

The Winooski Newsletter

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

MARCH 2023



WINOOSKI SCHOOLS
We are the future.

Addressing Fan Behavior

By Jean Berthiaume and Kate Grodin,
WMHS Co-Principals

A brawl among adults attending a boys' middle school basketball game in Alburgh, Vt. on January 31st, led to tragic consequences when a man involved later died at a nearby hospital. This tragedy shines a national spotlight on what seems to be a growing problem in youth sports: adult aggression.

Poor behavior by adults was identified as the main culprit behind a mass exodus of approximately 50,000 high school referees between 2018 and 2021, according to the National Federation of State High School Associations, an advocacy organization for high school athletics. In a nationwide survey of more than 17,000 referees in 2017 by the National Association of Sports Officials,



respondents identified parents as the most frequent aggressors during youth sports events.

Here at Winooski, our athletes are students. On the court or on the field, we refer to them as student-athletes. Sport is an engaging opportunity for our students to learn about themselves, develop their skills, be part of a community, and know the power of being part of a team. Being a spectator or a fan is a privilege and with that privilege comes the responsibility to lift up our student-athletes and model the best behaviors we expect as part of a community.

When taking a look at spectator behavior in Winooski the general impression is positive. Overall we have witnessed good energy coming from our gym this basketball season. Our fans do a great job of cheering on our student-athletes and using positive comments to uplift them. These are actions that make Winooski's fans stand out as role models for sportsmanship in the community.

While the majority of fan behavior at our games has been positive, we have seen several behaviors that are not welcomed. These behaviors include making

animal noises, theatrical fainting, direct comments about the opposing team's student-athletes, making noise during the opposing team's free throws, heckling, offensive remarks, and swearing. These behaviors may create a threatening or hostile environment and are not allowed in our facilities.

As stated earlier, being a spectator is a privilege. That privilege can be denied by the school if the behavior in the stands or on the sidelines is threatening or hostile. All concerns, whether that be with officials, players, coaches, or other fans MUST be directed to the on-site administrator. We encourage fans and spectators to continue to bring good energy and to leave all negative behaviors at the door in order to provide our student-athletes with the best possible circumstances for success.

Go Spartans!

*** DO YOUR PART ***

VOTE!

MARCH 7, 2023

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School Board Update

By Kamal Dahal, Board of School Trustees

Besides chillier days and occasional storms, the month of February also brought with it numerous enthralling prospects for Vermonters. With winter weather at its apex, February was a month for outside activities for many of us, permitting us to delve into the scenic beauty of Vermont. From skiing and sledding to snowshoeing and ice fishing, the opportunities for outdoor recreation are plentiful. For school board members and district leadership teams, February was mainly recognized as budget presentation month. Thus, let us dive in and discuss the budget for the fiscal year 2024.

For FY24, we've proposed a budget of \$25,447,670, a 20% increase from last year's budget. This translates to an estimated property tax increase of 9.7%.

Now you might be trying to understand the reasons behind the tight budgetary circumstances for our school district, let me explain. Factors that are driving the 20% increase in our FY24 budget are: two federally funded iLab teaching positions being transferred to the local budget, an increase in operational expenses to sustain, regulate, and manage a new facility, two general instructional assistant positions that were negotiated in the teacher contract to allow for planning time, and a \$100k budget allocated for snow removal.

Finally, an important contributor to next year's budgetary expansion is the inaugural debt service payment for our recently renovated school building. In layman's terms, the renovation of our school was funded by a loan, and starting next year, the first payment of \$3 million is due. This increase to the budget was anticipated as part of the capital project bond that was approved by the community in 2019. While a \$3m annual payment is significant, thanks to historically low interest rates and federal COVID funds, we were able to lower the annual payment by \$700,000 this year and for the next 30 years.

Despite this good news, the WSD found itself in a troublesome fiscal predicament for FY24. As school board representatives, we are acutely aware of the budgetary realities that our district is confronting in the forthcoming year. It's important to be aware that the original estimated property tax rate increase was 17.04%. However, the school board has sensibly evaluated the prevailing economic circumstances of our citizens and determined to draw from the existing fund balance \$1,467,376 in order to decrease the estimated property tax rate increase to 9.66%. This does not necessarily mean that the tax rate for each resident will increase by the same percentage. Tax amounts are calculated based on parameters, such as income and property value. To understand an estimate of the potential tax increase based on income and property values, please refer to documents posted on our school website's budget section.

The school board decided to use over a million dollars in

fund balance to lower tax rates in FY24 because after relentless effort and legislative advocacy (shout out to fellow WSD board member Alex Yin and WSD Finance Director Nicole Mace for their incessant advocacy work), the state eventually reached a consensus to revise the pupil weighting formula. The impact of that change will not take effect until the FY25. If the amended version of the weighting formula were to be put into action for the upcoming fiscal year, we would have decreased our estimated property tax by approximately 15% compared to last year.

The revised funding formula will better reflect the increased costs associated with supporting our large population of multi-language learner (MLL) students and students living in poverty. These increased costs are not adequately reimbursed by the funds we receive under the existing formula, which ultimately places an extra load on our taxpayers. Furthermore, the current funding structure has only kept us from expanding publicly demanded instructional programs, such as introducing ethnic language programs. We are grateful to our legislature for correcting this inequitable situation and look forward to when the new system is in place in FY25.

The WSD school board has devoted itself to working to ensure that our district's FY24 budget is allotted economically and efficiently. We must utilize our collective reasoning and judgment to make certain that our schools have the resources they need to provide the highest quality of education to all our students.

We commend the prompt resourcefulness and agility displayed by our district leadership, staff, teachers, pupils, parents, and the entire district in navigating the disruptions created by COVID and the construction project. I am confident that, with the commitment of our school board and with the backing of our community, we can find a way to bridge the gap between our budget and our educational goals. I anticipate working together to guarantee that our district can provide the best possible education to our students.



Scan this QR code for complete FY24 budget details.

*** DO YOUR PART ***

VOTE!

MARCH 7, 2023

Antiracism Work Update

By Christie Beveridge Howell, UP for Learning

The Antiracism Steering Committee (ARSC) met on Monday, February 6th at Winooski School. The ARSC has grown in size this year, and now includes many more middle and high school youth! After hearing updates from the six Demand Action teams, the committee spent time discussing an event that they plan to hold in May, which will showcase their work this year, as well as provide music, art, and food. Stay tuned for updates as this fun community gathering takes shape!

If you are interested in joining any of the Demand Action teams, please contact christie@upforlearning.org. You can also visit the Equity & Antiracism at Winooski website at bit.ly/WSDEquity to learn more about the steering committee and the teams' work.



Here are updates from the Demand Action teams:

Truth and Reconciliation Commission:

The team continues to prepare for representatives from Restorative Justice for Oakland Youth (RJOY) to visit in the spring. The dates of the visit are going to be either May 5th and 6th or May 11th and 12th. The team has been crafting language to share so that the Winooski community understands the purpose of RJOY's visit and how they can engage with them.

