

# The Winooski Newsletter

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

JUNE 2023



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



## Letter from the Mayor

By Mayor Kristine Lott

Hi Winooski,

I'd like to start my update with a huge congratulations to the Winooski School District on hiring their new Superintendent, Wilmer Chevarria! Please join me in welcoming Wilmer to Winooski — we are so excited to have Wilmer's experience and expertise at the leadership level in our community.

Last month, the City Council and staff Leadership Team came together to set our strategic priorities for the upcoming year. This annual process helps us align our highest priorities so we know where to focus our resources. There's a lot of work to do in Winooski, and while it all supports our Strategic Vision, we have to be thoughtful about what we take on from year to year with an eye on finances, sustainability, time, and community engagement. To learn more and see our regular progress updates, please visit [winooski.vt.gov/vision](http://winooski.vt.gov/vision). Your ideas are always welcome and important during this process - attending City Council meetings or reaching out to us directly are options (learn more at [winooski.vt.gov/council](http://winooski.vt.gov/council)) but we also want to meet you where you are - please feel free to invite us to your community meetings, neighborhood gatherings, and events. You can also get involved on one of our boards, commissions, or committees. These opportunities are an excellent way to get involved in the public process, connect with your neighbors, and give back to the community. To learn more and apply, visit [winooski.vt.gov/representatives](http://winooski.vt.gov/representatives).



There are plenty of June events hosted by Downtown Winooski to check out, including the Winooski Wednesdays Free Summer Concert Series & Outdoor Market, the Farmers Market (Sundays through October), the annual Juneteenth event, and French Heritage Day. To learn more, visit [downtownwinooski.org](http://downtownwinooski.org). Speaking of events, neighborhood block

parties are a great way to get together and are always encouraged. You can apply for a street closure by visiting [winooski.vt.gov/rentals](http://winooski.vt.gov/rentals), and, if you're interested in partnering with a City department for your event, let us know.

Summer in Winooski is also perfect for gardening. If you don't know about the Winooski Gardening Group, which has planted and maintained many beautiful flower beds around the city for years, I highly recommend getting connected with them for volunteer opportunities. Feel free to reach out to their coordinator, Sue O'Brien: 802 655 4897 / [suecarterob11@gmail.com](mailto:suecarterob11@gmail.com). And, if you're looking to do some personal gardening of your own, we have an amazing selection of community garden plots that can be affordably rented around Winooski. Visit [winooski.vt.gov/gardens](http://winooski.vt.gov/gardens) to learn more. We've also got a full slate of recreation programs and offerings at the Myers Memorial Pool - to learn more and sign up, please visit [winooski.vt.gov/rec](http://winooski.vt.gov/rec).

Feel free to reach out at any time,

Mayor Kristine Lott  
[klott@winooski.vt.gov](mailto:klott@winooski.vt.gov)  
802-766-1988

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It's officially summer in Winooski!



## Gratitude for the Past and Hope for the Future!

By Sean McMannon, Superintendent of Schools

Dear Winooski Community, I would like to thank you for the honor and privilege of leading WSD since July 1, 2013. I have always felt welcomed by the Winooski community and done my very best to ensure the health, safety and academic growth of your children. THANK YOU for supporting our work on behalf of Winooski families! I am leaving Winooski with a myriad of mixed emotions that I will describe through the following reflection of my leadership-learning experience this past decade.

Since announcing my departure from WSD in October I have been reflecting on many amazing moments from the past almost ten years as your superintendent. What really struck me 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 function well is passionate and skilled citizens working together for a shared, higher purpose. In our case, the growth of Winooski students into college and career-ready, engaged, healthy and successful contributors to our society has been our driving aspiration since the inception of WSD's Ends Statement in 2013: **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, productive and successful lives and engage with their local and global community.**

A few things that we have done very well together over the past decade:

The adoption of a Policy Governance model led by Board President Mike Decarreau decreased the mistrust and increased respectful communication across stakeholders through clear policy, roles and responsibilities. It framed the difference between board work/Ends and staff work/Means. Simply put, the board sets the outcomes or Ends and the administration works with staff to

develop and implement the day-to-day programming or Means to achieve the Ends.

The increase in support services like Multilingual teachers and liaisons, special educators, behavior teams, a Wellness Coordinator and a Communications Director have provided classroom teachers the needed supports to focus on their first, best instructional practices, and social-emotional supports all with the purpose of raising academic expectations for all students, no matter their race or socio-economic status. Please search "Pobrecito Syndrome" on the internet to learn more.

Through an intentional plan to build trust and forge a new identity for WSD while simultaneously maintaining our true selves I saw a new opinion of Winooski emerge by folks outside our community and a new pride develop from within. Not the old pride that Winooski doesn't deserve the same as other Chittenden County communities or that we'll just make do with what we have but a recognition that our students deserve the same safe and healthy school environment with excellent teachers and rigorous academic expectations. WSD's work on proficiency-based learning, mindfulness, multilingual learning, positive social media presence and our new branding all contributed to this cultural shift.

During COVID our community came together in heroic fashion! Staff ensured that students had food, devices and internet access to continue learning in the middle of a pandemic. District Leadership team members and our School Nurses strongly advocated for PPE, testing kits, vaccination clinics, and translated and interpreted materials to ensure that the most vulnerable in our community were served well.

On May 23, 2022 the Vermont Legislature passed and Gov. Scott signed S.287 which fundamentally shifts the allocation of resources from the Education Fund. In short, due to WSD's large population of multilingual students

and students living in poverty WSD will receive a significant increase in potential resources for the FY25 budget. Former board member, Dr. Alex Yin played 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 is true board work that enacts significant and long-lasting positive change!

In September 2017 a multi stakeholder group began meeting to vision the capital needs for WSD and received a thorough Facilities Evaluation report in the summer of 2018 to hone in on the specific needs. Dr. Alex Yin 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, Mike and Alex always kept their eyes on the importance of this project for future generations of Winooski families. The cumulative result of all of this incredible teamwork driven by a tremendous sense of equity for the deserving Onion City community resulted in borrowing about \$55 million dollars, nearly \$3M less than voters approved. At 1.5% lower interest rate than modeled, this saved Winooski taxpayers around \$16M compared to the original financial modeling. This project is estimated at over \$120M not including interest on borrowed monies if it was started today *and most importantly* we now have a safe, healthy, modern and beautiful learning environment that our students, staff and community deserve! I know you will honor this beautiful community investment with their persistence, creativity and many future accomplishments!

A few things that need attention to continue to realize the promise of our

### Ends Statement:

Governance Matters! Mike Decarreau provided clear and calm leadership for over eight years with engaged and insightful membership from board members Matt McNeil, Jennifer Corrigan and Dr. Margaret Bass. Allison Burlock courageously took over the role of Board President in November 2022 as the board had deviated from its established policy governance model into meetings that lacked a focus on policy and good process. Allison kept her eyes focused on the big picture by leading a thorough and thoughtful budget process which passed with a healthy margin in March 2023, hired a new superintendent and returned to good board process driven by policy in monthly meetings. Thanks Allison!

It is time for a reset of governance and for the board to get back to working with the community and the District Leadership team to develop metrics to measure progress on the specific components of the Ends statement. This will require the board to decide how they will govern and how they will measure their own actions and progress as well as the learning outcomes of the organization. It has been very clear to me in working with Allison that she can lead the board and team with our new superintendent Wilmer Chavarria to refocus the board into this next chapter of forward-thinking governance to benefit student growth.

You should expect that the Board, the District Leadership team, all staff and parents will work through their differences to always keep student learning at the center of their work.

And now, we need you back! While the school and community gatherings since COVID subsided have been well attended we need you to engage with the school board to create the healthy tension that is needed in communities between community members and elected officials. Ask them how they are monitoring their own performance as a full board and individual board members and WSD's learning outcomes?

This will be especially important in the next six months as the Vermont Education Funding formula changes via S.287 for FY25 and WSD will have the

opportunity to set a budget course in support of the Ends for many years to come. The District Leadership team, as the educational and instructional experts, is well-positioned to provide the school board with WSD's needs to improve the outcomes described in the Ends statement.

I have had the recent pleasure of getting to know WSD's next superintendent, Wilmer Chavarria as we embark upon weekly transition meetings. I firmly believe he has an outstanding combination of lived and professional experience that will benefit WSD! Chavarria is a refugee, multilingual, multicultural learner who began learning English during his high school years. His unique experiences and identities have and will continue to influence his leadership and decision-making styles, and serve WSD well! What I would ask of the Winooski community is that they provide the same caring welcome I received ten years ago with time and support to allow Wilmer to settle into working with a relatively new board who is finding its governance footing and allow him time to get to know all aspects of WSD so he can learn all about the culture, climate and systems that make Winooski such a vibrant school and community.

Lastly, I am sad to be leaving Winooski, and I know it is the right thing to do so the next decade of growth can start anew. I know parents will continue to deepen the essential home-school relationships and all Winooski community members will push the WSD board and staff to challenge our children academically while continuing to provide a safe and supportive learning environment. You are the most amazing community I have ever had the pleasure of working with! I will take many wonderful learnings and memories with me and I cannot wait to see all the incredible growth in the next decade! THANKS!!

