

The Winooski Newsletter

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

OCTOBER 2023



WINOOSKI SCHOOLS
We are the future.

Winooski Chief of Police Rick Hebert Announces Retirement

By Elaine Wang, City Manager

It is with great recognition and congratulations that the City of Winooski announces the retirement of our Chief of Police, Rick Hebert, effective December 1st, 2023. We are immensely proud of his ~30 years of dedicated service and leadership to



(continued on page 15)

It's Back to School — 2023!

Text and Photos by Miriam Greenfield, Director of Communications



Gathering of Excellence: Winooski School District's Convocation at the Performing Arts Center!

On August 24th, the staff of the WSD came together for convocation. They enjoyed entertaining performances and inspiring readings for our students. The staff's dedication, passion, and unwavering commitment to education are the driving forces behind the success of our district. As we embark on this new chapter, let's carry the spirit of convocation with us, reminding us of the impact we make every single day.



First Day of School at JFK

We're excited to have our students back for another incredible school year at JFK! The halls are once again filled with the buzz of excitement and the energy of learning. Seeing familiar faces and welcoming new ones truly warms our hearts. The first day of school is always a special moment, where the promise of growth, discovery, and achievement lies ahead.



First Day of School at WMHS

On August 31, we welcomed back all students in grades K-12. To all the students stepping into WSD and to our dedicated educators and staff, here's to an amazing journey ahead! May this school year be filled with success, friendships, and unforgettable experiences that shape the future. Welcome back!

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Back-to-School BBQ

What a fantastic way to kick off the school year! On August 24th, the WSD hosted a back-to-school BBQ that brought the community together in a spirit of warmth, connection, and excitement. Families and students had the opportunity to meet their dedicated teachers and they got a sneak peek into where their learning adventures will take place. Here's to the WSD community, the educators, the families, and the students who make it all worthwhile.



October Update

By Wilmer Chavarria, Superintendent of Schools

After a few hot September days, our students and staff are happy to have some real fall temperatures arriving and with it the feeling of familiarity with the routines and the comfort of finding familiar faces every day.

Just a few days ago, all schools in Vermont received a significant amount of data and determinations from the state. This set of information is compiled as “Annual Snapshot” and is shared with districts in order to plan for improvements in the future. Among other things to celebrate, our schools are categorized as “exceeding” in the areas of “Safe and Healthy Schools” and “High Quality Staffing.” What this means is that, compared to the aggregate of schools in Vermont, Winooski schools do an outstanding job helping students feel “healthy, safe, and supported in achieving their goals” and we maintain a relatively strong level of staff credentials and employee stability (AOE 2023 Snapshot). In addition, our High School scores high in “Personalization” due to the high participation levels in Flexible Pathways, such as Dual Enrollment, CTE, early college, work-based learning, and expanded learning opportunities.

As an opportunity for growth, the same Snapshot presents our schools as “Not Meeting” expectations in academic proficiency with some promising caveats. There has been a high positive change since the last report. For example, all academic subjects reported (Math, ELA, and Science) are divided by “Scale” and “Growth.” Even if the raw test performance does not yet meet certain thresholds, the “Growth” scale is consistently positive for our schools. Given that this is based on data prior to 2022

and that much is currently being implemented to address these opportunities, we are certain that things are moving in the right direction and the upcoming data will reflect continued positive change.

Due to the apparent low graduation rates of our high school, the school was placed on the “Comprehensive Supports 2” list by the state. This designation means some additional support and accompaniment in strategy to remedy the listed shortcomings. While graduation rates will certainly improve through our new and renewed efforts, it is important to note that traditional measures have been used to gauge the experience of what is by many means a non-traditional student population. With this in mind, I plan to triple-check the numbers and appeal the designation within 45 days if enough data exists to show errors in reporting. Otherwise, we will collaboratively bring our ideas and energy together to ensure that the designation is no longer necessary after three years, when it is set to be reviewed again.

There is much more to report, including the latest VTCAP results (the state’s standardized assessment) which each family will receive a copy of, but please do not hesitate to reach out for any information or for frank discussion on the implications of much of these data. I am fascinated by what it can tell us, and I am inspired by the possibility.

Have a cozy and safe beginning to the fall. Thank you for entrusting your family with us.

School Board Update

By Nicole Mace, Board of School Trustees

Hello Winooski families, students and staff!

After completing three years as the Director of Finance and Operations for the District in May of 2023, I can tell you it was not my plan to put my name forward for a seat on the Board of Trustees this past August. However, given the number of new members of the Board - three since March - I felt my professional background and experience might be helpful to the District. With almost a decade of experience training school board members across Vermont on principles of budgeting and governance, it is an honor to have the opportunity to bring that expertise in service of my own community on the school board.

The school year is off to a great start and your Board of Trustees is busy preparing for the upcoming budget cycle by engaging in professional development. We are participating in sessions on systems of effective governance, school board roles and responsibilities, and learning more about the state of our schools and the needs of our students. We are also reviewing,

updating, and adopting policies that the District is required to have under state or federal law.

Perhaps most exciting, at the Board’s retreat this month we will be working on a systematic plan to engage the community! We want to hear from you on our budget priorities and our Vision/Ends Statement for the District for the next 5-10 years. Please feel free to reach out to us if you know of an opportunity for the Board to meet with a group or connect with an event that will help us build relationships and broaden our understanding of the community’s hopes and dreams for our students.

If you would like to attend a Board meeting to watch the governance in action, we meet the second Wednesday of the month at 6:30 pm.

You can join us in person in the school library, or online using this link: <https://wsdvt.zoom.us/j/87380690607>.

We look forward to connecting with you!



Winooski Anti-Racism Steering Committee 2023-2024

By Christie Beveridge

The Winooski School Anti-Racism Steering Committee (ARSC) is excited to kick off another year of action! In the summer of 2020, Winooski Students for Anti-Racism put forward eight demands to the school board, and six of them were adopted: to form a truth and reconciliation committee, hire and retain more faculty of color, establish a multilingual mentoring program, implement an ethnic studies curriculum, perform an equity audit of the school, and

host a yearly workshop for students where they could learn about their civil rights.

On September 18th, the team met for a two-hour long orientation, where we introduced ourselves and took part in community building activities, discussed the successes and challenges of the past three years, and began making plans for 2023-2024. This year, the structure of the work will look a little different, as instead of meeting just once a month, we will be meeting twice, and the ARSC itself will

focus on implementing the demands, rather than the work being held by six separate Action Teams.

If you are interested in joining the ARSC, please reach out to christie@upforlearning.org! We are always looking for new community members to join, particularly Winooski faculty, as well as parents/guardians of Winooski youth.

To learn more about the ARSC, please visit: sites.google.com/wsdvt.org/wsd-antiracism-equity.

More Back To School Pics!