Hiring and Retaining Teachers of Color:

After working with the consulting group The New Teacher Project (TNTP) to conduct last year's survey, the team is focused on several priorities in the next four months: 1) develop a recruitment campaign aimed at attracting BIPOC teachers, 2) create hiring systems that support a diverse workforce, including developing anti-bias training, 3) expand retention efforts to create an inclusive culture, including implementing affinity groups and launching a new discrimination reporting protocol, and 4) create and refine systems to monitor the recruitment and selection processes, as well as to track the experiences of candidates and new hires.

Ethnic Studies:

The team is looking at the Washington State Ethnic Studies Framework as a model for Winooski School. In the coming weeks, the team will provide structured opportunities for community members to assess elements of the school's curriculum, and whether or not they meet the standards provided by the framework.

Equity Review:

This team is continuing to examine the 2022 City of Winooski and Winooski School District Equity Audit Report. They are working on distilling its findings into a one-page, accessible document that they will present to the larger community.

Civil Rights Workshops:

After exploring the potential last year for a representative from the Boston-based Department of Education Office of Civil Rights to deliver the workshops to students and families, the team is now looking for a local group who would make the workshops more accessible for youth and who can support the school in the long-term. They have potential leads with experts from St. Michael's College and the City Clerk's Office in Winooski.

Multilingual Learner Mentorship:

The group presented a 2023-2024 funding plan for the position of Multilingual Learners Mentoring Director to the steering committee for their feedback. In the plan, they stated that they anticipate recruiting between 5-10 community members to begin working with up to 50 elementary, middle, and high school students. The steering committee had concerns about a portion of the director's salary coming from fundraising, rather than the district, and will be meeting with the board and administration to address these concerns. °

A Conversation Among Inspiring Leaders

By Christie Beveridge Howell, UP for Learning

On the morning of Wednesday, January 18th, newly sworn-in US Representative Becca Balint visited Winooski to meet with students and take a tour of the city’s renovated school. UP for Learning Youth Facilitators, and members of Winooski’s Antiracism Steering Committee Auishma Pradhan and Mea Ree Jan, took part in an extended conversation with Balint, sharing their experiences, and learning about Balint’s road to becoming the first woman and openly LGBTQ person to represent Vermont in Congress. Their discussion was recorded by Ned Castle, a Burlington-based filmmaker who is documenting stories with UP for Learning as part of a joint learning agreement with the Kettering Foundation on how working in youth-adult partnership reflects true participatory democracy.

Balint had many questions about the steering committee and action teams, and Mea Ree and Auishma explained their origin, a set of eight demands put forth in 2020 by the Winooski Students for Antiracism. Six of the eight demands were adopted by the Winooski school board: to form a Racial Truth and Reconciliation Committee, to develop an action plan to hire and retain faculty of color, to implement an ethnic studies program, to form a review committee to evaluate curriculum and policies, to host civil rights workshops for families, and to launch a mentor program for multilingual students. Soon after the demands were adopted, the district reached out to UP for Learning to help steward the work.

Auishma shared with Representative Balint how the make-up of the committee and action teams has changed a great deal since they began in 2020. “It was like 80% adults and 20% students. And although it was fine because we learned from them and they have more experience ... what we really struggled with was being able to speak out because there are so many adults and there was just a lot of talking going on. So it was nice hearing some youth voices, and I’m so happy because the dynamic really changed over the three years. I am proud of our progress, that we were able to recruit youth and they had a lot to say about... how we could heal our community and [create] transformation.”

During their conversation, Representative Balint commented on the process of creating an Ethnic Studies curriculum, reflecting on her past experience as a middle school history teacher. “One of the tensions here in Vermont,” she remarked, “is that you want people at the local level to be making decisions about the curriculum. We call it local control. There are good things about local control. There are also things that fall through the cracks, things that universally should be taught. And I think that is where we can do a better job, is we don’t want to be too prescriptive, like telling each school and district what to teach, but it needs to make sense for the kids within that community so that they understand cycles of oppression, so that they understand the way racism has shown up and continues to show up.”

Mea Ree and Auishma asked Representative Balint how she first became involved in politics, and learned that she considered herself “punk rock,” in high school, and sported a blue mohawk.

She also shared with them that her Hungarian-Jewish grandfather was killed in the Holocaust,

and that his loss had a profound impact on her. Balint remarked, “I was active in community organizations and very active on reproductive rights at that time. And the through line for me has always been about... thinking about my family’s experience and the Holocaust and how hate grows. Hate grows because we get fearful and people fan the flames of fear and scarcity. And so I’ve always thought, regardless of how much actual political power that we have, we can have an impact in our individual conversations that we have within our communities. And so I tried to do that in my punk rock way.”

Balint also spoke to her excitement about joining the 118th Congress, saying, “We have more women, we have more people of color, we have more queer people. And so that feels amazing, like we’re getting closer to representing America as a whole. And a lot of people look at what’s happening in DC and they say everything is broken and everyone’s screaming at each other and there’s so much dysfunction and division and there surely is that. That is true. That is part of it. But I think what other people do see outside of it when the cameras are turned off is that there are really good people who’ve run for office who care deeply about their communities back home. Just like you are motivated to do this because you care about your communities.”

Balint then asked Mea Ree and Auishma what careers they might be interested in pursuing, and Mea Ree said, “I hope to go into a medical field so I can help people. But I also want to bring restorative justice into that work, because there’s a lot of injustice.” Auishma responded, “I have a lot of pathways that I’m interested in, but I’ve recently been interested in pursuing what we’re doing right now as a career path, because I do like working with community members and youth, and I think it’s really fun hearing everyone’s voices and interactions and I hope to help them. And Winooski is very dear to me ... I live in South Burlington and I still come here and do the work with everyone. And because I lived here for so many years, I can’t just leave my community. So I do hope to help people in general.”

At the close of their conversation, Balint shared, “I wish that somebody when I was your age had said to me, you really can run for office. And in Vermont, it’s much more possible because we’re always saying Vermont’s people-sized. If you can, run for a local office and city council and legislature. And if there’s an experience that you want to have, that’s also something that my office does—make sure people who are interested can get internships either with us or at the state legislature. I want you to know it is possible for you to do this work. And we need dedicated people like you in office.”



ANNOUNCEMENTS

Child Find Day

By Maybeline Lopez, WSD Director of Early Learning

Preschool Skills Screening Survey & Pre-registration

If your child is or will be 3 by September 1st, 2023 please complete a **Preschool Skills Screening & Pre-registration Form** for ACT 166 Publicly Funded Pre-K or to inquire about a Winooski Preschool Program and attend our preschool skills screening day. If you have concerns about your child's development, our Winooski Early Childhood team will screen your child's development. This screening is play-based and free for 3 and 4-year-old children living in Winooski.

When: Friday, March 24, 2023.

Where: The preschool classroom at JFK, room E121.