With Gratitude,



Sean McMannon



## School Board Update

*By Allison Burlock, Board Chair*

Before Sean McMannon leaves us, I wanted to talk about the impact he has had on me personally. I first met Sean in 2018, on a tour of the building before the capital project bond vote in 2019. I was impressed with his enthusiasm and excitement and I admired his vision and drive to improve the building(s) that serve to educate Winooski's students—our future.

In 2020, I joined the Board as a "Budget Buddy." A Budget Buddy is a community member participating in the budget building process, and again I was impressed by the professionalism and enthusiasm to which Sean participated in that process—even while deep into the throes of COVID.

It turns out that Sean is everywhere. When I spoke to a coworker about my involvement with the budget process for WSD, she said "Oh, I know Sean from soccer!" Other coworkers know Sean from his time as the Principal at CVU, where he mentored many of their children. And just last weekend, when returning home from a conference, an Uber driver said to me "Oh, I'm taking you to Winooski! That Superintendent Sean is an awesome guy." I kid you not. Sean has led the development of a strong school district, and his contributions will not soon be forgotten.

I am extremely sad to see him go, but wish him all the best in his new role. Thank you, Sean, for your 10 years of service to Winooski.



## What's Happening at WSD?



### Preschool Fashion Show

To culminate a unit on clothing, preschool students participated in making clothes and presented them at a fashion show for families and staff.



### Staff Appreciation Week

May 8-12 was Staff Appreciation Week at WSD. The PTO made the week extra special by providing a variety of treats and surprises including a "Taste of Winooski" lunch.



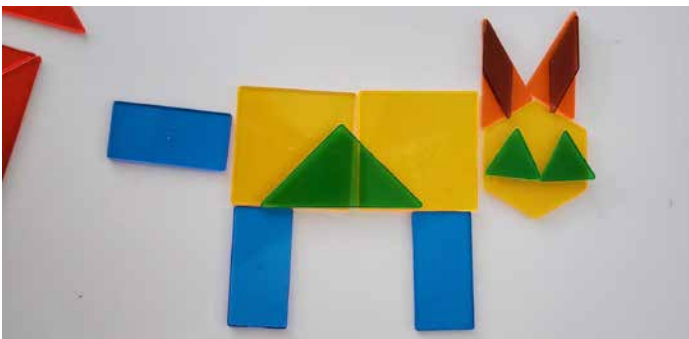
### Hamilton Trip to NYC

After spending several weeks learning about the Founding Era and fundraising, a group of WHS students enjoyed a trip to NYC to watch Hamilton and explore the city.



### Big Change Round-Up

The Big Change Round-Up recently wrapped at JFK! In total \$744.40 was raised for UVM Children's Hospital. The Adams Family team raised the most and dressed up in character for a day!



### Math Stories 21C Afterschool

Students read the book, *The Shape of Things* by Dayle Ann Dodds, and discussed the different shapes in the book, where we see these shapes in real life, what the names of each shape are, and how they are similar or different from the others. They then used shape blocks to create different pictures of things in their lives.



### Green Up Day

Winooski Middle Schoolers participated in Green Up Day by cleaning up trash from around the school campus.



### Antiracism Work Update

TNTP with ARSC

By Christie Beveridge Howell, UP for Learning

The Antiracism Steering Committee (ARSC) met at Winooski School on Monday, May 1st, from 5-7pm. The meeting was facilitated by representatives from The New Teacher Project (TNTP), who walked us through an identity wheel activity, and then explored with the team a potential scope and sequence for affinity groups at Winooski. They also solicited feedback from the youth members about what qualities they would most like to see in their educators and classrooms. It was a fun and informative meeting, and included a delicious dinner from Kismayo Kitchen provided by TNTP! The team is planning to come back to Winooski in June to continue these important discussions.

If you are interested in joining any of the Demand Action teams, please contact [christie@upforlearning.org](mailto:christie@upforlearning.org). You can also visit the Equity & Antiracism at Winooski website at [bit.ly/WSDEquity](http://bit.ly/WSDEquity) to learn more about the steering committee and the teams' work over the past three years.

The following are updates from the Demand Action teams:

**1. Truth and Reconciliation Commission:** The visit from Restorative Justice for Oakland Youth (RJOY) has been postponed until another date, to be determined. The group is considering what to do in place of their visit, and is going to reach out to the newly formed Vermont Truth and Reconciliation Commission to see how they might work together. Kayla Loving and Auishma Pradhan, Action Team Leaders, shared information about the Summer Social Justice Camp, sponsored by the Education Justice Coalition, which will be held in Burlington and facilitated by Winooski High School youth! Middle and high school youth are invited to attend, and will be compensated for their participation. For more information about the camp, and to apply, head to [tinyurl.com/SSJC2023](http://tinyurl.com/SSJC2023).

- 2. Hiring and Retaining Teachers of Color:** We are excited to see the partnership with TNTP including the implementation of a scope and sequence for affinity groups in the upcoming school year! In June, TNTP will facilitate another ARSC meeting and will gather feedback from the members of the team about a recommended discrimination protocol.
- 3. Ethnic Studies:** Youth members of the team completed a "Ghost Walk" activity, assessing classrooms in the middle and high school for inclusion of diverse and inclusive teaching materials. They presented their findings to the rest of the team at their last meeting. The team plans to end the year by giving a presentation to the school board to recommend that funding be used towards hiring an ethnic studies coordinator and providing quality professional development for teachers around ethnic studies. Their recommendation will incorporate the voices of community members, students and key takeaways from their learning last year and this year. They will also recommend an ethnic studies framework from Washington State to be utilized moving forward.
- 4. Equity Review:** The team continues to examine the city-wide equity audit and to pull out major highlights and findings. They are thinking about ways to make the audit more student-friendly.
- 5. Student Civil Rights:** The team has been in touch with a member of the Vermont Human Rights Commission to deliver a presentation on Student Civil Rights at the school, sometime in May or June. They are continuing to hold weekly meetings during the school day so that youth can attend.
- 6. Multilingual Mentoring Program:** The team continues to work on securing funding for a Multilingual Mentor Coordinator position, with plans to meet with the school board to determine how to make this possible for the upcoming school year.



## Summer Food Access Resources for the Winooski Community

The Winooski School District has selected several dates throughout the summer to open the Necessity Store and hold Veggie VanGo. These resources are completely free to the community and all are welcome to come.

### WSD Necessity Store Summer Hours

Monday, June 19, 2023	11:00 am - 2:00 pm
Thursday, June 22, 2023	11:00 am - 2:00 pm
Thursday, July 6, 2023	11:00 am - 2:00 pm
Friday, July 7, 2023	11:00 am - 2:00 pm
Thursday, August 24, 2023	11:00 am - 2:00 pm
Friday, August 25, 2023	11:00 am - 2:00 pm

### WSD Veggie VanGo Summer Hours

Friday, June 2, 2023	8:45 am - 10:20 am *
Friday, June 16, 2023	8:45 am - 10:20 am
Friday, July 21, 2023	8:45 am - 10:20 am
Friday, August 18, 2023	8:45 am - 10:20 am
Friday, September 1, 2023	8:45 am - 10:20 am *

\* When school is in session, family and community members must wait until 10:00 am to go through the line.

In addition to the Necessity Store and Veggie VanGo, there are lots of other food access resources available to families and community members in Winooski and the surrounding areas. These resources consist of food pantries and shelves, free prepared meals, and so much more. For more information including a full list and map of locations, visit <https://bit.ly/SummerFoodResources> or scan the QR code.



## 2023 Summer Meals For Winooski Students

By Sarah Haven, Director of Finance & Operations

The Winooski School District is participating in the Summer Food Service Program.

As always, students participating in summer programming offered through the Winooski School District or the City of Winooski will have access to breakfast, lunch, or both depending on the hours of the program.

Students who are not registered in programming are also eligible for meals. Starting on Monday, June 19th, students may come to the school for breakfast and/or lunch and the Myers Memorial Pool for lunch. Meals at the school will be permitted between 8:00 am-12:00 pm Monday-Friday through the main entrance. This meal service will run through August 18th at both locations.

Every child in Winooski, aged 0-18, is eligible for summer meals. Summer meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to the USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Ave SW  
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442 or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

## 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 to have more members and volunteers next school year to help plan the craft fair and support the school community in ways large and small. New ideas and faces are welcome! For more information, visit <https://www.wsdvt.org/parents-families/pto/>, check out our Facebook page (Winooski PTO), or email us at [PTO@wsdvt.org](mailto:PTO@wsdvt.org).



# We are growing!

## Winooski School District Job Opportunities

Whether you're an experienced educator or just starting out, we're seeking diverse and talented individuals to join our team!