Federal Grant Funds Update

By Michael Eppolito, Director of Curriculum and Learning

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

This year, Winooski will receive over 1.3 million dollars to support our educational efforts. This year, we will use that money to fund the following:

- 12 positions that work directly with students
- 4 director positions
- 1 Multilingual liaison
- 3 programs that support student's language or social-emotional development
- professional development in adolescent literacy

If you want to learn more about how Winooski School District spends its federal funds, please join us for an informational meeting on Thursday, October 12, at 5:30pm.

Winooski School District and Cheyne Racine Recognized

By Miriam Greenfield, Director of Communications

The Vermont Department of Health's Asthma Friendly Task Force recognized the **Winooski School District** as an Asthma Friendly School in 2022-2023 at the Gold Level for implementing and/or enforcing sufficient best practices to reach that level.

The Task Force also recognized **Cheyne Racine**, Director of Facilities, as an Asthma Champion for 2022-2023 for demonstrating exceptional commitment to improving and promoting asthma friendly policies and practices. Congratulations!

From the SRO Desk

By Officer Jason Ziter, School Resource Officer

WELCOME BACK!

Wow, summer flew by and here we are back at school. It's so exciting to have everyone back. As we return to school and begin establishing our norms, I wanted to remind everyone about pick up and drop off.

The innermost driveway (closest to the school) there is now a dedicated BUS LANE that is separated by a yellow line. Buses will use the right hand and regular vehicles use the left lane as a drive through DROP OFF ONLY. This is not a place to park and walk your student into school. At the end of school the left lane is closed to regular vehicles for student safety.

The second loop with parking spots is a place where you can park and walk your student into school. You may also park

SHORT TERM along the left side of that driveway during drop off and pick up ONLY.

You will also notice that the driveway that goes completely around the campus is a FIRE LANE and there is NO PARKING there at any time. We need to keep this lane clear for emergency vehicles at all times. This also applies to after school hours.

Thanks for helping and allowing all of us to have a great start and end to our day.

Any concerns with the buses should be directed to Sarah Haven, Director of Finance & Operations, 802-383-6001, shaven@wsdvt.org.



Welcome New Teachers and Staff!

By Miriam Greenfield, Director of Communications

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



Brian Beadle
4th Grade Classroom Teacher

Paula Bechky-Kowarsky
Instructional Assistant

Taylor French
Middle School Instructional Assistant

Jennifer Lacey

Marina Shpaner
School Psychologist

Tim Berger
JFK Elementary Classroom

Atti Gagne
Instructional Assistant in Kindergarten

Angela Longley
WSD Curriculum & ML Administrative Assistant

Cassandra Schmid
Early Childhood Special Education Teacher

Erin Bonsall
WMS Special Educator

Emily Gallina
School Nurse

Sara Manley
PK-5 Special Education Instructional Assistant

Jennifer Thelen

Nicole Chalke
Preschool teacher

Miriam Greenfield
WSD Director of Communications

Gwen Mongeon
Instructional Assistant in Kindergarten

Victor Toman
Theater Arts Teacher

Jesse Cinque
PK-5 Special Education Instructional Assistant

Sheryl Haiduck
Multilingual Learners Teacher

Adriana Penalosa-Kirby
WMS Science Teacher

Louisa Wakefield
Special Education Instructional Assistant

Anne Dinklage
Special Education Instructional Assistant

Kimberly Hirschberg
4th Grade Special Educator

Alexa Pughe
3rd Grade Instructional Assistant

Morgan Vachereau
Intensive Needs Special Educator

Jessica Francese
Special Education Instructional Assistant

Claire Lennon
WMS Math Teacher

Amy Racicot
4th Grade Multilingual Teacher

Renee Weertman
JFK Art Teacher

ANNOUNCEMENTS



WINOOSKI SCHOOLS
We are the future.

Winooski School District Necessity Store Hours

By Patrice Lumumba, Wellness Coordinator

For Students

Mondays: 11:30am to 3:00pm
Tuesdays: 11:30am to 3:00pm
Wednesdays: closed
Thursdays: closed
Fridays: 11:30 am to 3:00pm

For Community Members

Once a month, on the last Friday only:
• Friday Sep 29, 2023 12:00 pm-2:00pm
• Friday October 27, 2023 12:00pm-2:00pm
• Friday November 24, 2023 12 pm-2:00 pm

Snacks are only available after school.

Donations

Please contact Patrice Lumumba before bringing a donation.

If you have any questions or concerns, please contact WSD Wellness Coordinator, Patrice Lumumba at 802-383-6130 or plumumba@wsdvt.org



Veggie VanGo

Winooski School District will continue to host Veggie VanGo this year. These resources are completely free to the community and all are welcome to come. Community members are welcome from 10:00 a.m. to 10:20 am.

VVG comes twice a month, the first and the third Friday of each month. Other dates: Oct 6th, Oct 20th, Nov 3rd, Nov 17th, Dec 1, Dec 15th, Jan 5th, Jan 19th, Feb 2nd, Feb 16th, Mar 1st, Mar 15th, April 5th and April 19th, May 3rd, and May 17th.



In addition to 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.

Winooski School District Child Find Notice

By Katherine Blair, Director of Support Services

The Winooski School District is required by federal law to locate, identify and evaluate all children with disabilities. The process of locating, identifying, and evaluating children with disabilities is known as Child Find. The Winooski School District conducts a Kindergarten Screening every spring, but parents may call to make an appointment to discuss their concerns at any time. As the school district of residence, we have the responsibility to identify and provide services to any child with special needs who may require special education and related services in order to access and benefit from public education.

If you have, or know of any resident, who has a child with a disability under the age of 21, including children enrolled in a private school located in Winooski by parent choice or are being home-schooled, we would like to hear from you. Sometimes parents/guardians are unaware that special education services are available to their children.

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

**Winooski Community
Holiday Craft &
Vendor Fair**

Saturday, November 18, 2023
9:00-3:00

Crafter/vendor applications: winooskiptocraftfair@gmail.com
All other inquiries: PTO@wsdvt.org

Celebrate



With Us!

Wednesday, October 4, 2023

Winooski School District celebrates fit and healthy students with a walk-to-school activity for all ages.

WALK BEGINS AT 7:40 AM

LOCATION: WALGREENS (321 Main St.) PARKING LOT

Teachers and school staff will be in the parking lot of the Walgreens on Main Street in Winooski by 7:40 a.m. on Wednesday, October 4, to guide your child(ren) in the walk to school.

If you typically drop your child off at school, please drop your child off in the Walgreens parking lot at 7:40 am to join the walk to school.

Please join us!

We encourage older students who attend Winooski Middle High School, family members, and community members to walk with us on the way to school.

We care about your child's safety.

We have provided information, "Tips for Walking Safely to School" with this flyer to help you have a discussion with your child about safe walking practices.

Law enforcement personnel will be present along the route to school on October 4.