How: Please contact our Early Childhood Special Educator, Ada Wetmore at awetmore@wsdvt.org or 802-383-6061 to schedule an appointment.

Teachers will also be filling out applications for all preschool slots at this time.

For more information about preschool opportunities visit our WSD website under Pre-Kindergarten.

Winooski Preschool Programs: Preschool Skills Screening & Pre-registration Form

Winooski Early Childhood Program (at JFK):

The Winooski Early Childhood Program (WECP) is located at JFK Elementary school and collaborates with Head Start. There are two-morning sessions from 8am to 11am, and two-afternoon sessions from 11:30am to 3pm. Children attend 2, 3, or 4 days per week. Children participating in the Head Start program attend all 4 days and must also complete the Head Start Application. If you have any questions about the Head Start program please call 802-651-4180. *Find the Preschool Skills Screening & Pre-registration Form at <https://bit.ly/winooskiprek>*



Head Start Early Learning Center (at the Family Center)

The Early Learning Center (ELC) is a Head Start program that collaborates with the Winooski School District. The program is located at 87 Elm Street from 8:30am to 2:30pm where children attend Monday – Friday. To participate in the Head Start program you must also complete the Head Start Application. If you have any questions about the Head Start program please call 802-651-4180. Champlain Valley Head Start is a federally funded program that is required to follow eligibility guidelines as determined by the U.S. Administration for Children and Families. *Find the Headstart Form at <https://bit.ly/headstartform>*



ACT 166 Publicly Funded Prekindergarten for children between the ages of 3 and 5 who reside in the town of Winooski, Vermont

Preschool Skills Screening & ACT 166 Pre-registration Form

New and returning families must complete a new pre-registration form EACH year to participate.



What is publicly funded prekindergarten education?

Publicly funded prekindergarten education is defined as:

- Ten hours per week for 35 weeks in a community private early care and education programs. These pre-approved programs meet specific quality standards and provide developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Prekindergarten education is limited to the academic year (September 2023 – June 2024).

Are these 10 hours/week pre-kindergarten programs tuition-free?

The pre-kindergarten program offered in public school is tuition-free. The pre-kindergarten program offered through a partner program will charge families for the care and education program the child needs beyond the 10 hours/week during the academic year. Your child's preschool must deduct these public funds from your annual tuition bill.

Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2023, and resides in Winooski, then your child is eligible to participate.

How much will Winooski School District pay?

The statewide rate of \$3,764.00 per child was established by the Agency of Education for the 2023/2024 school year. This covers 10 hours per week of high-quality prekindergarten education for 35 weeks.

How do I apply?

Winooski residents must first be enrolled at a pre-qualified preschool program in order to receive Act 166 funding. You need to contact the program directly to enroll your child. To search pre-qualified preschool programs visit: <http://www.brightfutures.dcf.state.vt.us/>

Once enrolled in a pre-qualified preschool program, then complete the Winooski ACT 166 Pre-registration Form to let WSD know what program your child will be attending for the 2022-2023 school year. A new pre-registration form must be completed EACH year.

ANNOUNCEMENTS

SAVE THE DATE:

Necessity Store Open House

By Patrice Lumumba, Wellness Coordinator WSD

You are invited to the WSD Necessity Store Open House on Friday, March 17th, where you will have the opportunity to shop the FREE store and receive resources from community partners including Vermont Fresh. This event will coincide with Veggie VanGo and be open to the public from 10am - 10:30am. All are invited to stop by and check out the brand-new Necessity Store, which is stocked with food, hygiene products, and clothing! For more information contact WSD Wellness Coordinator, Patrice Lumumba at plumumba@wsdvt.org

Winooski PTO

By Amelie W Thurston

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! 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. Our next meeting is Tuesday March 21st at 6pm in the school cafeteria! Childcare available but please let us know in advance if you plan to utilize it!

WINOOSKI SCHOOL HEALTH CORNER

Health Office News

By Elizabeth Parris BSN, RN, NCSN

The health office still gets occasional questions about COVID and students attending school. Here are some general reminders:

1. **If your child tests positive for COVID, please keep them home for 5 days.** This is 5 days from date of first symptom or date of test (whichever comes first).
2. **There is NO need to re-test!** Please plan on sending your student back on day 6 as long as they have been fever free for the past 24 hours without the use of over-the-counter medications.
3. **Masks are not required.** It is up to the student/family if they want to wear a mask on days 6-10.
4. If a household member tests positive for COVID and your child is still asymptomatic, please continue to send them to school.

If you have any other questions, please reach out to the health office. You can reach us at 802-383-6094!

SCHOOL MATTERS — K TO 12

Abdi's Visit

By Barakit Gyi, grade 6

In Laura Graves's class on November 30, 2022, Laura's student teacher, Lisa Klarides was being observed by her UVM professor. Knowing this, Lisa prepared a lesson for her class after reading the October issue of the Winooski Newsletter.

Lisa was reading the newsletter and came across a section of a poem from a high schooler named Abdi Osman. She was so intrigued by his poem that she even invited him to come to her class on the day her professor came. She asked him to share his poem and then help the class write their own poetry. She also invited him to bring a couple friends to help too.

His poem was about his personal feelings and things about him. After he shared his poem, all the students were invited to write a poem or write about

themselves or something meaningful in their lives. It could be a really short piece of writing or a very long piece. Some students took Abdi's poem as an example and took it very seriously, like Kahmiley Kasongo. Kahmiley said, "I really enjoyed the experience. I got the chance to write about my feelings in a way that made sense and felt good."

As you can see from what Kamiley said above, writing a poem about yourself can be something you can use to vent about your feelings. We learned this from Abdi, his classmates and Ms. K.

Here's my poem:

"She is Barakit."
I am Barakit.



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We are the future.

Barakit is very hyper and talkative. She is hyper, but she's also a "keep it to yourself" person. She always listens to anyone talking or venting to her but she never talks about her feelings and just gives feedback. Her most trusted people are Jenny, Lilly, Aissa, Meghan, Daviah, Miss R, Ms. Tai, Albina, Maeve, Elizabeth and Ms. Graves. Barakit loves music especially K-pop and the song "Melting." Music keeps Barakit from falling deep in her sorrow.
"She is Barakit."

Coffee and Curriculum

By Sara Raabe, JFK Principal

On Friday, February 10, 2023, JFK Elementary School held our first Coffee and Curriculum. The meeting was run by Michael Eppillito, the WSD Director of Curriculum and Instruction, Jacie Barber, the JFK Literacy Coach, Karen O'Brien, the WSD Literacy Coordinator, Stefanie Hamble, the JFK Math Coach, and Sara Raabe, the JFK Principal.

Community members joined us in the library to talk about our new literacy curriculum, how we chose it,

what the components of it are, and what the students are learning. We had a great discussion about learning to read and write, the importance of foundational literacy skills, and how we support all our students in meeting Vermont's challenging academic standards. There was also an opportunity for the community members to share their thoughts and ideas about literacy instruction.