At Winooski School District, we believe that our strong connections among students, staff, and families in our diverse community is our greatest strength. We are dedicated to creating a learning environment where all students graduate, college and career ready, equipped with the skills and knowledge to lead healthy, productive, and successful lives within their community. We recognize the importance of representation, and we strive to increase diversity among our staff to ensure that our students see themselves reflected in their teachers and leaders, and to create a more inclusive and culturally responsive learning environment.

As a staff member at Winooski School District, you will have the opportunity to be a part of our community and build connections and relationships with our students and their families as you work alongside a collaborative team who shares your commitment to diversity, inclusivity, and equity. We strive to offer a welcoming workplace culture and professional development opportunities to ensure an inclusive environment where all are valued, included, and empowered to succeed.

Scan to Apply!



[wsdvt.org/careers](https://wsdvt.org/careers)

Discover what makes  
Winooski Schools  
a special place to  
work and grow!

“WSD is a place where you are inspired and excited about learning and growing as an educator and those feelings are easily transferred to students through teaching!”

-Mary Carleton, Winooski Schools



## SCHOOL MATTERS — K TO 12

### Update from JFK Elementary

By Sara Raabe, JFK Elementary School Principal

It is hard to believe that the 2022-23 school year will be ending in a few short weeks. JFK Elementary has had a busy, wonderful school year. When students returned in September, almost everyone was in their final spaces in our beautiful new building. It didn't take long for the final moves to happen, and for everyone to be in their final space. The students were so excited to see the new spaces, explore the new library, and hear the fantastic acoustics in the main lobby.

Along with a brand new building, JFK implemented two new curriculums this year. Our EL Education Curriculum transformed our student's English Language Arts learning this year. Each student was engaged in work that was challenging, adventurous, and meaningful. This engaging curriculum meant that learning and achievement flourish. Students learned about science and social studies in depth, expanding their academic vocabulary and their background knowledge. This rich learning

then supported high quality reading and writing by all our students.

We also adopted a new math curriculum this year. Illustrative Mathematics is a rigorous, problem-solving mathematical curriculum. The cohesive and sequenced learning experiences supported all JFK students in growing as mathematicians. Our students were pushed to explain and justify their math thinking and problem-solving, solve things in multiple ways, and engage in rich mathematical conversations.

All of this new, rigorous learning by students meant that our school adults had to work extra hard to plan and implement two new curriculums with integrity. The incredibly hard work and dedication to all our students that our adults exhibited this year were inspirational.

As we end the 2022-23 school year, I am so incredibly grateful for and proud of our JFK community.

## Unheard Stories

By Sarah Lowry

What began in the classroom as a Culture and Community Capstone project has emerged into a stage production and community storytelling event. In Spring of 2022, Abdul Lailati, Khadija Hassan, and Aden Jelle started interviewing other students and adults in the community to gather “fun and beautiful stories” of their home countries in Africa.

We will be sharing these stories in a culminating public performance on June 2nd at 5pm in the Performing Arts Center at Winooski High School. Please join us and be a part of this community performance of storytelling, poetry, games and community sharing. All are welcome and the performance is free! Below are clips from an interview I did with Abdul on the making of this performance.

### Lowry: What was the origin story of this project? Why did you do it?

We knew we wanted to tell stories about refugees from Africa but we didn't know what we wanted to do yet. And in the Capstone class last year, I told a story about my life in Africa and everyone in class started laughing so hard at the story. And I was like – Maybe for this project we can do ONLY the fun and beautiful stories of African refugees! And that is where the idea began. So Aden, Khadija, and I searched up refugee pictures online and it was terrible to see what was there. Why don't we have any fun things about us? Why don't they identify a specific place like Burundi, Congo, Tanzania? But what they do is put all of us in one circle and say refugees. They don't say refugees from Kenya, refugees from Tanzania... refugees have different, different experiences... When I presented my Capstone [in June 2022], there were a lot of emotions in the room. After the presentation and the reaction around the room, I realized - wait a minute – So this is actually the thing, you know what I'm saying? This needs to be happening. A change can be made...

### Lowry: What has the group process been like? How did you gather folks?

I think it was very easy to get [other students ] in the group because for the first time they heard it was about Africa. Everybody was just excited... "Oh, Africa. All right, I'll show up." Our first meeting, everything just blew up. Like the tension was there, the emotions. Everyone just everybody was just happy being there. You know, they were laughing, they're having fun. Some cried because they remembered the fun things they did. They wish they had that right now. You know what I'm saying?



Like Mr. Thierry said, "This is a chance for you to erase - or least to get through - the depression you are having - like you being you again, like you hearing about yourself again." So, I wanted them to see that this project is for them... So when we got to that point ...everybody was

just in. Everybody was there and everybody was excited. The care, the love they have for this project. I can't even describe it. I can't. We feel at home when we are around the group. So I think I think the whole process was just amazing because everything happened automatically.

### Lowry: What are you hoping the audience will take away?

I'm just hoping that people realize - people realize that we need to make change. I also want them to understand that refugees go through a lot, but they also have fun at the same time, you know what I'm saying like...I miss the things I used to do back then. When [people] do know the full stories they are going to stop making the stereotypes.

### Lowry: Who is this for?

Well, I think it is for everybody, honestly. Like for everybody, because this is also an opportunity for Africans to remember where they came from and not forget where they came from...to also be proud of where they came from. For

me, I'm showing another part of me that hasn't been portrayed by the media or is not really understood in my community. So it's an opportunity for me to also know, ah, I'm from Africa, I'm, I'm African. I mean, I'm an African refugee, I'm a refugee and I can be proud of it.

So like for the play, I think it's more of an opportunity to learn about African cultures to learn, stories of refugees, to learn why it's important to hear funny, beautiful stories of refugees. Because it breaks stereotypes people in my community and the society makes about refugees from Africa and all refugees around the world. It's to show that despite having hardships, despite leaving our countries, despite living in a nice bed now, living in a house now, having breakfast, coming to school at a good school, getting better education, furthering our education...we also miss where we came from. Where we came from is also part of our identity.

*This project is supported by Centerpoint Adolescent Treatment Services, Winooski School District, 21st CCLC Afterschool, Vermont Arts Council, the National Endowment for the Arts, The Vermont Community Foundation, and Conversations from the Open Road*

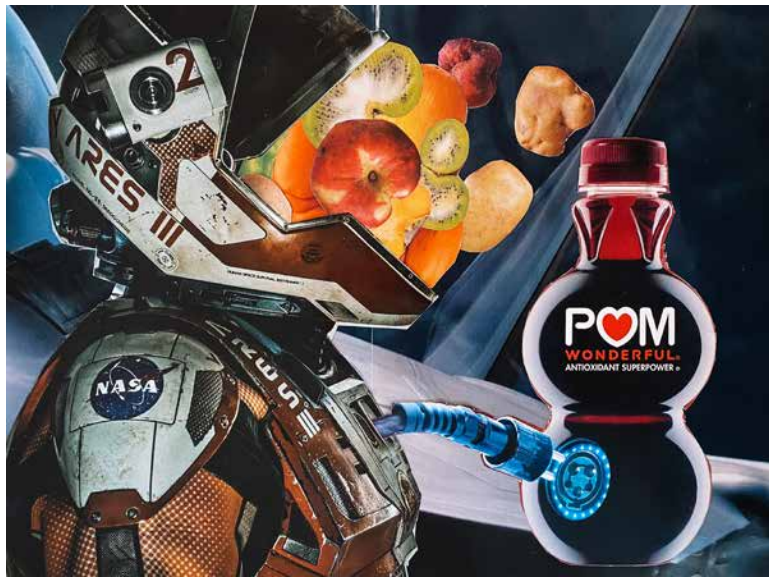


## Taking a Page out of the Surrealists' Book...

By Emily Jacobs, WMS Visual Arts Teacher

Our 7th and 8th grade artists returned to surrealism through our recent collage unit, and created some truly mind-bending, visually stunning surrealist collages. Students reviewed the defining qualities of surrealism - namely bizarre, dream-like scenes and strange juxtapositions - then scoured the pages of magazines searching for inspiration and images for their collages.

We hope you enjoy the resulting artworks!