JFK Elementary is a proud Partner with Vermont Safe Routes to School

[#WalktoSchoolDay](#)

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

**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



New Year, Amazing Start!

By Angela Moulton, Teacher, Grade 2

The school year is off to an amazing start in second grade. Students are practicing expectations for all aspects of our day including things like; what to do when a pencil breaks, how to walk in line, what working with a partner looks like. Students are partnering up to share thinking during math explorations and reading books together. Students are learning about each other during morning meeting and through other activities.

This year we are using a program called *Second Step* to learn about and practice some of the skills we need to learn. This week we practiced what helpful self talk sounds like. I could hear students saying things like, “this is hard, but I can try.” “I am not good at this yet.” “When I am stuck I can ask for help.”

Students are enjoying this work and it is proving to be helpful as we all learn new routines and review the school HEART expectations. The second grade teachers are proud of the students and their efforts! We are looking forward to a great year of growth for each student.



Some student responses to the book *I Can Only Draw Worms* by Will Mabbitt



Your Name Is a Song

By Caitlyn Batche, Teacher, Grade 5

5th Grade is working on “Your Name Is a Song” as we start to form community culture. We are talking about how someone can inadvertently “change” your name.

For example, if your classroom teacher said your name wrong and everyone started saying your name wrong, your teacher didn’t mean to, but they changed your name. Every name is unique, it is a song.

5th grade is also gearing up to take part in the Starbase program, which exposes students to STEM on the South Burlington Vermont Air National Guard campus.

At the end of the program all the 5th grade students launch self-created rockets at JFK for the school community to watch.

Fall Sports

By Miriam Greenfield, Director of Communications

The fall sports season is in full swing. Come out and support the Spartans!

VARSITY GIRLS SOCCER 2023 SCHEDULE: OCTOBER

Date	Opponent	Location	Time	Notes
10/3/2023	BFA Fairfax	Away	4:00	
10/9/2023	Oxbow	Away	4:00	
10/11/2023	Richford	Home	6:00	
10/14/2023	MVU	Home	11:00	
10/17/2023	Blue Mtn	Away	4:00	
10/20/2023	Oxbow	Home	5:00	Senior Night

Coaches: Roger Prescott and Kane Smart

VARSITY BOYS SOCCER 2023 SCHEDULE: OCTOBER

Date	Opponent	Location	Time	Notes
10/2/2023	Richford	Away	4:00	
10/4/2023	Twinfield/Cabot	Home	4:00	
10/10/2023	Danville	Home	4:00	
10/13/2023	Enosburg	Away	4:00	
10/16/2023	Twinfield/Cabot	Away	4:00	
10/18/2023	Blue Mountain	Away	4:00	
10/21/2023	BFA Fairfax	Home	11:00	Senior Day

Coaches: Brad Agoos, Daniel Rai



Student Writing

By Caitlin MacLeod-Bluver, Reading Specialist, Winooski Middle High School

Students in American Literature are busy starting off the semester with narrative writing. The two pieces below are modeled off of Sandra Cisneros's vignette *My Name*.

My Name

My name is Asheera Laya Turner. I was born in Burlington, Vermont, a place that used to be pretty, but now is mostly full of drugs, homeless people, and trash filled streets. I still like parts of it, but when people ask me where I was born I'm not exactly proud of my answer. I am White, African American and Taiwanese, but my name doesn't really resemble my African American and Thai side. You can't tell that I'm anything but black and white just by looking at me.

My first name is pretty in my opinion. My mom picked it arbitrarily out of a baby book but changed the spelling, so instead of an i in the middle there are two e's. I like my first name. Or at least I think I do. I've gotten so used to it I'm not really sure what my real opinion on it is anymore. Depending on the spelling, my name could mean "lady of the sea" or in my case, "fortunate" which I don't understand because I don't really see myself as fortunate, at least not compared to most people.

My middle name is my favorite part of my name. In Greek it means "fair of speech" which means "fairly spoken" according to google. My great grandma picked it out because it reminded her of a princess, and to her I was her princess.

My last name, Turner, is boring. It's white, which isn't a bad thing because I am half white but I don't think it has any special meaning or anything, my mom just didn't want me having her dad's last name because he was a bad guy, so she gave me her moms. She was never married or anything, and she had her dad's last name, so I guess it makes sense. Her and my dad never married, and barely dated so she didn't want me having his last name either. His last name is Greene. Could've been Asheera Greene, ended up Asheera Turner. Now that I live with my dad, he wants me to change my last name to his. He's giving me the choice, but I don't think I want to change it. Even though my last name is boring, it's still me.

I thought my name was unique until I met another Asheera. Well I didn't meet her, but we texted sometimes. She was kind and funny, so at least I shared my name with someone I actually ended up liking. She was from another country, but I don't remember which one. She looked like me in certain ways. She was mixed, had curly hair, and was pretty short for her age.

If I could change my name I don't think I would. Not my first and middle name anyway, maybe I'd hyphenate my last name with my dads. My name makes me me, I don't think I could be anyone else. At least my name is not basic.

My Name

My name is Taylor Jade Sweeney. I like my name, it screams 'me.' My mother chose it, it came from her favorite soap opera, you know.

My cousin was going to be named Taylor, but it's her middle name now.

Sometimes I think my name should have a deeper meaning.

I share my middle name with an old friend.

I share my last name with my family, coming from my dad.

My name is like a puzzle, every bit taken from others.

But that's okay, I like my name.

My zodiac sign is Cancer,

Notoriously known for being emotional and whiny.

I fit the description, but I don't let it define me.

I am my own person, not my zodiac.

I don't know much about my grandparents.

I have only met my mom's dad.

Sometimes I think it would be more interesting if I knew about my history.

But that's okay, I'm still Taylor.

Do I wish my name was more unique like my sisters?

Yes.

Do I wish it meant something cool?

Of course, Taylor means to tailor, to sew.

I do not sew, or knit, or crochet.

But that's okay, I don't have to.

OPPORTUNITIES BULLETIN

Flexible Pathways & Work-Based Learning At Winooski High School

By Jess Handrik, Flexible Pathways & Work-based Learning Coordinator

WHS Career Cafe Program: Year Two Launches in October

Winooski High School (WHS) is seeking local businesses that would be interested in participating in the Career Cafe program to support students in their career exploration.

The Career Cafe program takes place at WHS on Tuesdays and Thursdays from 11:30am - 12:15 starting October 10th.

Businesses would have a dedicated table set up in the

school's main lobby and/or HUB where they can provide students with information about current or future jobs & internships, summer enrichment programs, volunteer opportunities, and more!

Sign up by contacting Jess Handrik at jhandrik@wsdvt.org.

HEALTH CORNER

October Update from the Health Office

By Emily Gallina, RN BSN

Hello, my name is Emily and I am a new school nurse here at Winooski School District. I come from working as a community nurse through UVMHN Home Health. I am thrilled to be here, and look forward to connecting with you.