We have three more opportunities for



our community and families to join us in conversations:

- 3/10/2023 Math Program presentation
- 4/14/2023 Community Discussion around caregiver engagement
- 5/12/2023 Community Data presentation

Meetings will take place at WSD from 8 - 9am. We hope to see you there!

I Wish to be Brave

Memoirs written by students at Winooski High School

A Mother's Strength

By Nixandy Ferdinand



July 8th, 2018 became the day when I had undeniable respect for my mother, and it was the day when I realized the meaning of a mother's strength and love.

On the night of July 8th, it was like any normal night. We cleaned ourselves and went to bed. As we were asleep, we heard the first bullet fire which was soon followed by dozens. The first thing that came to mind was death because hearing these bullets was like hearing my cue to board the train of hell. The sounds of gunshots echoed in my mind, and I didn't know which was louder in my heart or the gunshots. I was frozen, my legs and my body stayed still, unable to move, unable to speak, and that's when I knew the feeling of being paralyzed by fear.

My mom yelled in a panic, "Everybody drop down flat on your stomachs!" I don't know how I managed to do it, but I did. I and the rest of the family immediately followed my mom's order and lay flat on our stomachs. The room was quiet and all we could hear was each other's breath. And that gave me relief, I found relief in hearing a breath because to me at the moment it signified, a sign of life in the room that seemed covered by a thick layer of death.

The shooting went on for two hours, but to me, it felt like an eternity. I remember being so scared that I felt like my heart was trying to jump out of my throat. At some point, I started having a panic attack, my heart was beating loud and I could only take a few sips of breath at a time, and it felt like I was going to die but at some point, I wish I would. I remember thinking, I hope I die from this panic attack instead of dying by a gunshot. After two hours there was no more shooting noise so we thought it was over and went back to bed, but this was one decision that we came to regret later on.

Even though we were weary, we started falling back asleep, but as soon as my eyes closed we heard a noise that sounded like a gunshot, but before we could even think about what it was, our vision was blurred, our breathing was cut short, and our eyes were burning. We had been exposed to tear gas. As we inhaled the pepper-like odor, I could no longer breathe. I wanted to breathe but every breath I took was difficult and hurtful so I could only try and not breathe. I remember yelling, "I can't breathe!" to my mom, not realizing that she too couldn't breathe.

My mom looked like she was about to pass out but some moment later she jumped out of bed and showed us the way to the kitchen with no light whatsoever. We couldn't open the light because we were scared of alerting the bandits, so my mom had to lead us to the kitchen. So without any light, my mother cut lemons and gave each of us some, and then made

her way to the bathroom to get toothpaste to put under our noses. She did all of that without worrying about herself, without getting tired, and without ever stopping. It was until after all of us were taken care of that she finally took care of herself. We all stayed in the kitchen and waited for the whole thing to be officially over. My brother and my godmother were both asthmatic so they both collapsed and had issues with their breathing for a while. It wasn't until it was four in the morning that we finally felt reassured and got up from the kitchen floor. We went to sleep. The gunshots finally came to an end.

The next morning breakfast was prepared, and the gas cans were cleared out of our yard, and the only person who could've done this was my mother.

Most people are unaware of the immense strength it takes to get up after being in a situation when survival is at stake and continue to cook, clean, and comfort others. Being a mother or parent is incredibly difficult because you have to mask your worries and sadness if you don't want your children to feel the same. My mom made me realize that, even a galaxy can't contain a mother's love, for it knows no bounds.

My mom that day made me realize just how important a mother is, and how hard it is to be a mother. Mother doesn't just mean feeding the kids, but it's also being ready to die for them. So that day I made a resolution to not have any kids until I know just how much I am willing to sacrifice for them.

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast March 2023



=Vegetarian Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p> <p>No School</p>	<p>National School Breakfast Week March 6-10, 2023</p> <p>No School</p>	1	2	3	
		8	9	10	
		13	14	15	16
		20	21	22	23
		27	28	29	30
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	

This institution is an equal opportunity provider.



Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

[Milk](#) [Condiments](#)

[Fresh, Dried Or Canned Fruit](#)

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



Click Image Below for employment opportunities



Winooski Elementary School Lunch March 2023



=Vegetarian Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p> <p>No School</p>	<p>March is National Nutrition Month</p> <p>No School</p>	1	2	3	
		8	9	10	
		13	14	15	16
		20	21	22	23
		27	28	29	30
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:
Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick

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

[Deli Options K 8](#)

[Fruit & Yogurt Parfait w/Granola](#)

[Milk](#) [Condiments](#)

[Fresh, Dried Or Canned Fruit](#)

Pay for meals on-line. Click Image Below:



Harvest of the Month:

Kale



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



Letter from the Mayor

By Mayor Kristine Lott

Hello, neighbors.

If you are reading this before Town Meeting Day, please vote on March 7th! For all ballot, budget, and election information, visit winooski.vt.gov/townmeeting. As a reminder, all legal residents, regardless of citizenship status, can vote in Winooski on Town Meeting Day. If you are reading this after Town Meeting Day, thank you for casting your vote on local issues and engaging in the public process. I want to thank all of the staff and volunteers who help make this important Vermont tradition a success.



As we move forward, there are several big things on the horizon this year, including some previously voted-on projects. Here is a snapshot of what's underway:

- We hope to break ground on the Main Street Revitalization project. For those who might not be familiar, voters approved a \$23 million bond a few years ago to revitalize the Main Street corridor from the bridge above the Rotary to the Colchester town line - adding an uphill bike lane, wider sidewalks, updated underground utilities, and new/improved crosswalks. Visit the project page for details: winooski.vt.gov/mainstreet.
- Annual street resurfacing is planned for Pine, Shepard, and Hall streets
- Efforts will continue to redevelop the surface lot in our downtown. Voters approved a bond a few years ago to build a new parking garage and hotel which is slated to include housing options, all great additions to the vibrancy of our downtown!
- Work continues toward seeing a regional dispatch model come to fruition. This is another voter-approved item from several years ago to decrease emergency response times and improve service. Member communities

include Winooski, Burlington, South Burlington, and Williston. We've secured and contributed to startup funds and are working towards operationalizing in 2024.

- Discussions continue with the Champlain Housing Trust (CHT) to purchase and take over the operations of the O'Brien Community Center. CHT successfully runs a community center in Burlington and is committed to retaining our library and Community Services Dept. staff in the building and bringing on additional service providers to expand community support in Winooski.

As always, feel free to reach out at any time. Email klott@winooski.vt.gov, or call 802 766 1988



From Your Local Representatives

By Representative Daisy Berbeco

Did anyone else notice that the song birds are back? We are six weeks into the legislative session and bills are also on the move from committees and even from the Chamber. I am feeling optimistic that the pace of good change is starting to pick up across our state.