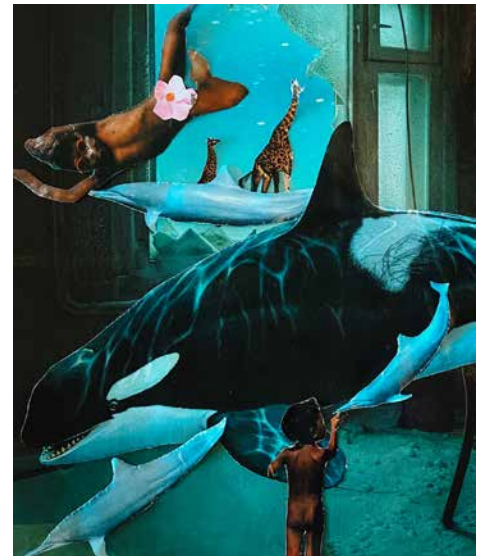
Nolan,  
grade 8



Fatuma, grade 7



Hawa, grade 7



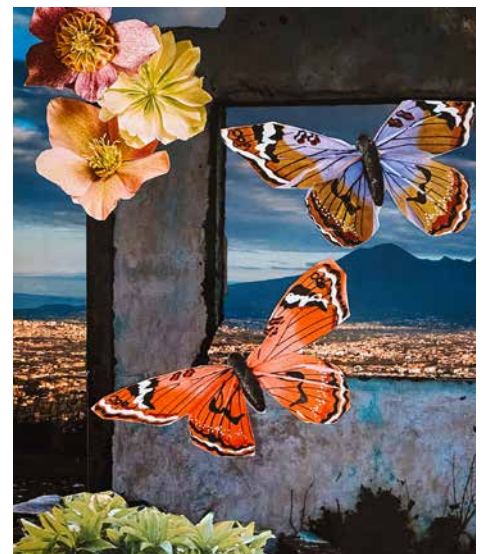
Gabby, grade 7



Hannah, grade 8



Armaan, grade 8



Sandesh, grade 7

## Better Together

By Nancy Keller, Sixth Grade Mathematics Teacher

I am so grateful for our mathematics and science collaboration with the staff and students from the University of Vermont (UVM) Rubenstein School of Natural Resources and the College of Education and Social Services.

It began two summers ago when Winooski Middle School (WMS) teachers worked with Professors Erik Roy and Leon Walls and Instructor Tricia Brown to learn about the principles of engineering and ecological design, so we could translate this information into middle school mathematics and science curriculum for our students.

Seventh and eighth grade science teachers Gina Krol and Anja Mosehauer created a highly successful unit of study around the concept of “living machines.” Middle school students constructed mini-aquatic ecosystems that used plants to reduce the amount of phosphorus in water. Meanwhile, sixth grade science teacher Andrew Wild and I developed units of studies that focused on hydroponics and food waste. Students first grew herbs, using a water-based nutrient solution and artificial light, and then used these herbs to make dumplings for the Great International Dumpling Challenge. Following the production and consumption of dumplings, food waste from this learning experience launched another unit of study on microbial digestion (also known as composting). To deepen our understanding of the decomposition of food waste, Professor Matthew Scarborough from UVM’s College of Engineering and Mathematical Sciences and doctoral student Mandy Nix taught us more about microbial digestion which, in turn, helped us create engaging learning experiences for our students.

The past two years of learning and teaching has been, for me, one of growth and inspiration because of our years-long and on-going support from the staff and students at UVM. Our



Professor Erik Roy



WMS sixth-graders’ hydroponic garden

collaboration was not just confined to meetings; Professors Roy, Scarborough and Walls visited our classrooms, bringing not only the necessary scientific equipment and supplies, but connecting our middle schoolers with their undergraduate and graduate students. Dr. Roy helped us build our hydroponics systems (see photos) and living machines. He would routinely stop by WMS just to make sure our students’ plants were thriving. Dr. Scarborough loaned us his poster collection, a teaching tool



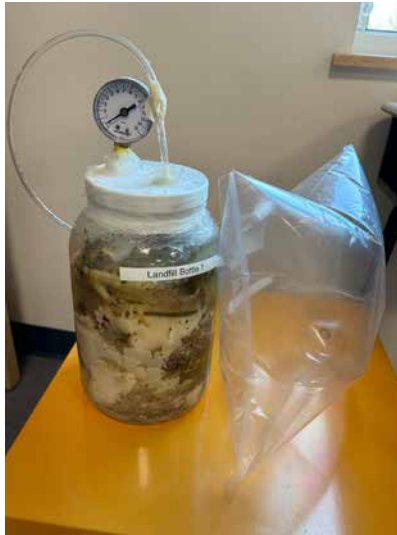
Sixth graders Sumeya, Kira, Lilly and Ankita prepare dumplings with the herbs they grew.



An Environmental Science student from UVM helps Aya and Nimo with their hydroponic experiment.

he developed for his engineering classes, as well as designed an experiment that shows what happens to food waste if it goes to the landfill instead of the compost pile. Dr. Walls was a guest presenter in mathematics classes and quickly developed celebrity status with our sixth graders, who requested his signature after one of his presentations. These are just a few of many highlights.

I am thankful that WMS has had this connection with UVM, most of it funded through grants but all of it inspired by our middle school students, our future scientists, engineers, and



*WMS's experiment for the anaerobic digestion of food waste in a landfill.*



*Professor Matthew Scarborough explains the process of microbial digestion of food waste to middle school teacher Andrew Wild, Professor Leon Walls, and UVM student Mandy Nix.*

mathematicians. When working together, we are truly greater than the sum of our parts.

## Poems and Prose from WMHS Students

*Introduced by Lisa Italiano*

Here are some of the poems and prose that students wrote with Poet Rajnii Eddins during his residency in April and May.

### **As I Hold My Pen of Peace**

*By Ketila Selemani*

Holding my pen of peace  
No racism anywhere  
There is acceptance  
Everyone's happy  
No killing  
Just peace.



### **Land of the Free**

*By Prajal Tamang*

Land of the Free is what some people see  
But to me it doesn't seem too free regarding the history.  
Shipped overseas, taken from their families  
Not being able to be seen equally  
It's sad that this happens all so frequently  
People being shunned just cause of their color  
The mothers, worried like no other  
These people just wanna be seen more than their color  
The world is cruel  
And I know i'm not the only one seeing this  
How could we just stand by letting the world be like this?

### **Humans**

*By Lexi McMahon*

Humans are such amazing things until you realize what they could do to each other. In an ideal world, everyone would love each other. Then there would not be racism and hate. Love is beautiful and fulfilling and gives you a reason to get out of bed each morning with a huge smile on your face. Love is basically essential to people's lives and makes people feel meaningful. Love could feel good but it could also drive you to do things you may not want to do. If you could be with the person of your dreams would you do it at the expense of you not being able to make your own decisions? That is a hard question but being human comes with having questions you may not be able to answer in the moment. Another big question is would you rather have love or end all the horrible things in this world (racism, hate, war)? It should be an easy answer but for some maybe not. Yeah, people may say that love only comes around a few times in your life but putting a stop to everything should be the easy answer because the world is hard enough already. Why not make it easier by trying to end everything that makes our world bad? Love is a great feeling but only if you do not have to pretend and just be your own person, it could feel good but not always. So be your own person, start your own business, and change the world because sometimes love is not always the answer.

*(continued on page 12)*

## Land of the Free

*By Prisca N.*

I am writing a poem for you  
The things that are true  
We are black, human, and strong  
Our life goes on passed along  
We are not called a slave  
We are brave  
When it comes to hope  
We write a floral envelope  
Never lose faith in life  
We still got a long way to go full of strife  
They would control us  
They would disrespect us  
We would work from night to dawn  
We were still not done  
We did want they wanted  
But in our dreams we're still haunted  
We never lost hope  
Our dreams will slowly turn into gold

## As I Hold My Pen of Peace

*By Jafari M.*

As I hold my pen of peace  
My world starts cutting down into pieces  
More than ever I feel in peace  
My heart feels like it has broken down into pieces  
It feels like I can understand every one piece

## Old Memories Of A Well

(A Golden Shovel poem based on "Mother to Son"  
by Langston Hughes)

*By Anonymous*

The land where I grew had an old well  
Near my home where mothers and their son  
Come to collect my water, I'll  
Always be there no matter what, my home tell  
The stories of those before me have been discovered by you.  
I look back on my life  
Oh, what I have done for  
The people that loved me  
My life has been long ain't  
No one remember how long i've been  
Here they say no  
Body knows how I have crystal  
Clear water in my well, droplets of water left on the stair.

## Pen of Peace

*By Shagan Y.*

As I hold my pen of peace,  
I fight and fight for the world's fate,  
To make the world great, we must stop hate  
We cannot wait and wait,  
Our ancestors would never wait and let their efforts go to waste.  
We are all humans,  
We all are men and woman,  
We all have emotion and thoughts,  
All of them are different,  
But we are all humans.  
The hate and destruction,  
We must be better and stride for construction of our love,  
We need to must treated each other with respect and warmth  
We must not fight for our ancestor's wrath.

## As I Hold My Pen of Peace

*By Keyo Hammond*

As I hold my pen of peace  
The world becomes more calm  
It's crazy the things people saw  
Black hate should be criminal law  
We should be giving 50s to the homeless  
We shouldn't condone this  
Haven't we outgrown this?  
What happened to George Floyd was insane  
How could they put this man in so much pain?  
The people were wrapped around him like a chain.

## America

*By Taliah Bennett*

Young America, Young America  
Comes home with a bruise  
I patch it up and cook some food  
'America, what happened?' I start to question  
America looks away, scared to mention  
'The bad people hurt me. Took a piece of me away.'  
I look at America full of dismay.  
'Then they start to argue and leave my piece out to dry.'  
I couldn't help the tears that came out of my eyes  
My sweet America, seems like it was born only yesterday  
I crouch down and start to say  
'They can take pieces and fight with wars.'  
'But you will always be so much more.'  
As America starts to drift off in my arms  
I think about who causes harm  
Friends, Family and even you  
They start to get bored and find nothing better to do  
But everything will turn out alright  
As long as we keep guns and violence out of the fight  
Goodnight America, my sweet America  
Rest your eyes and wake up later  
Just don't fall victim to haters.