As we head into the cold and flu season, we want to offer some general guidance about staying healthy.

Clean your hands

- Avoid touching your eyes, nose and mouth
- Wash your hands frequently and especially before meals with soap and water or hand sanitizer

Avoid close contact

- Keep your distance when you are not feeling well to keep others from getting sick
- Avoid sharing water bottles, food, etc

Cover your mouth and nose

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

Practice healthy habits

- Get good sleep. Rest is so important to keep our bodies healthy and strong
- Hydrate well by drinking lots of water throughout the day
- Eat nutritious food to keep your body fueled and strong.



Illness and Return To School Guidelines

Fever: a fever is defined as 100.4 degrees. If your child has a temperature of 100.4 or higher they need to stay home until the fever has resolved

Vomiting: If your child vomits, please keep them home. They can return when 24 hours have passed since their last vomit episode

COVID Guidelines

Please note the health office will no longer be doing COVID-19 testing. We will no longer carry at-home COVID tests. Per the Vermont Department of Health, schools follow community guidelines for COVID which are as follows:

“If you test positive for COVID-19, isolate as soon as you receive your test result – even if you are vaccinated or never have symptoms. Isolation means staying home and away from other people for at least 5 days from the date of your positive test or the start of your symptoms, whichever is earlier.

You can end isolation after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.”

Upcoming Flu Clinic

There will be a free community-wide flu clinic at Winooski School in October and November. Details to follow or you may contact us at the Health Office..



Winooski Elementary School Breakfast October 2023

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Blueberry Bread Slice Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Homemade Breakfast Round Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Bagel w/ Cream Cheese Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Iced Breakfast Bun Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Warm Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
9 Blueberry Bread Slice Asst. WG Cereal Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Homemade Breakfast Round Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Bagel w/ Cream Cheese Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Iced Breakfast Bun Homemade Cinnamon Roll Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Warm Chocolate Chip Muffin Fruit Filled Muffin w/Cheese Stick Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
16 Blueberry Bread Slice Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Homemade Breakfast Round Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Bagel w/ Cream Cheese Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Iced Breakfast Bun Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Warm Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
23 Blueberry Bread Slice Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	24 No School	25 Bagel w/ Cream Cheese Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Iced Breakfast Bun Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Warm Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
30 Blueberry Bread Slice Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	31 Homemade Breakfast Round Asst. WG Cereal w/String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety			Please advise us if special meal accommodations are required for allergens or other special dietary needs.

This institution is an equal opportunity provider.



Meals Are Free To All Students

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

Please Click Links Below for Nutrition Information on Daily Options:

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

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

[Fresh, Dried Or Canned Fruit](#)

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



Click Image Below for employment opportunities



Winooski Elementary School K-8 Lunch October 2023

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken Sandwich Hand Cut French Fries Fresh Fruit & Veggie Bar Milk Variety	3 Taco Bar w/ Hard or Soft Shell Garden Salsa Seasoned Black Beans Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	4 Buffalo Chicken & Cheese Flatbread Melt Fresh Broccoli Salad Fresh Fruit & Veggie Bar Milk Variety	5 Spaghetti w/ Meat Sauce Steamed Corn Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	6 Fluffy Pancakes Real Maple Syrup Sweet & White Homefries Twin Turkey Sausage Patty's Fresh Fruit & Veggie Bar Milk Variety
9 Chicken Patty Sandwich w/Lettuce & Tomato Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar Milk Variety	10 Steak & Cheese Fajita w/ Onions & Peppers Garden Salsa Southwest Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	11 Chicken & Cheese Calzone Marinara Sauce Seasoned Green Beans Fresh Fruit & Veggie Bar Milk Variety	12 Chicken Alfredo w/Pasta Steamed Broccoli Fresh Fruit & Veggie Bar Milk Variety	13 Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/ Cheddar Fresh Fruit & Veggie Bar Milk Variety
National School Lunch Week				
16 Meatball Sub (Beef & Chicken Meatballs) Fresh Fruit & Veggie Bar Milk Variety	17 General Tso Chicken Steamed Broccoli Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	18 Cheesy Breadsticks Marinara Sauce Caesar Salad Fresh Fruit & Veggie Bar Milk Variety	19 Homemade Shepherd's Pie Butternut Squash w/ Apples Homemade Dinner Roll Apple Crisp Fresh Fruit & Veggie Bar Milk Variety	20 French Toast Sticks Real Maple Syrup Mini Hash Browns Twin Turkey Sausage Patty's Fresh Fruit & Veggie Bar Milk Variety
23 Oven Baked Chicken Nuggets BBQ Sauce Roasted Potato Wedges Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety	24 No School	25 Sweet & Sour Chicken Roasted Broccoli Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	26 Homemade Baked Ziti Maple Glazed Carrots Homemade Garlic Breadsticks Fresh Fruit & Veggie Bar Milk Variety	27 Hearty Homemade Meatloaf Chef's Mashed Potato Steamed Green Peas Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
30 Dress Your Own Burger on a Bun Hand Cut French Fries Fresh Fruit & Veggie Bar Milk Variety	31 Chicken & Cheddar Quesadilla w/ Salsa Mexicali Corn Spanish Rice Cabot Sour Cream Fresh Fruit & Veggie Bar Milk Variety	Taste Test Event- Apple 		Birthdays Celebration National School Lunch Week October 9-13, 2023

This institution is an equal opportunity provider.

Meals Are Free To All Students

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

Please Click Links Below for Nutrition Information on Daily Options:

Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick

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

[Deli Options K-8](#)

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

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

[Fresh, Dried Or Canned Fruit](#)

Pay for meals on-line. Click Image Below.



Harvest of the Month:

Apples

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

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



Letter from the Mayor

By Mayor Kristine Lott

Hello Winooski, As Mayor, I often hear mixed feelings from our neighbors related to the ever-changing landscape of our community. The following is an update related to some of these changes, challenges we're facing, and progress in the works.



A few years ago, voters supported the adoption of Form Based Code, an update to our land use regulations that creates denser projects and increases the tax base along our gateway corridors (Main Street, East Allen Street, and Mallets Bay Avenue). While we've seen the completion of many new projects such as Butternut Grove, Casavant Overlook, City Lights, and others, the relief to the tax burden has not been enough to compete with cost of living and inflation increases. That said, seeing new housing and businesses attract more people has been a huge value add to the community - we're are even on track to welcome a hotel into our downtown and when the Main Street Revitalization project is completed (winooski.vt.gov/mainstreet), we will see even more businesses and significant infrastructure improvements on this vitally important area of Winooski. I continue to be inspired by our shared community vision that encourages many ways to live, work, and play within the city limits. Other changes to our land use regulations support a more walkable, bikeable Winooski and a reduction of our reliance on cars. Recently, the City Council held a public hearing to hear feedback about these changes which outline new specifications related to parking, such as short and long-term bicycle parking and incentives to reduce vehicle parking.