After the House passed the Budget Adjustment the first week in February, we immediately turned to focus on the Governor's Proposed FY24 (fiscal year 2024, July 1-June 30) budget. As budget liaison for the Health Care Committee I am packing in meetings with stakeholders and Agency leaders the coming weeks to inform recommendations on approximately \$1.7 Billion in investments across the Department of Vermont Health Access (Medicaid), the Department of Health, and Mental Health.

As your Rep. I will be looking for ways to maximize our state general fund

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dollars in programs that address social determinants of health (SDOH) like housing, poverty rates, unemployment, child care, education, insurance coverage, language access, transportation and access to care. Those factors are important for every person but when we look at US Census Bureau Community Resilience data from 2019 it shows that Winooski was in the top 5 least resilient districts in Vermont *before the covid pandemic*. So when looking at policies and investments, and when thinking about who I need to talk with about an issue, I focus on approaches that increase resilience or address social determinants of health.

The pace of good change is increasing at the federal level too, by the way, with our state's largest health care funding sources such as CMS (Center for Medicare and Medicaid Services), CDC (Centers for Disease Control) and SAMHSA (Substance Abuse and Mental Health Services Administration) requiring reporting on addressing the social determinants as a condition of funding for many of their programs and new models for care delivery.

I am proud to report that on February 10th the "Shield Bill" passed out of the House. The bill provides protections for patients and providers from prosecutions and investigations by states that have banned or restricted reproductive and gender-affirming care that is legal in Vermont. It also provides some protections for out-of-state patients receiving this care from Vermont providers. Read H.89 here <https://legislature.vermont.gov/bill/status/2024/H.89>. You may recall that Vermont overwhelmingly passed Proposition 5 last November, affirming our value for bodily autonomy and reproductive freedom. The Shield Bill gives me hope that we won't stop until all people can safely be who they truly are.

Equally important, my Committee is working hard on suicide prevention

this session by reducing access to lethal means and improving postvention resources. Rep. Alyssa Black of Essex has led this issue with strength and immense knowledge of the data in the Vermont context. We should all be grateful for her measured and thoughtful leadership.

The Committee on Health Care is also taking up multiple occupational Compact bills that will increase Vermont resident's access to health care. The bills will allow licensed practitioners in Vermont (PT/OT, Counselors, Psych.) to practice in other states that are part of that Compact, and vice versa.

I have introduced three bills: one to add refugees to the class of individuals whose assets may not be recovered by Medicaid to repay a Medicaid debt and also to protect the sole income producing asset of any deceased Medicaid-covered individual. The second bill will direct insurers in Vermont to ensure confidentiality on EOB (explanation of benefits) for any adult dependents receiving substance use treatment and/or mental health treatment. The third piece of legislation directs the Agency of Human Services to submit a plan to update Rules under several V.S.A. Titles which have either not been updated since 1986 or employ offensive terms.

If you're curious what else is moving in the House—and there is a lot, you can always see bills passed here: <https://legislature.vermont.gov/bill/passed/2024#house>. You may also watch the action live on YouTube. Just go here for a list of Committees where you can navigate to the weekly agenda and view the live or recorded testimony: <https://legislature.vermont.gov/committee/list/2024>.

Please don't hesitate to reach out with any questions or comments about any of the above. My e mail address is dberbeco@leg.state.vt.us

ANNOUNCEMENTS AND REMINDERS

Meet-Up Series: For dates and details see www.DaisyForWinooski.com the Meet-Up series is an opportunity to hear legislative updates and connect with fellow residents. Rep. Small and I will be meeting in-person and virtually

throughout the session. And we often invite other special guests! Please check Front Porch Forum and my Insta or Facebook for details.

Movie Night: Last week I saw *Backlash*. It was a hard one that really resonated for me as a woman. If you're a human, especially a parent, you might need to watch it. "Former Vermont State Representative Kiah Morris, one of the main protagonists in the film, resigned from her role following severe harassment and threats online that then escalated into her physical world. Through it all, Kiah has continued to be a vocal advocate for justice system reforms that protect all women." <https://www.facebook.com/backlashthefilm>

Visit the Golden Dome: If you haven't had the opportunity yet, the State House is an incredible place to visit and open to the public Monday and Friday from 7am to 5pm; and Tuesday, Wednesday, and Thursday from 7am to 7pm for self-guided touring. Please let me know if you are planning a visit, and if you need assistance, contact the Sergeant at Arms' office at 802-828-2228 or online at <https://statehouse.vermont.gov/>

Winooski Dems: Did you know we gather? This is yet another opportunity to connect with your local (and state!) Democratic leaders and friends from Winooski. We meet casually at various places and spaces, including online. Drop ins welcome. Check out our Facebook page for the latest information.



Community Vision

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

Economic Vitality:

The City of Winooski would like to thank our residents for participating in the Fiscal Year 2024 budget process leading up to Town Meeting Day. In addition to viewing the proposed budget and all other election information available at winooski.vt.gov/townmeeting, you can also view the most recently delivered quarterly report from our treasurer at winooski.vt.gov/budgets.

Municipal Infrastructure:

The Vermont Department of Transportation has begun sending out weekly updates regarding the Exit 16 Diverging Diamond Interchange (DDI) project. If you are not yet familiar, this project aims to improve traffic and pedestrian conditions near the Exit 16 area of Colchester by building Vermont's first DDI. To learn more and sign up for the weekly construction and traffic impact updates, visit exit16ddi.vttransprojects.vermont.gov.

Housing:

The Winooski Housing Commission recently began review of Winooski's Municipal Code (chapter 9 – Housing) and continued their review of chapter 17 (Public Building Registry, Housing Quality Ordinance), continuing their ongoing effort to improve housing quality in our community. And, if you are reading this before the Town Meeting Day election on March 7th, there's still time to learn about the voter-proposed charter change for Just Cause Eviction ballot item by visiting winooski.vt.gov/justcause.

Safe, Healthy, Connected People:

Recently, City Staff presented the Safe/Healthy/Connected People progress update to the City Council. This update included info on the O'Brien Community Center, Community Services Dept. program offerings, the School Resource Officer, the Regional Dispatch initiative, a police dept. K9 program, and more. View the January 23rd City Council agenda to learn more at winooski.vt.gov/agendacenter.



COVID-19 Information

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.

Please note: walk-in vaccination clinics provided by the Vermont Department closed on January 31st. Vaccines will continue to be widely available, at no cost to the patient, by appointment at doctors' offices, pharmacies, or other locations where vaccines are offered. Vermonters who do not have a health care provider or access to a pharmacy can reach out to their Local Health Office to be vaccinated. The Health Department will also continue to work with partners to vaccinate homebound Vermonters, English language learners, and immigrant or refugee community members.



Reminders from the City Clerk's Office



Farewell to a Friend: The City of Winooski would like to formally recognize **Janet Brouard**, who after almost 33 years of dedicated service is moving on to new opportunities and adventures! While Janet spent most of her time helping Winooski's residents and visitors in the City Clerk's Office as

the Senior Assistant City Clerk, Janet was also a member of the Leadership Team and the Vermont Municipal Clerks and Treasurers Association. She also supported countless local elections, City Council meetings, community events, and special projects. Janet's work ethic, sense of humor, and positive attitude will be missed! Please join us in thanking Janet for all the laughs, friendship, and baked goods over the years. We wish you the best from everyone here at City Hall.