## June Health Office News

By Kelly Marcus, RN, Winooski School Nurse

We are so thankful to have spent our first year in our new health suite. It has been a joy to watch the health office, SBHC and dental clinics run simultaneously and serve the needs of many students.

To date, the health office has logged over 2,000 student visits district wide, triaged hundreds of phone calls and sent many students to the dentist via SSTA transport.

Our School Based Health Center (SBHC) operated 3 mornings a week this school year and so far has had 460 student visits.

We also introduced telemedicine as an option for students to use when we did not have providers on site.

We were so happy to introduce a dental clinic on site this year as well. Kids were able to have screenings, cleanings and fluoride treatments right here at school!

The health office wishes to extend a heartfelt THANK YOU to the following professionals and businesses:

- Shannon Fountain, WSD Health Office Assistant
- Dr. Heather Link, SBHC Provider and WSD Medical Liaison
- Libby McDonald, NP- SBHC Provider
- Sherry Larose, PA SBHC Provider
- Tracy Towers, WSD Tooth Tutor
- WSD Liaisons
- WSD Teachers and Support Staff
- WSD Maintenance Staff
- WSD Administration
- TLC sub nursing
- Brianna Owen, The University of Vermont CDCI School-Age Consulting Team
- Margaret Overman, The University of Vermont CDCI School-Age Consulting Team
- Kaitlyn Kodzis, VDH State School Nurse Consultant
- Jessica Leclair, VDH representative
- Chittenden County Lead Nurses
- UVM School of Nursing
- WSD PTO
- Howard Center School Based Clinicians and other staff
- VT Dental Care
- SSTA
- Community Health Centers of Burlington
- Vermont Department of Health
- UVMMC Primary Pediatrics
- UVMMC Pediatrics Endocrinology
- UVMMC Pediatrics Nephrology team
- UVMMC Pediatrics Neurology team
- UVMMC Pediatrics Urology team
- UVMMC Pediatrics Orthopedic team
- St. Mike's Rescue
- WSD Medical Emergency Response Team
- Other local pediatric and family practices

We want to sincerely thank you for collaborating and working with the health office staff to service the needs of the Winooski students throughout the year. We appreciate each one of you.

### On another note

**If your child is going to be in kindergarten** then they will need an updated copy of immunization records. Please make sure they have had 5 doses of DTP/Dtap, 4 doses of IPV, 3 doses of Hepatitis B, 2 doses of MMR and 2 doses of Varicella. If they don't then please call your child's primary doctor to schedule an appointment for them.

**If your child is entering the 7th grade**, please make sure they have had their 2nd dose of Varicella and a tdap booster.

**Do you exempt your child from immunizations?** If yes, please make sure to stop by the health office before 11am on June 16th to fill out an exemption form for next school year. Otherwise, they are available on the Vermont Department of Health's website.

Remember without updated immunizations, a renewed exemption form or a doctor's note stating their next appointment they can't start school in the fall!




**Does your child have asthma and/or allergies?** If so, then please get the asthma/allergy action plan completed over the summer and have an inhaler, spacer and/or epi pen ready to bring in on the first day of school. It can also be faxed to 802-383-6017

### Lastly

We kindly request that parents or a designated adult pick up their children's prescription medication(s) by **11am on Friday June 16th. Any prescribed medications left after this selected date and time will be disposed of at the Winooski Police Department.** Students are not allowed to pick up their prescription medications.

We have enjoyed serving the health needs of your kids this school year and wish everyone a safe, happy and healthy summer vacation. See you in the fall!!

# WINOOSKI SCHOOL MENUS

**Winooski Hot Breakfast in the Cafeteria K-12**  
**June 2023**  
 The Abbey Group       

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


**Meals Are Free To All Students**

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


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

Milk Condiments  
 Fresh, Dried Or Canned Fruit

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





 **TITAN**  
 Online Payments for Student Accounts

Click Image Below for employment opportunities



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Have a Great Summer!</b>		1 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	2 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
5 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	6 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	7 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	8 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	9 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
12 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	13 <b>Sausage &amp; Cheese Croissant</b> Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	14	15	16
19	20	21	22	23
26	27	28	29	30

**This institution is an equal opportunity provider.**

**Winooski Elementary School Lunch**  
**June 2023**  
 The Abbey Group    

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

Deli Options K 8  
 Fruit & Yogurt Parfait w/Granola  
 Milk Condiments  
 Fresh, Dried Or Canned Fruit



Please advise us if special meal accommodations are required for allergens or other special dietary needs.  
 Pay for meals on-line. Click Image Below

 **TITAN**  
 Online Payments for Student Accounts

**Harvest of the Month:**  
 Dairy-Eggs



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

Monday	Tuesday	Wednesday	Thursday	Friday
  <b>June Dairy Month</b>	<b>Have a Great Summer!</b>		1 <b>Grilled Cheese Sandwich</b> Oven Baked Crinkle Cut French Fries Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	2 <b>Fluffy Pancakes</b> Real Maple Syrup Sweet & White Homefries Fresh Green Pepper Strips Twin Turkey Sausage Patty's Assorted Fresh, Dried or Canned Fruit Milk Variety
5 <b>Dress Your Own Hot Dog</b> Vegetarian Baked Beans Fresh Creamy Coleslaw Assorted Fresh, Dried or Canned Fruit Milk Variety	6 <b>Taco Bar w/ The Works &amp; Ground Turkey</b> Garden Salsa Steamed Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	7 <b>Cheese Pizza Veggie Pizza</b> Seasoned Green Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	8 <b>Oven Baked Chicken Nuggets</b> Hand Cut French Fries Tossed Garden Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	9 <b>Turkey Nachos Supreme</b> Garden Salsa Black Bean & Corn Salad Spanish Rice Cabot's Sour Cream Assorted Fresh, Dried or Canned Fruit Milk Variety
12 <b>Golden Crispy Chicken Tenders</b> BBQ Sauce Tossed Garden Salad Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety	13 <b>Taco Bar w/ The Works &amp; Ground Turkey</b> Garden Salsa Mexicali Corn Spanish Rice Assorted Fresh, Dried or Canned Fruit Milk Variety	14 <b>Golden Crispy Chicken Tenders</b> BBQ Sauce Tossed Garden Salad Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety	15	16
19	20	21	22	23
26	27	28	29	30

**This institution is an equal opportunity provider.**



### From Your Local Representatives

*By Representative Taylor Small*

As the 2023 legislative session comes to a close, I want to take some time to reflect back on the work that we achieved and the work that is still ahead for the Vermont General Assembly. This year we took a major step towards stabilizing and expanding our childcare system. We made record investments to help increase rates for childcare providers, uplift our family child care home providers, and expand access to our state's childcare financial assistance program. Now families that are under 175% of the federal poverty level will not have a co-pay when accessing child care and subsidies will be available to all families under 575% of the federal poverty level. This expansion to the childcare financial assistance program will also allow access to all families, including those whose citizenship status would otherwise exclude the resident from participating in the federally supported program.

I was proud to introduce H.89, an act relating to civil and criminal procedures concerning legally protected health care activity, earlier this session and follow this legislation through to it becoming law. This landmark legislation guarantees access to gender-affirming and reproductive healthcare to all Vermont residents and those who are receiving care in the state of Vermont, while protecting all Vermont providers from abusive litigation stemming from other states. What we have seen this past year is a consistent and unrelenting attack on bodily autonomy from states that seek

to limit one's access to gender-affirming care and abortion care. Now Vermont has joined Massachusetts, California, and Colorado in enacting shield laws that clearly state that gender-affirming care and reproductive healthcare are legally protected health care. This does not change access to these services throughout the state, but instead underscores Vermont's commitment to bodily autonomy and reproductive justice.

In the budget, we increased employment supports for refugees and New Americans, purchased a vehicle to allow foster youth to participate in Driver's Education and attain their license, increased Medicaid reimbursement rates to expand services and Adult Day beds, and established free school meals for all of Vermont's students, indefinitely. We also made significant investments in the Vermont Conservation and Housing Board, over \$50 million, to increase the development of affordable housing, emergency shelter beds, motel conversions, and more to help address the pressing housing crisis that we continue to face. Sadly, we did not adequately fund the diaper bank, which primarily serves our refugee and low-income families nor did we put funding towards a just transition for people experiencing homelessness who will be abruptly exited from the emergency housing program on July 1.