Many thanks to everyone who provided feedback during the meeting, the Council will revisit these changes for additional discussion this month. In related news, we've heard from many residents at recent meetings regarding the need for increased sidewalk, crosswalk, and line striping improvements, all of which are in the works.

Some notes on the housing crisis: I continue to hear from residents who've moved out of Winooski, or who are living in substandard housing because they cannot find something big or affordable enough to support their family. There is great urgency to deal with this problem, where the lack of supply is driving up the cost and reducing options. Vermont has not been building enough housing to keep up with demand for decades - of the estimated 5,000 homes needed a year, the state is only trending around 2,100. Winooski is only growing about 1% a year, and we have a larger share of affordable housing than our neighboring communities. Add to this the issues of inflation, stagnant wage growth, income inequality, and a market that supports investment property purchases, we've got a long road ahead of us and need the continued and increased support of our state and federal governments. In Winooski, there are ways we're trying to ease the pressure at the local level, such as providing unique home improvement and assistant programs through the Winooski Housing Trust Fund, having discussions about short-term rentals with our Housing Commission, and hiring a new Housing Initiative Director. I encourage you to learn more about our housing initiatives and resources at winooski.vt.gov/housing.

The information above paints a picture of an evolving community with challenges and while there are certainly mixed feelings about new buildings, development, and other changes - I hope you share my appreciation for all the new businesses to choose from, more kids thriving in our school district, more neighbors enjoying community events, and many improvements to look forward to. Our annual budget discussions begin this month and your engagement during

this process helps shape our priorities moving forward. I encourage you to share your opinions and attend our City Council meetings throughout the budget process this winter leading up to Town Meeting Day (and beyond)! As always, feel free to reach out at any time.

klott@winooski.vt.gov / 802 766 1988



From Your Local Representative

By Representative Daisy Berbeco

Hello neighbors, Welcome to cooler weather and new fall routines. Things have been busy, despite the legislature being out of session.

Last week I was at the State House to meet the NAACP student chapter from Castleton University who came to speak with a small group of Representatives about their struggles with their university's administration around diversity, equity and inclusion initiatives. Two of the students were Winooski High School graduates and I was so proud to see them again, and hear about how well, and how hard they are fighting for visibility and justice for others at Castleton. Student voice is the future! If we want to be successful leaders and organizations, it is imperative to listen and implement student voices at all levels. If you are interested in getting in touch with this amazing group at Castleton University please reach out to me.

This week I attended the first meeting of the Vermont Commission on Mental Health and the Courts. I am excited because the Commission reflects a unified commitment to decriminalizing mental illness and helping our neighbors, friends and family members get appropriate care—not merely to cycle in and out of

the justice system. People with serious mental illnesses are jailed four to six times more than our general population.

The Commission has representation from each of the three equal branches of government including judges, legislators and executive agencies that assist people with serious mental illness. The Commission's goal is to advance the pursuit of justice while identifying ways to improve the system for individuals with mental health challenges. The Commission will evaluate solutions and make recommendations for change. The Commission also reflects an effort of our state leaders to look at successful models from outside Vermont to heal our communities, improve health equity and justice, save taxpayers money and grow ourselves through collaborative partnerships and learning.

This week I also joined another meeting of the Joint Justice Oversight Committee to hear testimony, and to weigh in on allowing an expanded pool of licensed clinical providers to conduct competency evaluations in criminal court proceedings. With our state and national workforce availability crisis, we have a responsibility to alleviate barriers, and in this case court backlogs, whilst also maintaining quality, as well as regulatory and compliance requirements. The Committee will officially submit recommendations in October.

I am thrilled to be supporting our Office of Medicaid Policy at the Agency of Human Services to pursue the flexibility within our Medicaid waiver to pay for medication assisted treatment (MAT) for people in prison, prior to their release. This is not our first attempt to get federal dollars to cover these services, and currently the state is in the planning stages, but their renewed pursuit should be celebrated. The opioid epidemic harms all of us and we need to take up all the tools we can to support those suffering from opioid use disorder. It is critical to leverage the federal funding and innovative pathways that allow us to do so.

Finally, I want to wish Rep. Small and Carsen congratulations on their nuptials! Best wishes for a warm, loving and healthy forever.

(continued on page 16)

POLICE CHIEF TO RETIRE *(continued from page 1)*

Winooski's residents, visitors, city staff, and elected officials. Chief Hebert started in 1996 as an officer, working up through the ranks of Sergeant, Interim Deputy Chief, Interim Chief, then officially becoming the Chief of Police in 2014. His commitment to making real the community's values in the Winooski Police Department has been commendable. This has included cultivating the culture and practices of community policing throughout the department, bringing and maintaining the Community Outreach program that allows social workers to respond with or independently of Winooski police officers to calls as appropriate, and shepherding the City's adoption of a Fair and Impartial Policing Policy.

"After much consideration, I have decided that it is the right time to retire from my career in law enforcement. It has been the honor of a lifetime to serve the residents of Winooski and I am so grateful for the opportunity. Many thanks to the City Manager, Mayor, and City Councilors who first entrusted me with leading the department and to everyone who followed throughout my career. I am confident that our department of talented professionals will do an amazing job in providing the same level of excellent service between my departure and the hiring of a new Chief and beyond. It is this fact, paired with our investments in Winooski's shared community vision, that makes the difficult decision to retire that much easier. I am humbled by the countless law enforcement colleagues and agencies for their years of unwavering community support and wish everyone the all the best.

— Rick Hebert, Chief of Police

"I am thankful for Chief Hebert's years of professionalism, respect, integrity, and care. His focus on community policing, mental health response, and maintaining departmental trust with our neighbors continues to guide a public safety culture that makes Winooski such an amazing place. Chief Hebert's service has meant a lot to this community. As Mayor, I've heard from so many incredible stories from our neighbors about their public safety experiences – his legacy of unrivaled work ethic, optimism, and friendship leaves some big shoes to fill, but also the expectation of excellence in a Police Chief that our community deserves. Thank you, Chief Hebert, and enjoy your retirement journey!"

— Mayor Kristine Lott

Per Chief Hebert's request, the City of Winooski will honor his accomplishments and bid him a fond farewell on a more personal level, forgoing larger, public gestures – which is unsurprising coming from someone who has dedicated so much of their life to public service. Chief Hebert wishes to convey his thanks for everyone's kind words.

Looking ahead, I understand how impactful the role of Police Chief is in our community. Hiring the right one for Winooski is one of the most important decisions I am responsible for, so I am taking great care with the hiring process for a new Chief. My current steps include:

- Posting a Request for Qualifications to our website (winooski.vt.gov/bids) to partner with an executive search firm and the official employment opportunity will be listed on our website at winooski.vt.gov/jobs
- Forming an Advisory Committee comprised of a cross section of City staff as well as South Burlington Police Chief Shawn Burke. The Advisory Committee will review the community input process and provide other advice from their various perspectives to me on this critical hire.
- Considering the best ways to provide meaningful and accessible opportunities for community input.