2023 Dog Licenses Now Available!

Please note it is Vermont State Law to license a dog (6 months or older) each year. To license your dog, we will need a currently valid rabies certificate. Each dog owner will need to license the dog on or before April 3rd. On April 4th, an additional late fee will be applied.

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



Town Meeting Day Election

The Town Meeting Day Election is on Tuesday, March 7, 2023! Voting takes place at the Winooski Senior Center from 7am to 7pm. If you have a completed absentee ballot on the day of the election, please bring it to the Senior Center. For full budget and ballot info, visit winooski.vt.gov/townmeeting. For voter resources, visit winooski.vt.gov/vote. As a reminder, All legal residents, regardless of citizenship status, can vote on Town Meeting Day.

What's on the ballot?

- There are four elected positions:
- Winooski City Councilor: 2-year term (Bryn Oakleaf, re-election, uncontested)

WINOOSKI MUNICIPAL UPDATES

- Winooski City Councilor: 2-year term (Charles Judge, uncontested)
- Winooski School District Trustee: 3-year term (Allison Burlock, uncontested)
- Winooski School District Trustee: 2-year term (Jordan Matte, Robert Millar, contested race)

You will also find the City and School budgets, as well as the voter-proposed charter change for Just Cause Eviction.



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



Winter Parking Bans in Winooski

There is no overnight street parking from 2:30am-6am in Downtown Winooski from December 1 – March 31. For everywhere else in Winooski, overnight winter parking bans are made during winter storms and for snow removal where street parking is not allowed from 11pm-7am.

- To sign up for our winter parking ban alerts, text Winooski to 888 777 or register at nixle.com.
- Winter parking bans may last more than one evening. The alerts will say when the ban starts, if it keeps going, and when it is done.
- The City of Winooski reserves the right to tow vehicles at the owner's expense.
- Landline phone users can get updates by calling 802 655 3908.
- Signs will flash at exit 15 on East Allen Street and on the Winooski side of the Winooski/Burlington Bridge.
- Parking is available from 6pm to 7am in the Winooski Parking Garage on Cascade Way. Users can pay in the garage or by using the ParkMobile app.
- If your vehicle has been towed, please call Elite Auto at 802 497 0176.

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

Community Services Updates



Recreation and Parks

Sign up for our programs at winooski.vt.gov/recprograms

  @winooskirec

YOUTH PROGRAMS

Very Merry Theatre

Grades 1-6 / Wednesdays, March 8 - April 19 / 3-4pm @ Winooski School District

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 7-week performing arts program!

Cartooning and Comic Book Club

Ages 7-12 / Mondays / March 13 - April 17 / 3-4pm @ Winooski School District

Do you like drawing cartoons and comics? This is the club for you! Join us for a weekly program of learning about cartooning, comic creation, and drawing. Collaborate with friends to create storylines, choose your dialogue, and create illustrations to produce your own comic book.

Vermont Patriots Soccer

Join Winooski Rec in partnership with Vermont Patriots and volunteer coaches in this soccer league! All U8, U10, and U12 teams will practice 2x per week and attend a Sunday game. Stay tuned for exact dates and times!

U6 Co-ed / Saturdays / May 6 - June 10 / 9:30-10:30am @ Landry Park

U8 Boys / Weeks of May 1 - June 11

U8 Girls / Weeks of May 1 - June 11

U10 Boys / Weeks of May 1 - June 11

U10 Girls / Weeks of May 1 - June 11

WINOOSKI MUNICIPAL UPDATES

U12 Boys / Weeks of May 1 - June 11

U12 Girls / Weeks of May 1 - June 11

TEEN JOB TRAINING:

Soccer Referee Training

Grades 9-12 / Mondays / March 13 - April 3 / 3-5:15pm @ Winooski School District

Are you a teen interested in obtaining a new skill set that could lead to a job opportunity in your community? Join us in this 6-week First-Time Grassroots Referee Certification. This is an amazing opportunity to bulk up your resume!

Safe Sitter Certification

Grades 9-12: / Tuesdays / March 14 - April 18 / 3-4:30pm @ Winooski School District

Are you a teen interested in obtaining 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 6-week babysitting training course to obtain your Safe Sitter Certification as well as an introduction to First Aid/CPR this spring. This is an amazing opportunity to bulk up your resume!

Lifeguard Training

Grades 9-12 / Wednesdays / February 15 - May 17 / 3-5pm @ YMCA Burlington

Are you a teen interested in learning about lifeguarding, improving your swimming skills, gaining your Red Cross Lifeguard Certification, and the opportunity of a lifeguarding job at Myers Memorial Pool during Summer 2023? Join us in collaboration with the Greater Burlington YMCA in this three series program which includes 4 weeks of swim lessons, 15 hours of online coursework, and 10 weeks of in-person lifeguard training.

Generator

Grades 9-12 / Fridays / April 7 - May 26 / 3-5:15pm @ Generator

Are you a teen looking to learn a new hands-on skill? Join Rec & Parks in collaboration with Generator Makerspace to explore different types of tools and workshops including wood shop, metal shop, jewelry studio, laser cutting, 3-D printing, electronics lab, and more!

April Break Camp - Science and Superheroes with Wicked Cool for Kids

Grades K-5 / Monday April 24-Friday April 28 / 9am-3pm @ O'Brien Community Center

Campers will learn about the engineering and design process to build a sail car that rides the wind, build a model X-wing fighter, conduct gravity experiments to learn what it would take for Superman to leap over tall buildings, create optical illusions to understand how Wonder Woman's jet can disappear, and more!

ADULT PROGRAMS

Yoga-Vinaya Flow

Ages 18+ / Wednesdays / February 22-April 12 / 8:30-9:30am @ Winooski Senior Center

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 a 8 week yoga flow program.

VT Comedy Club Outing

Ages 18+ / Thursday, March 2 / 7-9pm @ Vermont Comedy Club

Looking to attend a night out laughing at professional stand up? Join us at the Vermont Comedy Club for some laughs, fun, and the opportunity to attend a Marina Franklin show!



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, March 4 & 25 from 12-2 pm
- Free to join, open to adults 18+
- Drop-in, no registration required

After School Games

Join us for endless possibilities of fun at the Winooski Memorial Library! Every Thursday after school we will gather to hang out and play with board games, toys, and Legos. We will also have simple craft projects available and many books for check out. Relax and unwind after school with old and new friends at the Library!

- Thursdays, 3:30-4:30pm
- Drop-in fun; no registration required
- Recommended for youth ages 5+
- Children 9 and under must be with an adult

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 our website at <https://winooski.vt.gov/library> or stop by the library with questions about access and/or additional information.