I, along with other members of my committee, were tasked this session to look into the homelessness crisis and find a humane path forward for those in the General Assistance Emergency Housing program since the Administration for the past three years has failed to do so. And what we ultimately learned through the process is that homelessness in Vermont is a policy choice. It has always been a policy choice; before the pandemic and now. Though this work group offered a variety of plans to our colleagues in the House and leadership, the General Assembly ultimately chose to follow the path that the Governor laid before us and supported a budget that will exit over 3,000 people, including children, older adults, people with disabilities,

those who are pregnant, and who are fleeing domestic violence back into unsafe situations.

I recognize that to truly address the crisis before us we need both housing and services. During the pandemic we learned that we did not invest enough in the services required by those with complex needs in the emergency housing program, and this year's budget invests the necessary funds into those much needed services. Yet, I fear that as we focused on the service need, we forgot about the first part of that equation: housing. There are no shelter beds currently available, nor are there any affordable units available. The Vermonters that have accessed vouchers, whether they are Section 8 or HOME Family Housing vouchers, are still waiting over 250 days to access a unit — while their vouchers expire after 120 days.

Our state budget is meant to reflect our values as Vermonters, yet the budget that passed out of both bodies this year does not value the humanity of those experiencing homelessness. That is why I did not support this budget and why I voted no. I can recognize the life-changing programs and services that we did fund in this \$8.5 billion budget, but cannot in good conscience support this large of a budget with no consideration for our communities, our hospitals, long-term care facilities, state employees and our already over-taxed shelter workers who are not prepared to handle this crisis.

I intend to keep working with my colleagues in the House and Senate before the veto session occurs in late June to find a humane path forward for those experiencing homelessness. As I believe we should not let this oversight overshadow the work that we were able to achieve this year. We can still act; we must act now to protect all Vermonters.



## Community Vision

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

### Economic Vitality:

During last month's City Council meeting, City staff provided the Economic Vitality update with notes on the status of the Working Communities Challenge Grant, the redevelopment of 17 Abenaki Way, policy updates related to sidewalk use, and more. Last month, the Winooski Finance Commission met with Melissa Corbin, Downtown Winooski's new executive director, and discussed their plans for a city-wide business needs assessment.

### 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](http://exit16ddi.vttransprojects.vermont.gov).

### Housing:

We are delighted to introduce Jazmine Hurley as the newly-hired Housing Initiative Director for the City of Winooski! Jazmine brings her expertise and experiences to our community with a degree in macro-level social work and employment history as a housing navigator, researcher on childhood

homelessness, and project coordinator for a substance use prevention team within a municipality. Jazmine's background in public service and policy work, coupled with her deep appreciation for our community, makes her a valuable addition to our housing initiative efforts and Leadership Team. Please join us in welcoming Jazmine. The Housing Initiative Director's role is at the systems and policy level, not at the case management level. Jazmine is tasked with developing an annual workplan to “ensure a mix of quality housing that maintains and enhances Winooski's unique sense of place and supports the needs of the entire community,” as stated in Winooski's Master Plan. The workplan may include policy, research, and collaborations. She is consulting with housing organizations and people with a perspective on housing to inform the workplan. Anyone interested in shaping housing in Winooski is welcome to reach out to her at 802 655 6410 or [jhurley@winooski.vt.gov](mailto:jhurley@winooski.vt.gov). For more info, visit [winooski.vt.gov/housing](http://winooski.vt.gov/housing).

### Safe, Healthy, Connected People:

Last month, the Winooski Fire Department hosted a Firefighter recruitment open house as part of the statewide effort known as Operation Mayday! – we're currently hiring for Part-Time, On-Call Firefighters to join our dedicated team. These are paid entry-level positions with career-building opportunities for training and certifications! To learn more and apply, please visit [winooski.vt.gov/jobs](http://winooski.vt.gov/jobs).



## 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](http://healthvermont.gov/covid-19).





## Reminders from the City Clerk's Office

### Adjusted Hours

Due to current staffing availability, the open hours of the Winooski City Clerk's Office have been temporarily changed:

Monday:	8am-4pm
Tuesday:	Closed
Wednesday:	8am-4pm
Thursday:	8am-4pm
Friday:	8am-4pm
Saturday:	Closed
Sunday:	Closed

Thank you for your patience while we continue to provide services to our residents and visitors! Our after-hours drop box is available just to the left of the entrance at Winooski City Hall. For up-to-date information, please visit [winooskivt.gov/clerk](http://winooskivt.gov/clerk). Questions? Call or email 802 655 6410 / [clerk@winooskivt.gov](mailto:clerk@winooskivt.gov).

Winooski City Hall will be closed on Monday, June 19, 2023 in observance of Juneteenth:



## Myers Memorial Pool NOW OPEN!

Located in the heart of Winooski, the Myers Memorial Pool has been a place of recreation and growth for community

members since the 1970's. The newly renovated pool facility includes a 6-lane lap pool (depths from 4' - 8'), a zero-entry program pool (max depth of 4'), spray features, and a 16 ft water slide

- Visit [winooskivt.gov/pool](http://winooskivt.gov/pool) for details!
- 62 Pine Street / 802 497 2903 / [pool@winooskivt.gov](mailto:pool@winooskivt.gov)
- Opening day: Sunday, June 4, 2023 (open 7 days a week)
- Season passes for adults, families, youth, and seniors
- Enjoy open swim, lap swim, aquatic programs, event space rentals, Offbeat Creemee, & more

## Community Services Updates



### Recreation and Parks

Sign up for our programs at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)



### YOUTH PROGRAMS

#### Vermont Patriots Soccer

U6-U12 / Monday-Sunday / May 1-June 11 / 5-7:30pm @ Landry Park

Join Winooski Recreation and Parks staff and volunteer coaches in collaboration with Vermont Patriots for this outdoor soccer program!

#### Talent Skatepark Spring Session

Talent Skatepark Spring Session Ages 8-13 / Mondays, May 15 - June 12 / 3 - 4:45pm @ Talent Skate Park Shred it up with your friends during special trip to Talent Skatepark! This program is open to all levels of skateboarders - from first-time skaters learning the basics to experienced skaters practicing tricks.

#### Winooski Waves Swim Team

Ages 5-18 / Monday-Friday / June

12-August 6 / 5:30 - 8pm @ Myers Memorial Pool

The Winooski Waves Summer Swim Team is part of the Champlain Valley Swim League and the Vermont Swim Association and is focused on developing a love of swimming and a positive team spirit. The Winooski Waves have been a staple of the Myers Memorial Pool since the 1970s. The team is led by Swim Team Director Jacsen Callanan.

#### Skateboarding with Burton Chill

Ages 10-19 / Mondays / June 26-July 31 / 10:30am-12:30pm @ Landry Park Join Burton Chill instructors to shred it up at the Landry Park Skatepark with Chill Skateboarding! All gear will be provided. There is no experience necessary—first time skaters are welcomed and encouraged!

#### Youth Climbing

Ages 5-7 / Tuesdays / June 27-August 1 / 11:30am-2:15pm @ MetroRock

Ages 8-12 / Thursdays / June 29-August 3 / 11:30am-2:15pm @ MetroRock

Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided.

#### Outdoor Adventure Series

Ages 8-12 / Wednesdays / June 28-August 2 / 8:30am-2:30 pm @ various local parks

Join us for an opportunity to learn wilderness survival skills! Youth will participate in a hike each week accompanied by staff and Mischa Tourin from Sterling Mountain Guides and engage in hands-on learning about fire building, water purifying, shelter building, orienteering, knot tying, and more.

### ADULT PROGRAMS

#### Vinyasa Flow

Ages 18+ / Wednesdays, April 19 - May 31 / 8:30 - 9:30am @ O'Brien Community Center Studio

Ages 18+ / Mondays, May 1 - June 26 / 5:40 - 7:00 pm @ O'Brien Community Center Studio

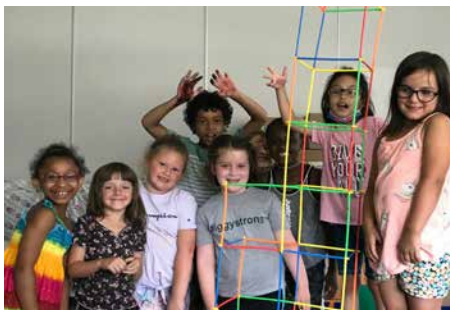
Join yoga practitioner Sarah Sears of

Yoga Vermont for an amazing Vinyasa Flow program! Open to everyone and all levels, this program is designed to help you adapt to postures and create your own practice routine.

## Winooski Running Club

Ages 18+ / Wednesdays / May 3 - September 6 / 5:30 - 6:30 pm @ Monkey House

The Winooski Run & Ride Club invites community members to be active outside together on Wednesday evenings, running, walking, or biking! This program is open to people of all ages, skill levels, and abilities. No registration is required.



## Thrive After School

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



## Winooski Memorial Library

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

  @winooskilibrary

### New Hours!

Be on the lookout for a slight change in our summer hours starting Tuesday, June 20:

- Monday: Closed
- Tuesday: 10 am - 6 pm
- Wednesday: 10 am - 6 pm
- Thursday: 10 am - 5 pm
- Friday: 10 am - 5 pm
- Saturday: 10 am - 2 pm
- Sunday: Closed

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

### 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+

### 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! This month will also include resources and info from Efficiency Vermont!