Please stay tuned for input opportunities on what Winooski needs in our next Police Chief by signing up for our news updates and meeting announcements at winooski.vt.gov/news.

Below are a couple of events, and I will continue to keep you updated.

Events:

October 5th, 6pm: Join me for a free Film Screening and Discussion Panel: "Anxiety Nation", Main St. Landing, Burlington

Oct 26th, 5-7pm: Join me and VT State Treasurer Mike Pieciak to talk about VT Saves at Winooski High School Auditorium.

VT Saves is a state-run retirement savings program. Employers who do not otherwise offer a qualified retirement savings program will be required to enroll in VT Saves and allow employees to make contributions via automatic payroll deductions. Why should we learn about VT Saves? In other states, programs like this are helping people who work for small employers that don't offer retirement plans (which in Vermont are half of our businesses with less than 20 employees). Those are also the lower salary jobs which state data shows are usually held by young people, ethnic minorities and women.



Community Vision

Looking for high-level progress updates on municipal government improvements in Winooski? Check out our Strategic Vision page at winooski.vt.gov/vision. There, you'll find helpful progress summaries on each area of our shared community vision areas, including Economic Vitality, Municipal Infrastructure, Housing, and Safe, Healthy, Connected People.



Reminders from the City Clerk's Office

Return of Regular Hours

The City Clerk's Office is open again for regular hours! Monday – Friday, 8am–4pm. Please note: the City Clerk's Office will be closed on Monday, October 9, 2023 in observance of Indigenous People's Day.

The new utility bills will be mailed during the middle of October with a payment due date of November 15th. To learn more and make your payment, please visit winooski.vt.gov/pay or stop by the City Clerk's Office during regular business hours.



Vermont Department of Health Resources

Health Sense, the new newsletter from the Vermont Department of Health, is here to bring you information on all things public health. From prevention tips to healthy lifestyle promotion, they've got you covered so that you can live your healthiest life. To sign up, visit healthvermont.gov

Be sure to check out other Vermont Department of Health resources for Winooski residents:

Healthy Communities - In a healthy community we have many ways to be active — streets, parks and roads are

planned for biking, walking and other recreation for all. We can find nutritious and affordable food. And, we all take steps to care for others and prevent injury. Learn more at healthvermont.gov/healthy-communities

Health & Climate Change – Climate change in Vermont is resulting in hotter summers, shorter winters and more frequent storms. These trends are expected to continue in the future. The devastation from Tropical Storm Irene, the increasing occurrence of Lyme disease, and more frequent cyanobacteria (blue-green algae) blooms are just a few examples of how climate change can impact Vermonters' health. While everyone's health is affected by climate change, certain people and places are more vulnerable than others. Learn more at healthvermont.gov/health-and-climate-change



- Flood Safety: healthvermont.gov/flood
- COVID-19: healthvermont.gov/covid-19
- Mental Health: healthvermont.gov/mental-health



Community Services Updates

Recreation and Parks

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

  @winooskirec

YOUTH PROGRAMS

Vermont Patriots Soccer

U6 Co-Ed / Saturdays / September 2 - October 28 / 9:30 - 10:30am @ Landry Park

U8, U10, U12 Boys and Girls/ Monday - Sunday / August 28 - November 5 / various times @ Landry Park

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

WINOOSKI MUNICIPAL UPDATES

Please note that practice dates/times are dependent on volunteer availability. Under 8 - Under 12 teams will have 1-2 practices a week and Sunday games.

Very Merry Theatre

Grades 1-5 / Wednesdays / September 6 - October 25 / 3 - 4:30pm @ Winooski School District Performing Arts Center

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

Youth Field Hockey

Ages 5-11 / Thursdays / October 5, October 12, October 26 / 3- 4:30 PM @ Richard's Park

Thursday, October 19 Early Dismissal / 11am - 12:30pm @ Richard's Park

Learn basic field hockey skills and tactical play during our fun and engaging games. In this 4-week session, athletes will be coached by Winooski Recreation and Parks staff, including experienced field hockey coach, Robin Merritt, a former UVM Field Hockey Associate Head Coach and current owner of Champ Hockey.

Youth Climbing

Ages 5-8 / Tuesdays / November 7 - December 19 / 3 - 5pm @ MetroRock

Ages 9-13 / Wednesdays / November 8 - December 20 / 3 - 5pm @ 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.

TEEN PROGRAMS

Safe Sitter Certification

Grades 8-12 / Mondays / October 2 - November 13 / 3 - 4:30pm @ Winooski School District classrooms

Are you a teen interested in gaining a new skill set that could lead to helping out families in your community and earning some money? Join Community Services Admin and Outreach Assistant, Zahra Mohamed, in this 6 week babysitting training course to obtain your Safe Sitter Certification as well as an introduction to

First Aid/CPR this fall. This is an amazing opportunity to bulk up your resume!

ADULT PROGRAMS

Yoga Vinyasa Flow

Ages 18+ / Mondays / October 2 - December 18 / 5:40 - 7pm @ O'Brien Community Center Studio

Ages 18+ / Wednesdays / October 4 - December 20 / 8:30 - 9:30am @ 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.

Yoga Mysore

Ages 18+ / Thursdays / October 5 - December 14 / 6 - 8am @ O'Brien Community Center Studio

Join Sarah Sears for Mysore Yoga. The studio is open to do your yoga practice and Sarah will be there to provide assists if you'd like them or guide you in learning your practice. All levels are welcome.

Yoga Mysore Intensives

Ages 18+ / Monday - Thursday / October 2 - 5 / 6 - 8:30am @ O'Brien Community Center Studio

Ages 18+ / Monday - Thursday / November 6 - 9 / 6 - 8:30am @ O'Brien Community Center Studio

Ages 18+ / Monday - Thursday / December 4 - 7 / 6 - 8:30am @ O'Brien Community Center Studio

One-week intensive Mysore Yoga practice with Sarah Sears. Studio will be open at 6:00am. You can start your practice anytime between 6 - 7am.

Cold Hollow Cider Mill Outing

Seniors 55+ / Friday / October 6 / 10am - 1pm Cold @ Hollow Cider Mill in Waterbury

Are you a senior citizen looking to get out and have some fall fun? Join Winooski Rec & Parks staff on this senior outing to Cold Hollow Cider Mill in Waterbury for an afternoon of apple cider tasting and donut eating! Transportation will be provided from the Winooski Senior Center (123 Barlow St).



Thrive After School

winooskivt.gov/thrive

 @thrivewinooski

Our state-licensed, 3 STAR childcare/enrichment program fall season (beginning September 2023) is open for registration! Sessions run from 3 - 5:30pm, Monday - Friday.

We partner with the Winooski School District 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 winooskivt.gov/thrive.