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, March 18, 12:30-2pm
- Children 0-5; parents, guardians, and caregivers.

About Dad Guild: Founded in 2019, Dad Guild is a 501(c)(3) nonprofit organization formed to create a supportive network for new fathers in the greater Burlington, VT region. They offer opportunities for dads to connect with one another, share their experiences, model positive father engagement, and advocate for parental equality.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their English Conversation Group program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays from 11am-12pm
- Free to join, open to adults 18+

First Friday Activities

Join the City of Winooski's Community Services Department on the first Friday of each month for a free activity for community members! Each month will feature a different type of drop-in group activity at the O'Brien Community Center from 4-5:30pm.

The First Friday activity for March will be Karaoke! Grab a mic and sing along to your favorite hits!

- Friday, March 3 from 4:00-5:30pm

- O'Brien Community Center, 32 Malletts Bay Ave
- Recommended for ages 5+
- Drop-in; no registration required.

Free Produce 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, March 1 from 3:30-5:30 pm @ 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

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 from 10:30-11:30am

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 3:30-4:30pm
- Drop-in, no registration required
Youth 8+

STEAM Ahead Saturdays

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

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

Weekly Storytime

Join us on Thursdays at 10:30am 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 MUNICIPAL UPDATES

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! The March read is "Cardboard Kingdom" by Chad Sell. Patrons can borrow their own copy of the book from the Library to read before our first meeting.

- Friday, March 17 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

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

TUESDAYS & THURSDAYS

Breakfast Café 9 to 11am

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 features hot breakfast sandwiches, fruit, treats and beverages. Gluten Free and vegetarian options now available — priced by donation. No Café on March 7th or 9th.

WEDNESDAYS

More than a Meal – Meals for Seniors, 10am-12pm

In partnership with Age Well, we are offering Older Vermonters (60+) a nutritious take-out meal every Wednesday. We want 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 Center. Reservations must be made by 12pm 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. \$5 suggested donation to Age Well.

THURSDAYS

Fun & Games – 9am-12pm

We've got a room full of great games! Ping Pong, Nintendo Wii sports games, cards, board games and Foosball! FREE!

Special programs at the Senior Center

Yogi's Birthday "Paw-ty"

Thursday, March 9th at 12pm. Come. Sit. Stay. Play! Join us for a fun-filled afternoon as we celebrate our mascot Yogi's 7th birthday! Enjoy a feast of chili dogs, pawtao chips, salads, and pupcakes. Fur children are welcome! Bring non-perishable pet food for the Winooski Food Shelf. RSVP by 3.2.23. By Donation.

AARP Tax-Aide

The volunteers from AARP will be back for free income tax assistance. Appointments will be in the mornings on Mondays and Fridays. Please call the Senior Center at 802 655 6425 to make an appointment and learn the details of this year's program. FREE!

St. Patrick's Day Breakfast

Thursday, March 16th Serving 9-11am. Join us as we celebrate St. Patrick's Day with an Irish inspired breakfast. RSVP by March 9th. By Donation.



MEALS on WHEELS
AMERICA

Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.

Bone Builders

Mondays and Wednesdays at 2-3pm
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 March 6th.

*** DO YOUR PART ***
VOTE!
MARCH 7, 2023

Rediscover Winooski's Small Business Community

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Whether it's a new business or an old standby, Winooski's small businesses are always offering new things to try! Committing to supporting a new-to-you Winooski business every month (or more frequently!) you'll be sure to find favorites! Will you take on the challenge? <http://downtownwinooski.org/winooski-shopping-guide/>

We're hiring an Event Coordinator!

If you have a passion for community events, supporting and welcoming people to Winooski and connecting and collaborating with diverse groups, this may be the role for you! This job entails planning and managing the Winooski Farmers Market from May - October every Sunday, as well as assisting with other summer events like Winooski Wednesdays Concert Series + Outdoor Market. Find out more and apply at www.downtownwinooski.org or reach out to meredith@downtownwinooski.org with questions.



Mark your calendars - Come together in Winooski 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. We are also always in need of volunteers too!

- **Winooski Farmers Market** - Opens May 28, 2023!
- **Winooski Wednesdays Concerts & Market** - First Wednesday of each month June - September
- **Juneteenth** - Sunday June 18
- **French Heritage Day** - Sunday June 25
- **Winooski Pride** - (TBC) Saturday September 16



*** DO YOUR PART ***

VOTE!

MARCH 7, 2023

Winooski Partnership for Prevention

By Heather Win

Above the Influence

(ATI) from As a classroom teacher for almost 20 years and a mother to two elementary kids, I recognize the importance of answering the many challenging questions that young people ask about their world. The tricky part is that none of us have all the answers. And yet, how we respond matters. We want our kids to understand that yes, those substances are indeed “bad for them” and when they ask those hard questions, we want to be able to answer those too. Enter Winooski Partnership for Prevention! With a sometimes overwhelming supply of information and disinformation available on the internet, WPP is able to help provide reliable resources based in truth and science to parents and young people in Winooski. Being able to share a meaningful statistic or visual representation of a tough concept about substances with children honors youth’s curiosity and gives adults confidence in their responses. Winooski youth deserve to be empowered with the truth about how substances will likely affect their brains, bodies, and lives.

And stay tuned for our next community dinner on March 30!

JOIN THE CLUB

LEARN HOW TO STAY SAFE

GROW YOUR LEADERSHIP

HELP OUR COMMUNITY



abovetheinfluence

When: TUESDAYS @ 3 pm, starting February 14th

Where: A114 (MS)

Who: 5th - 12th Grades

How to sign up: Tell Ms. Suzanne
or
Email Club Advisor, Heather Win
at hwin@winooskiprevention.org

Know someone trying to quit vaping?

This month, the WPP is highlighting local and virtual cessation and treatment options for both Nicotine/Tobacco-derived vaping and high-potency THC/Cannabis vaping.

- Helping Teens in Vermont Stop Vaping
- **Resource for Teens** from TRUTH This is Quitting
- **MyLife MyQuit** for Teens: Text 36072



Your Election Connection!

Town Meeting Day Forums & Results

Candidate forums, budget & ballot presentations, and more!

Watch election forums before you vote! Stay tuned for Town Meeting TV's live election night results show.



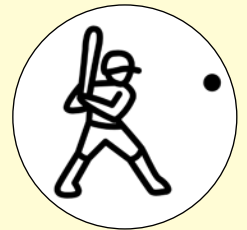
Visit bit.ly/TownMeeting2023 for a detailed forum schedule.

Town Meeting Day is March 7th.

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

Winooski Little League and Babe Ruth Baseball

By Jeffrey Brosseau



Online registrations is currently open, see our website address below, open the link and you will need register and set up your account to register your child and also to volunteer as Head Coach, Assistant or Team Manager.

Fees for Little League are \$50 for one player, family will be \$90.00, Babe Ruth Baseball 13-18-year-old fee is \$75.00, will have the option to pay with either a Visa/MasterCard or pay with check and mail to me. Let me know if you have any issues.