- Wednesday, June 7 from 3:30pm-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 Friend's 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](mailto:neddy@winooski.vt.gov) / 802-655-6424.

## Library of Things

Stop by for camping tents, museum passes, headlamps, birding backpacks, a telescope, walking poles, and other items to enjoy in the outdoors this summer!

## 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 10:30am-11:30am

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

## Nature-Based Play

Join the library and Four Winds Nature Institute for outdoor storytime and nature-based play that's intended to nurture a sense of wonder, place, and well-being for little ones!

- Friday, June 30 from 10:30am-11:30am
- Drop-in, no registration required
- Youth 0-5+

For more information, please reach out to Kirsten Wilson at [kwilson@winooskivt.gov](mailto:kwilson@winooskivt.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 3:30pm-4:30pm
- Drop-in, no registration required
- Youth 8+

## STEAM Ahead Saturdays

Find us on Saturdays from 10am - 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.

## Urban Plant Walk

Join illustrator and author Maggie Herskovits for a guided walk around Winooski to visit a diverse scene of urban habitats and meet the plants that call them home. Learn key identification characteristics, plant history and geography as well as fun facts about plants and the ruderal (urban) ecosystem. Participants will each get a copy of the zine 'An Urban Field Guide to the Plants in Your Path'.

- Saturday, June 24 from 11am - 12pm
- This walk is suitable for ages 10+

## 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 Library Committee: Seeking Youth Member!

Do you or someone you know live or go to school in Winooski and are entering or currently in grades 8-12? The Winooski Library is accepting applications for a new Youth Member Position to serve alongside our current members of the Winooski Library Committee! Applicants should have an interest in learning more about the library and a desire to bring a youth perspective to our library services for the community. Financial scholarship available for participation and completing a nine-month term (September-June).

Interested in learning more? Email or call Nate Eddy, Library Director: [neddy@winooskivt.gov](mailto:neddy@winooskivt.gov) / 802 655 6424

## 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@winooskivt.gov](mailto:neddy@winooskivt.gov) / 802-655-6424.

## Youth Graphic Novel Group

Winooski youth are invited to join a monthly drop-in graphic novel group at the Winooski Memorial Library! Stop by or call the library to reserve a copy for discussion!

- Friday, June 16 from 4pm-5pm
- Recommended for youth ages 10+
- Snacks will be provided!

Please reach out to Kirsten Wilson, Youth Services Coordinator, at [kwilson@winooskivt.gov](mailto:kwilson@winooskivt.gov) for more information or to sign up for email updates on this program.

## Youth Summer Reading Program & Kickoff Party

This summer, join the Winooski Memorial Library for our Youth Summer Reading Program!

This program encourages youth of all ages to keep reading and learning all summer long through free access to books, activities, and fun at the Library. This summer's theme, "All Together Now," invites youth to explore concepts of kindness, friendship, and interconnectedness within our community.

How does it work? Starting June 1st, youth can pick up their own Summer Reading Program booklet, which includes 10 weeks of prompts that encourage kids to get outside, build connections, set personal goals, and read for fun. All youth participants will be entered into a raffle for the chance to win some exciting prizes! The first week of challenges starts Sunday, June 19th.

Winooski community members are also invited to our Summer Reading Kickoff Party, featuring Wild Ambassadors! Join Outreach for Earth Stewardship and learn more about their work caring for injured birds of prey. Attendees will get the chance to meet one of their wild ambassadors!

- Wednesday, June 21, 3:30 - 4:30 pm
- Behind the Library at 32 Malletts Bay Ave

## WINOOSKI MUNICIPAL UPDATES

- Free and open to all. Youth 9 and under must be with an adult.

Whether you like movies, games, books, activities, or just hanging out, there's something for everyone to connect with this summer at the Library!

### Zine Making Workshop

Join us for our zine making workshop and learn how to create a mini zine & story about some of the common plants growing around the streets of Winooski. Led by illustrator and author Maggie Herskovits, participants will learn about plant lifecycles from "seed to seed" and how to incorporate into their own unique stories.

- Saturday, June 3 from 11am - 12:30pm
- Recommended for youth ages 7+



### Winooski Senior Center

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

 @winooskiseniorcenter

The Winooski Senior Center is open for regular programming on Tuesdays, Wednesdays from 9am-12pm & Thursdays from 9am-2pm. Join us for events and programs! Stay connected with us: call: 802-655-6425, voice mail 24/7. Email us at: [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov)

### TUESDAYS

#### Grab-N-Go Meals for Seniors - pick up 10am-12pm

In partnership with Age Well, we offer Older Vermonters (60+) a nutritious take out meal every Tuesday. 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. Reservations must be made by Noon the Thursday before the scheduled Tuesday meal. Find our monthly menus at [winooski.vt.gov/seniorcenter](http://winooski.vt.gov/seniorcenter).

Call us at 802 655 6425 to register for this program. \$5 suggested donation to Age Well.

### WEDNESDAYS

#### Breakfast Café & Coffee Chat 9-11am

Breakfast and Conversation are served! Everyone is welcome to drop in and join us as we gather and converse with community members. Our eat-in Breakfast Cafe features hot breakfast sandwiches, fruit, treats & beverages. Priced by donation.

#### Coffee Chat from 10-11am

Join us for a unique opportunity to meet and talk with local officials, residents and others about issues related to Vermont's Opportunity City!

- **June 7th:** TED Talk on Ageism - watch a fascinating presentation about a prejudice that pits us against our future selves. Roundtable discussion to follow after the video.
- **June 14th:** Daisy Berbeco, Winooski's State Representative with special guest, Vermont Senator Martine Gulick - Come hear about the Legislative Session in Review!
- **June 21st:** The Longest Day - Alzheimer Association Fundraiser Breakfast Event
- **June 28th:** Kerry Batres, AgeWell Vermont - Learn about upcoming Nutrition Programs and Wellness Events

### THURSDAYS

#### Sit Down Community Meals - served at 12pm

In partnership with Age Well, we are now offering healthy sit-down community meals for older Vermonters (60+). Reservations must be made by 12 PM the Tuesday before the scheduled meal. Call us at 802-655-6425 to register for this program. \$5 suggested donation to Age Well.

Find monthly menus at [winooski.vt.gov/seniorcenter](http://winooski.vt.gov/seniorcenter). After lunch, stay and play games or just relax with friends and neighbors!

## Special Programs

### 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!

### 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.



**June Update**

By Melissa Corbin, Executive Director, Downtown Winooski

**Care about Inclusivity and Safety? Volunteer at Events!**

We are excited about the upcoming schedule of free community events in Winooski, but we need your help! In order to make events welcoming, safe and enjoyable for all, we are looking for volunteers to act as crossing guards, work with vendors and event coordinators to set up, and more. Email [melissa@downtownwinooski.org](mailto:melissa@downtownwinooski.org) to share your volunteer interest and we'll work with you to find the dates and jobs that fit your availability best. Thank you so much!

**Winooski Wednesdays are Back**

Save the dates: June 7th, July 5th, August 2nd, and September 6th. Starting at 5pm, Rotary Park will be filled with local vendors, local performers and a headliner sure to please the all-ages crowd. Bring a picnic blanket, grab takeout and enjoy! 21+ bar hosted by The Monkey House. Winooski Wednesdays is presented by Mascoma Bank and supported by CarShare Vermont. Brought to you by Downtown Winooski.



**Winooski Farmers Market – New and Returning Vendors**

The Winooski Farmers Market is hosted on Winooski Falls Way (in front of the Champlain Mill) every Sunday through October 15th from 10am - 2pm. Free parking is available on the street and in the parking garage across from the market. Find fresh local produce, unique foods, locally made items, live music and that just-can't-put-your-finger-on-it sense of community. The Winooski Farmers Market welcomes EBT/3 Squares Vermont and Farm to Family customers. New this year, in addition to NOFA-VT's match of

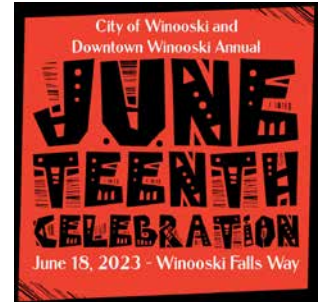


up to \$10 in Crop Cash, Crop Cash Plus adds even more access to local produce. Thank you to our sponsors and partners on this beloved event, including CarShare Vermont and Burlington Telecom.



**Juneteenth Winooski is back for it's third year!**

Celebrating Black joy in all forms, Juneteenth Winooski is hosted by the City of Winooski and Downtown Winooski on June 18th from 11am-1pm in conjunction with our Farmers Market at Winooski Falls Way. This important event honors the history of this day and features local Winooski performers, speakers, storytellers and food producers. Join us to sample delicious foods, dance, and learn. Thank you to sponsors Waterworks Food + Drink, Vermont Wine Merchants, Uncle Nearest and Winooski Strong.