Winooski Memorial Library

winooskivt.gov/library

[f](#) [@winooskilibrary](#)

Updated Library Hours

Be on the lookout for a slight change in our hours of operation on Thursdays and Fridays.

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

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 winooskivt.gov/library or stop by the library with questions about access and/or additional information.

Dad Guild Playgroup

Join the Dad Guild for an afternoon of play, and connect with other parents, guardians, and caregivers - all are welcome regardless of gender identity. This event is free and open to all.

- Saturday, October 21st from 12:30 - 2pm
- Children 0-5; parents, guardians, and caregivers.

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

English Conversation Group

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

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

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@winooskivt.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!

Library Playgroup and Family Support

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. Meet at the Library for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have

the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community.

- Tuesdays from 10:30-11:30am
- For more information, please reach out to Kirsten Wilson at kwilson@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 3:30-4:30pm
- Drop-in, no registration required
- Youth 8+

STEAM Ahead Saturdays

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

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

Weekly Storytime

Join us on Thursdays at 10:30am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun. No registration required.

Winooski 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 / 802-655-6424.



Winooski Senior Center

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, voicemail 24/7. Email us at: 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 12pm the Thursday before the scheduled Tuesday meal. Find our monthly menus at 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 serving 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.

Note: No Program on October 25.

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 the Onion City.

Note: No Chat on October 4 and October 25.

- October 11 - Jazmine Hurley, Winooski Housing Initiative Director: Meet Jazmine and learn about the newly created position which will research, develop, and help implement initiatives that are in line with the City's housing goal and Council's housing-related policy priorities and strategies. What does the future of housing look like in Winooski? Come and find out!
- October 18 - Jon Rauscher, Public Works Director: Join us for an information session about the Main Street project and all the other initiatives that are currently in the works. Bring your questions and concerns!

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 12pm 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. After lunch, stay and play games or just relax with friends and neighbors!

Note: No Meal on October 26.

Special Events

October 24 – 27 Pumpkin Carving at the Senior Center

Come and help carve pumpkins for the Halloween in Winooski event. Watch for details online!

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.

Singing Class for People with Dementia

Age Well is sponsoring a FREE singing class for people with dementia and their caregivers. Music can help sustain cognition and quality of life for people with dementia. It can be an opportunity for people with dementia to connect and share an experience with their caregivers. Classes will be on Fridays from October 6 through December 8 (no class November 17 and 24) from 10:30-11:30am at the Winooski Senior Center, 123 Barlow St. No music experience is required. For more information or to register, contact Emily Mars Raymond at eraymond@agewellvt.org.



MEALS on WHEELS AMERICA

Meals on Wheels

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

Pride in Winooski

By Melissa Corbin, Executive Director, Downtown Winooski



Downtown Winooski hosted our second annual Pride in Winooski event on September 9th. We hosted a market with business owners from our LGBTQ+ community and welcomed an array of performers. An estimated 500 people came out to participate in Drag Queen Story Hour, take in the tunes of Brass Balagan, relish in the talent of three drag performances and danced into the evening with DJ GAYBAR. Winooski Strong Pride shirts are now available for sale at our Farmers Market on Sundays from 10-2 until October 16th and at Blingo nights on Tuesdays from 6-8 in rotating locations. Thanks to all of the volunteers that came together to make this event a celebration to remember!



Blingo Tuesday Nights

We have been hosting Blingo at our rotating bingo hall from 6 – 8pm every Tuesday since the beginning of August. Businesses that have hosted us have seen a significant uptick in sales during those hours and we have been having so much fun with the people that attend. Funky flair is encouraged, but not required to play and there are prizes for the best flair each week. This is a 50/50 fundraiser that has given out an average of \$350 in cash prizes each week. We typically run 6 rounds that last about 10 to 15 minutes. So come out for a round or six to support your local downtown organization and maybe walk away with some cash in your pockets. As an established 501 c 3 nonprofit, all donations to Downtown Winooski are considered charitable.

Reimagining Rotary Park

We received so many great ideas from our community for what Rotary Park could be with the assistance of Better Places grant funding. The current status of the project is in the review stage with City officials and the Historical Preservation Society to ensure our plans coincide with all Parks and Rec Master Plans and that we do not create a disturbance to the soil in the park. Stay tuned next month when we plan to launch the crowdfunding campaign to kick this into reality. There is still a possibility that this project may not move forward based on a variety of unknowns at this time, but I am staying energized and optimistic! If you have no idea what I am talking about, take a look at the DW section of the September newsletter.

Halloween in Winooski

Downtown Winooski, in partnership with the City of Winooski, is hosting Halloween again this year in Rotary Park. This beloved event takes months of planning and over 200 volunteers to harvest, carve, place and light 1,000 pumpkins in the park.

The schedule for volunteer opportunities is below and Ray Coffey is running point on volunteers for this event with my support. We also need open air trailers to store the pumpkins from Monday to Saturday leading up to the event. If you are able to loan the City a trailer, please be in touch with Ray at RCoffey@winooskivt.gov.

Can't come to the Senior Center for pumpkin carving? Starting on Tuesday, 10/24, curbside pumpkins are available for pickup at Senior Center after 12pm. They must be returned by Thursday 10/26 at 7pm.

AROUND WINOOSKI



Schedule for Halloween 2023

Monday 10/23

- Picking Day at Whitcomb's in Williston, 10am.
- 30 volunteers needed

Tuesday 10/24

- Carving Day at Senior Center 12- 3pm for scheduled groups and 3:30 - 8pm Drop-In for community members

Wednesday 10/25

- Carving Day at Senior Center 12 - 3pm for scheduled groups and 3:30 - 8pm drop-in for community members

Thursday 10/26

- Carving Day 3:30- 6pm drop-in for community members and 6 - 8pm Carving Party with DJ Craig and Cash Bar

Friday 10/27

- Carving Day at Senior Center 12- 3pm for scheduled groups and 3:30- 8pm drop-in for community members

Saturday 10/28 Event Day 1

- Create Pumpkin Display 10am - 40 volunteers needed
- Event Kickoff 1:30 - 3:30pm Ages 0 - 11 focused activities
- Pumpkin Lighting 4:30pm - 20 volunteers needed
- Business Trick or Treat 5pm - close
- Pumpkin Display for the Community 6 - 10pm
- DJ Craig 7:30 - 8:30pm
- Music by Night Protocol 8:30 - 10pm

Sunday 10/29: Event Day 2

- Pumpkin Lighting 4:30pm - volunteers needed
- Pumpkin Display for the community 6 - 1



Neighborhood Media Internship – Apply Now for Fall 2023!

This paid media internship opportunity offers a unique chance to work on exciting media-making projects while gaining an understanding of local community current affairs.

Find more info & apply here: bit.ly/CCTVFall23



Calling all media enthusiasts aged 16-22

Applications are now open for CCTV's Fall 2023 Neighborhood Media Internship cohort! Don't miss your chance to apply for the 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.

