcrafted items. **FREE!**

ELVIS WEEK! - 1/9 - 1/13

We'll be celebrating Elvis Presley's birthday all week. Join us for a Luau on Thursday, 1/12. Details to come!

Bone Builders - Mondays and Wednesdays at 2-3 pm

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! No Program on 12/26, 1/2, or 1/16**

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.

December Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski



We want to hear your recommendations!

Downtown Winooski is about to launch a brand new website ready to serve anyone to visiting or spending time in Winooski. Do you have a recommendation or quote you want to share about a local business, Community event, something that downtown Winooski has participated in that you've enjoyed? Or maybe you have something to share as an Insider tip for anyone coming to the area. Please send it over to meredith@downtownwinooski.org and we may include it on our website! We will ask you if you would like to be quoted by name or not :)

Winooski Holiday Pop Up Shop

It's time to "Party while you shop, shop while you party!" at the Winooski Holiday Pop Up Shop on **Thursday December 1st** from 5-9pm at a dozen downtown Winooski restaurants, bars and other venues. This is a can't-miss unique shopping experience with unique vendors, DJs and music at every location, special tastings and cocktails, and more! We'll have a photobooth (if you were at Halloween in Winooski you'll remember how

Shop in Winooski this holiday season! Small Business Saturday

Support your favorite small businesses in Winooski this holiday season! 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 the pandemic.

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.

Parking 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 ban 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/>

brought to you by: BARR HILL FOUR QUARTERS BREWING DWTN WINOOSKI

DowntownWinooski.org/PopUp

Winooski HOLIDAY POP UP SHOP

Party while you shop, shop while you party! Dec. 1, 2022 5-9PM

12 Venues - 40+ Unique Vendors - DJs - Drinks - Fun!

AROUND WINOOSKI



much fun the photobooth was!) Bring your friends, explore the downtown area and find special gifts for everyone on your list (including yourself - we won't blame you!)

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

What do you want to see in your city in 2023?

Downtown Winooski “builds community by supporting the business community.” As a nonprofit organization working hard to support the economic vitality of Winooski, we can't be everything to everyone but we love feedback and constructive suggestions! If you want to get involved or want to recommend a band, vendor, or anyone you think might want to join in one of our 2023 events, please get in touch!

- 2023 Calendar (so far):
- Winooski Farmers Market
- Winooski Wednesdays Concerts & Market
- Juneteenth
- French Heritage Day
- Winooski Pride
- Halloween in Winooski
- Small Business Saturday
- Winooski Holiday Pop Up Shop

We are currently working to secure event sponsorships and general fund donations to support and sustain programming and operations in 2023. We know it will take many sponsors and donors working together to help us reach our goals for 2023 and beyond.



Downtown Winooski is in a unique position to bring our strong business community together to identify and achieve common goals. Do you know of an individual, business or organization who may want to partner with us? Please send them to downtownwinooski.org or meredith@downtownwinooski.org.



Thank you for tuning in to
Town Meeting TV's 2022
General Election coverage!



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

Winooski Partnership for Prevention

By Kate Nugent, Director

How long will you target me?

This video sponsored by the American Lung Association highlights the health disparities caused by the substance industries, specifically in this case, tobacco. The same tactics are used by all for-profit substance industries.

<https://www.youtube.com/watch?v=sHDkmc9gxkk>



Mental health is health

Stress and anxiety are normal parts of being human, and luckily so is our instinct to help each manage them. These tips for managing stress and anxiety may be helpful for you and your loved ones. This Mental Health Minute video from the National Institute for Health describes what stress can look like and feel like for adolescents. In addition, the Center for Disease Control and Prevention released this list of ways to cope with stress.



Winooski Partnership
for Prevention

Some strategies include:

- taking a break from the news and social media
- taking care of your mind and body, including getting enough sleep and limiting alcohol, tobacco, and other substances
- setting aside time for fun
- connecting with others about how you're feeling

For local support, calling 2-1-1 or exploring the website can help folks find resources for managing daily stressors, like mental health concerns, housing, or substance use. You are not alone!

Save the date!

Our next community dinner will be on **January 26** with Moroccan cuisine by Hakima.

Celebrating Sober

By Paul Detzer

We send our good wishes to all for their seasonal celebrations and offer resources to help our communities celebrate sober. If you or a loved one need support, Howard Center's main number is 802-488-6000 or our 24/7 First Call for Chittenden County crisis line is available at 802-488-7777.

Help is here 24 hours a day, every day.

Tips for Celebrating Sober

- **Plan Ahead:** Identify potentially stressful situations ahead of time. Recognize that even some happy situations may cause someone to overindulge.
- **Plan activities that don't involve alcohol or drugs:** Choose to spend time with friends who want to celebrate substance-free.
- **Take care of yourself:** Be sure to get enough sleep, eat well, and exercise.
- **Plan an exit strategy:** Understand your transportation options and know where you're staying, so if you feel pressure to drink, you can exit gracefully.
- **Get support:** It's important to have people who know your story that you can talk to if/when things get tough.

Visit our website at <https://howardcenter.org/celebrate-sober/> for a list of resources; including videos and articles about substance use; and a listing of local, state, and national resources.

Wishing you a
safe and joyous
holiday season.

Celebrate
Sober.

Resources to help
are available at
www.howardcenter.org
or call 802-488-6000.



HOWARD
CENTER
Help is here.



Winooski Food Shelf Schedule for December

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, December 3rd	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, December 7th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Wednesday, December 14th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, December 17th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers

Please carefully read over the December dates as we have changed the schedule to avoid the holidays.

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.

Communities Stay Strong Through Homesharing

By Ric Cengeri, Communications Specialist

One of the most impressive things about Winooski is the incredible sense of community that has existed here over the centuries. Winooski has seen amazing change throughout that time, and it has remained a strong, cohesive city.

A way to continue this bond is through homesharing, the practice of having two or more people share a home for a mutual benefit. The homeshare host provides a private bedroom and shared common space in exchange for rent, services or both.

HomeShare Vermont has been helping people find compatible matches and creating stronger communities for over 40 years.

This is accomplished by allowing seniors age in place, providing people with disabilities to be more independent and finding or maintaining affordable housing for individuals

with low or moderate incomes. Homesharing also provides incredibly cost-effective housing, using existing housing stock.

HomeShare Vermont guests pay an average monthly rent of \$340. A typical homeshare match lasts around 19 months. 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 and your community. To learn more, call us at (802) 863-5625 or visit HomeShareVermont.org.





WINOOSKI SCHOOLS
We are the future.

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

The Winooski Newsletter

60 Normand Street
 Winooski, VT 05404

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



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

IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT
www.wsdvt.org

Superintendent of Schools
 Sean McMannon, smcmannon@wsdvt.org
 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

   **FOLLOW US ON SOCIAL MEDIA** We are @WinooskiLearns

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

   **FOLLOW US ON SOCIAL MEDIA** We are @winooskivt