**French Heritage Day at Winooski Farmers Market June 25th**

Come learn about French culture through music, education and a recipe contest! This event will be hosted in conjunction with the Winooski Farmers Market on June 25th from 10am-2pm. Local judges will award a winner in the tourtiere contest and there will be activities for the whole family. Musical guest Deja-Nous will transport you to the City of Lights, then to the City that never sleeps and to conclude the musical journey to the Argentinian Pampa! Very exciting show of French and English songs in a fusion of French Cabaret, Jazz and Tango. Perfect blend for musical connoisseurs! Thank you to our presenting sponsor Alliance Française of the Lake Champlain Region and the Québec Delegation Boston for their support. Special thanks to Winooski Historical Society, Heritage Winooski Mill Museum, Vermont French-Canadian Genealogical Society and Vermont Historical Society.



Check the events section of [downtownwinooski.org](http://downtownwinooski.org) for up-to-date details on all of our community events.

## Winooski Food Shelf Schedule for June

By Linda Howe, Winooski Food Shelf Coordinator

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

Whew! We just served more clients in April than ever in our history!!! We served 293 households with 1,404 people living in those households. Demand is way up for our services. We had 148 families requesting diapers for their 269 babies. Families receive 50 diapers and one package of wipes for each child in diapers. About half the households using the food shelf have at least one child in diapers.

**Food Shelf Policy:** We are hoping to re register all our clients by July 1st. We are asking new clients and current clients to bring a piece of mail such as a utility bill or a lease and information on household members. Winooski residents may come to the food shelf only one Wednesday for pantry staples. Winooski residents may also come both Saturdays for veggies, bread and pastries. Starbucks in Colchester provides the pastry and Hannaford Market at the University Mall helps supply Saturdays' food selection.

**Where to find us:** The Food Shelf is located in the United

Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371.

**Cash donations needed:** The Food Shelf is growing rapidly. More and more of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at [winooskifoodshelf.org](http://winooskifoodshelf.org).

**Donation Drop Off Times at Food Shelf:** Drop off time is on Tuesdays from 9am to 11am and during food distribution hours. We do not accept clothing or household items. Please do not leave food outside our door when we are not there.

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

## Updates from the Winooski Partnership for Prevention

By Kate Nugent, Executive Director

Our community dinner series has ended for the school year and there are plans for it to return again in the fall, so keep an eye out! During the summer, the Winooski Partnership for Prevention will visit the Winooski Farmer's Market with local chef samples, resources, and great swag. See you there!

### Updates from Above the Influence

Students at Winooski School District recently gave a presentation for community members and leaders about the influence flavored tobacco has on youth starting to use tobacco products. Youth who use electronic cigarettes (or "vapes") are far more likely to develop addictions to nicotine, which negatively impacts youth brain development, and go on to regular use of combustible cigarettes. Scan the QR code to watch the additional presentation by featured speaker, Dr. Philip Gardiner, African American Tobacco Control Leadership Council Founding member and Co-chair.



### Resources

Caregivers and parents don't need to go it alone. Vermont has some resources for helping your youth navigate their preteen and teen years, including ParentUp Vermont / <https://parentupvt.org/> and Counter Balance Vermont / <https://counterbalancevt.com/>

Check them out, and reach out directly to our staff anytime, too. Thanks for reading and have a great start to summer!

## WPTZ Meteorologist Visits, Shows Off Weather Lab

By Gail Callahan

The arrival of WPTZ's new, state-of-the-art Weather Lab on May 10 at Our Lady of Providence Residential Care Facility prompted a buzz through the two-story building.

WPTZ's Matt DiLoreto pulled up into the paved driveway, parking near a set of doors. Then, the excitement bubbled over. Residents and staff spilled out from the brick-façade building. Residents and staff streamed out of the building to grab a peek inside the Weather Lab.

DiLoreto, who previously worked in the Connecticut market before coming to Vermont, explained how the Weather Lab works. During the tutorial, residents poked their head into the SUV, while several staff members climbed into a seat in the rolling lab to study screens and find out how data was collected.

DiLoreto noted that the lab's computer software collects the most up-to-date information on weather events. He added, "I'd rather be out in the weather than inside."

The Weather Lab debuted at the Champlain Valley Fair in Essex Junction last summer, DiLoreto said.

After the outside event wrapped up, DiLoreto answered questions from residents that ranged from a typical day in the newsroom to his duties when preparing for a broadcast.



Sr. Marie Heintz, MSOLA and Sr. Lucille Pilotte, MSOLA,

## Stop Stigma

By Paul Detzer, Development and Communications Engagement Manager

Research shows that a significant number of people with a mental health condition such as anxiety or depression do not seek help due to the presence of stigma. Often, people avoid discussing their mental health with their doctor or even family members because they fear being labeled or judged or misunderstood.

Stigma often comes from a lack of understanding or fear. Sometimes past experiences or imagery can negatively impact how we view mental health. Stigma can prevent someone from seeking help.

### How You Can Help Eliminate Stigma

- Know the facts. Educate yourself about mental health.
- Be aware of your attitudes and behavior.
- Choose your words carefully. The way we speak can impact others.
- Educate others. Share facts and positive attitudes; challenge myths

and stereotypes.

- Offer support.
- Focus on the positive. We can all have struggles with mental health.

### Substance Use Treatment and Recovery Resources

It's not always obvious if someone is overdosing on drugs. Overdose symptoms may include the inability to speak, loss of muscle control, bluing of the fingernails and lips, slow or erratic pulse or heartbeat, vomiting, unconsciousness, and unresponsive to stimulus.

If you are worried that someone who you are with is experiencing an overdose, you should call 9-1-1 immediately; if you have access to Naloxone, administer immediately, and:

- Stay with the person and don't leave them alone.
- Keep them awake, and if necessary, help them to walk around.
- Monitor breathing.



Howard Center's Safe Recovery provides free and anonymous NARCAN® (Naloxone); overdose reversal kits; free and anonymous Fentanyl and Xylazine test strips; and connection to treatment and supports. Call 802-488-6067 or visit [howardcenter.org](http://howardcenter.org) for more information. Individuals do not need to have an appointment to receive services. Please don't use substances alone. Treatment is available and recovery is possible.

### Need Support?

If you need support or information, please contact 802-488-6000; M-TH 8am-6pm, and Friday 8am-5pm. Our staff will help you to find supportive resources. Our First Call for Chittenden County crisis hotline 802-488-7777 is available 24/7/365.

## June is a Month of Opportunity for Homesharing

By Ric Cengeri, Communications Specialist

June is a time of great movement as summer in Vermont gets started. In addition to the rapid change in the natural world around us, people are on the move. College students have graduated and are looking at new employment and housing opportunities. Many individuals are changing jobs and locations.

If you have a room in your home that you've been thinking would be a great place for someone to live, consider offering it through HomeShare Vermont.

We've been helping people find compatible matches for over 40 years. This is accomplished by helping not just seniors, but hosts of any age, to benefit from rent, sharing of utilities, or help with tech questions, gardening, meal prep, and more! For guests, homesharing provides incredibly cost-effective housing, using existing housing stock.



HomeShare Vermont guests pay an average monthly rent of \$340 and the program has a maximum rent of \$650 in Chittenden County. Guests can provide help around the home or even keep an eye on things while you take a summer

vacation.

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 meet and who you'd like to live with.

If you'd like to learn more about how we create compatible matches and how homesharing might benefit you, call us at (802) 863-5625 or visit [HomeShareVermont.org](http://HomeShareVermont.org).



## Media Internship Program

By Emily Brewer <[ebrewer@cctv.org](mailto:ebrewer@cctv.org)>

Applications are now open for CCTV's Neighborhood Media Internship Summer 2023 Cohort! **Calling all media enthusiasts aged 17-21** — Don't miss your chance to apply for the paid Neighborhood Media Internship program at CCTV Center for Media & Democracy. Gain professional experience in the audio-visual field while deepening your understanding of the local community. Limited spots available - apply today at [bit.ly/NMI2023](http://bit.ly/NMI2023).



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**IMPORTANT NUMBERS IN WINOOSKI**

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

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

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

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

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 Robert Millar, 802-383-6000, [rmillar@wsdvt.org](mailto:rmillar@wsdvt.org)

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**CITY OF WINOOSKI**  
**[www.winooski.vt.gov](http://www.winooski.vt.gov), 802-655-6410**

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

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

**City Councilors**  
 Aurora Hurd, 802-734-7082, [ahurd@winooski.vt.gov](mailto:ahurd@winooski.vt.gov)  
 Charles Judge, 802-655-6410, [cjudge@winooski.vt.gov](mailto:cjudge@winooski.vt.gov)  
 Bryn Oakleaf, 802-448-2966, [boakleaf@winooski.vt.gov](mailto:boakleaf@winooski.vt.gov)  
 Thomas Renner, *Deputy Mayor*, 802-922-3265, [trenner@winooski.vt.gov](mailto:trenner@winooski.vt.gov)

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