This is a paid opportunity! Limited spots available - apply today at bit.ly/CCTVFall23.

Winooski Food Shelf Schedule for October

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, October 11th	1:00pm to 3:00pm	Pantry staples, veggies, meat and eggs
Saturday, October 14th	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs
Wednesday, October 25th	1:00pm to 3:00pm	Pantry staples, veggies, meat and eggs
Saturday, October 28th	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs

Our client numbers remain high. Please pack your patience and some reusable shopping bags when you come. We are requesting that all our clients provide proof that they live in Winooski. If you have not brought us a current piece of mail such as a utility bill (gas, electric, phone, water) or rental lease, please be sure to bring a copy next time you come. We also need the names of all household members.

We will no longer be able to supply baby diapers!!! The Diaper Bank closed due to lack of adequate funding. Parents will be able to access one of the Parent Child Centers in Burlington, Vermont. Parents will need to contact the Lund Parent Child Center or the Janet S. Munt Family Room.

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.

New drop off location: The Winooski Senior Center will accept non perishable food and toiletries during regular programming on Tuesdays and Wednesdays from 9:00am to noon and Thursdays from 9:00am to 2:00pm.

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

Homesharing is for All Ages

By Ric Cengeri, Communications Specialist

HomeShare Vermont got its start over 40 years ago by a group of senior volunteers with the idea of finding matches for seniors hoping to stay in their homes. And that's still a key element of the program all these years later.

But the range of ages of those who take part in the program now covers a wide swath. Our hosts are from 27 to 98, with an average age of 71. Guests currently in

homeshare matches range in age from 22 to 81, averaging 48 years old.

Right now, we have a homeshare host in Winooski in her 30s looking to share her home. She loves watching reality TV shows, listening to One Direction, taking walks and making ice cream runs. Our host would like rides to appointments and the grocery store and for her guest to provide an overnight presence.

Homeshare hosts can benefit from receiving rent and/or a share of utilities, or getting help with yard work, gardening, meal prep, chores, tech questions and more! For guests, homesharing provides incredibly cost-effective housing, using existing housing stock.

If you have a room in your home that would be a great place for someone to live, consider offering it through HomeShare Vermont. Although the average monthly rent is \$378 through

the program, hosts in Chittenden County can charge up to a maximum rent of \$650.

A typical homeshare match lasts around 13 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're interested in learning more about how we create compatible matches and how homesharing might benefit you, call us at (802) 863-5625. You can also visit HomeShareVermont.org, where you can read our past newsletters and learn about some of the matches we've created.



World Mental Health Day: Mental Health as a Universal Human Right

By Paul Detzer, Development and Communications Engagement Manager

Howard Center is recognizing the importance of World Mental Health Day this October. This year's global theme is "Mental Health is a Universal Human Right."

In accordance with the World Health Organization's emphasis on mental health as a basic human right, we recognize that everyone should have access to high-quality mental health care.

The need for inclusive mental health care is pressing. WHO data indicates that one in eight people worldwide live with mental health conditions. These conditions affect physical health, social connections, and even a person's livelihood. In Vermont, this trend is escalating among adolescents and young people, leading to a 40 percent increase in youth experiencing depression or anxiety (Annie E. Casey Foundation, 2022). Nationally, almost 44 percent of high schoolers reported feeling consistently sad or helpless in the past year (CDC, 2021).

Here are some options for taking care of your mental health:

Understand the Importance of Accessing Help Early:

The sooner a mental health issue is addressed, the better the outcomes are likely to be. Prompt consultation with your primary care physician or healthcare provider can make a significant difference in treatment and recovery.

Maintain Social Connections: Human beings are social beings. Maintaining good relationships is pivotal for mental health. Reach out, reconnect, and revitalize your social circle.

Engage in Physical Activity: Exercise releases endorphins that are natural mood lifters. Incorporate physical activity into your daily routine to boost mental well-being.

Prioritize Sleep: Poor sleep patterns can be detrimental to your mental health. Adequate sleep enhances mood and helps cope with stress.



Set Realistic Goals: Unrealistic expectations can lead to disappointment and added stress. Set achievable goals and break them down into manageable tasks.

Limit Alcohol and Avoid Recreational Drugs: Both can have a negative impact on your mental state and can affect your judgment, leading to harmful mental health outcomes.

Seek Professional Help When Needed: Don't shy away from consulting a mental health professional. Therapy can provide useful coping mechanisms to deal with stress and other mental health issues.

Advocate for Mental Health: Becoming an advocate not only empowers you but also helps break down the societal stigmas that often hinder open discussions about mental health.

We want to use this time to emphasize the importance of recognizing mental health as a universal human right. Together, let's move closer to a community where mental health care is accessible, stigma-free, and acknowledged as a fundamental human right.

Need Help or Services?

If you need support or information, please contact our Access and Intake Main Number 802-488-6000; M-F 8:30 a.m. – 5 p.m. Our staff will help you to find supportive resources and services.

Winooski Partnership for Prevention

By Kate Nugent, Executive Director

The Winooski Partnership for Prevention (WPP) this year has a lot to celebrate—it's our 20th anniversary!

Community dinners are back, and started on September 27, featuring Moroccan food. See below for what's up next. This is a great way to connect with your neighbors, take the night off from cooking at home, or find out about community resources. This year, we will be piloting a hybrid model, meaning you can eat in or take it away. If you eat in, you'll get to meet our chefs and hear more about what they cook and why! Please mark your calendars and sign-up through our newsletter, or on our website at www.Winooskiprevention.org.

- October 28 Traditional Bosnian food
- November 30 Eritrean and Ethiopian Cuisine
- January 29 Somali cuisine
- February 19 Northern Spanish cuisine

For Families

Each month, the WPP highlights a resource that we think



could be helpful for parents. This month, we wanted to share this newsletter, "Is your kid being bullied?" from the University of Vermont's Medical Center which we found helpful guide for looking for signs of bullying that can impact mental and physical health, as well increase a youth's risk for substance use.

<https://www.uvmhealth.org/healthsource/your-kid-being-bullied>

Youth programs return

WPP after school programming will continue this year on Thursdays! We hope to provide other opportunities as well this year, in partnership with WSD. Stay tuned for announcements and follow our work on social media and our website.





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www.wsdvt.org

Superintendent of Schools
 Wilmer Chavarria, wchavarria@wsdvt.org
 802-383-6000

John F. Kennedy Elementary School
 Principal: Sara Raabe
 802-655-0411
sraabe@wsdvt.org

Winooski Middle and High School
 Co-Principals: Kate Grodin and Jean Berthiaume
 802-655-3530
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CITY OF WINOOSKI
www.winooski.vt.gov, 802-655-6410

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 Jenny Willingham, 802-655-6410, jwillingham@winooski.vt.gov

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

Winooski Fire Department
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