After March 31st, a late fee of \$10 will be added. Winooski Little League and Babe Ruth is open to all Winooski Residences and anyone who attends St. Francis School and the Winooski School System that may reside outside of our city boundaries.

Website: <http://tshq.bluesombrero.com/winooskibaseball> . For more information contact Jeffrey Brosseau at 802-233-5530, Jeffrey.brosseau@aol.com

Winooski Food Shelf Schedule for March

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, March 8th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, and diapers
Saturday, March 11th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, and diapers
Wednesday, March 22nd	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, and diapers
Saturday, March 25th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, and diapers

We are asking for everyone’s patience while in line at the food shelf. Our client numbers have gone way up! Also, we are limited by supply chain issues and cannot always find enough of the types of foods people have come to expect. We are doing our best to meet huge needs in Winooski. We are serving over 250 families each month with 1,300 people living in those families. We also do our best to provide diapers to over 250 babies each month.

We could really use donations of cooking oil, children’s cereal, and condiments including ketchup, mayo, mustard and ranch style salad dressing. Toilet paper, shampoo, deodorant, toothpaste and tooth brushes.

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.

HomeSharing Helps Make Social Connections

By Ric Cengeri, Communications Specialist

The COVID pandemic highlighted the stunning effects of social isolation. Writing for HomeShare Vermont’s latest newsletter, Frank Landry, MD FACP, discussed the great benefits that social connections can have to counteract these effects.

He notes that healthy relationships have been found to lower stress, boost the release of feel-good healing hormones, reduce pain and help us cope with trauma.

Dr. Landry saw firsthand the positive attributes that can be accrued by homesharing with his 90-year-old mother-in-law, who wanted to live independently after her husband’s death. He writes, “the partnership worked well for over two years, allowing her to remain in her home and to form a great friendship with her HomeShare guest.”

HomeShare Vermont has been helping people find compatible matches and avoid social isolation for over 40 years. This is accomplished by allowing seniors to age in place, providing

people with disabilities to be more independent and finding or maintaining affordable housing for individuals with low or moderate incomes. For guests, homesharing provides incredibly cost-effective housing, using existing housing stock.

“Homesharing is a great option for many who have the willingness to share their home and reap the benefits of increased social interaction leading to perhaps healthier, happier lives,” Dr. Landry said.

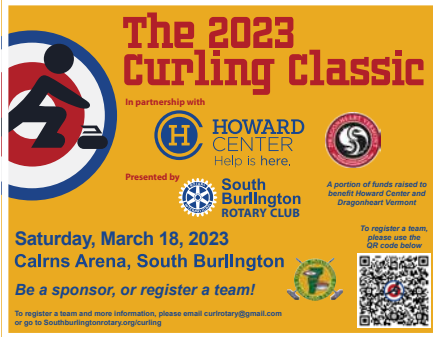
We’d love to speak with you about the process we use to create compatible matches and how homesharing might benefit you.

To learn more, call us at (802) 863-5625 or visit HomeShareVermont.org.



Howard Center News

By Paul Detzer, Development and Communications Engagement Manager



The 11th annual Curling Classic is fast approaching on **March 18** and it's a great opportunity to support Howard Center, Dragonheart Vermont, and South Burlington Rotary Club. Watch the curling teams take to the ice at Cairns

at Cairns Arena on March 18, 8am-6:30pm. Visit howardcenter.org/howard-center-curling-challenge for more information.

Also, please join us for Howard Center's free and open to the public Marna and Stephen Wise Tulin Community Education Series! Each spring, we bring together experts and community members to engage in meaningful discussions on a wide range of important and timely topics related to mental health, substance use and recovery, and developmental disabilities. Our series is designed to provide education, reduce stigma, and offer opportunities for discussion on a variety of topics. Check out HowardCenter.org for updates and learn more about this valuable opportunity to expand your knowledge and join the conversation.

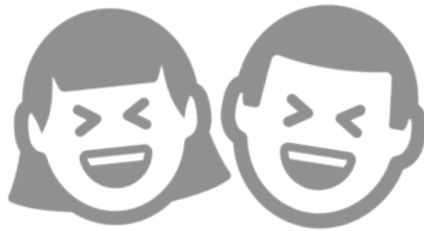
Arena in South Burlington for a full day of excitement and fun.

This event is free and open to the public, so gather your friends and family for a fun day! Whether you're a fan of curling or just looking for a fun day out, the Curling Classic is the perfect event to support your local community. See you

Humor and Health

By Sister Pat McKittrick

As I reflect on the past months, I realize much of the news has not been uplifting and life giving. Therefore, I decided to give you some good news. You can practice good self-care and it will not cost you anything, and you receive guaranteed results.



For many years, I have been sharing the value of Humor and Health in presentations to various groups. What does laughing actually do for you? According to the Heart Foundation, laughing improves your health in these ways:

- Increases blood flow
- Benefits your heart
- Strengthens your immune system
- Reduces stress
- Benefits are lasting

Rick Foster and Greg Hicks traveled around the world and discovered there were common elements in people who were happy. They write about this in their book, "How We Choose To Be Happy." The book is worth reading. What are the elements they discovered?

- Intention – You must want to be happy. No one else can decide for you.
- Accountability – You hold yourself responsible, no blaming.
- Identification – What is it that makes me happy? Why?
- Centrality – How can I bring whatever it is that makes me happy to various parts of my life?
- Recasting – Sometimes, I need to make changes in my life. What can I do differently?

- Options – What choices do I have?
- Appreciation – Everyone needs to feel appreciated. Do I recognize the goodness in myself and in others?
- Giving – How do I contribute to my own happiness by sharing with others? I may contribute my time, talent or finances.

Why would you want to make a conscious effort to put more humor in your life? For starters:

- Humor solidifies groups
- Improves productivity
- Empowers communication

How do I get started? Keep a humor journal. Tell a joke (write it down so you will remember it). Hang out with happy people. Read cartoons. Look for humorous movies. Fast from the News! (It can be depressing).

Look around you to find the positive and goodness that is present all around us. Look at what our youth or seniors are doing – frequently being creative, supportive of others, showing kindness.

Finally, remember the three "R's"

- Remind yourself to look for humor, positive behaviors, and acts of kindness.
- Remember it and reflect on it. How can I benefit?
- Retell it. Share your experience with another. It will be mutually beneficial.

If you are interested in a presentation on Humor and Health, please contact me: pat.mckittrick@uvmhealth.org.

Life can be challenging. Remember to be gentle and kind with yourselves.



WINOOSKI SCHOOLS
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The Winooski Newsletter

60 Normand Street
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*** DO YOUR PART ***

VOTE!

MARCH 7, 2023

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

CITY OF WINOOSKI

www.winooskivt.gov, 802-655-6410

Mayor

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

City Manager

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

City Councilors

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

City Clerk

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

Winooski Police

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

Winooski Fire Department

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

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