

The Winooski Newsletter

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

SEPTEMBER 2023



WINOOSKI SCHOOLS
We are the future.

Winooski River Bridge Replacement Project

By Paul Sarne, Communications Director, City of Winooski

The Winooski River Bridge Replacement Project page is live! Visit burlingtonwinooski.vtransprojects.vermont.gov to learn more.

The 95-year-old Winooski River Bridge is reaching the end of its service life and no longer meets the needs of the multi-modal community. The project area accommodates over 25,000 vehicles and roughly 300-500 pedestrians and bicyclists per day. This is a drastic difference since the bridge was first constructed to primarily accommodate trolleys. This project will provide wider lanes and separated shared-use paths on the bridge and will improve



**BURLINGTON
WINOOSKI
BRIDGE**

connectivity, traffic flow, and safety for all users. The overall project will include replacing the bridge and improving the intersections immediately south of the bridge, involving Riverside Street, Colchester Avenue, Mill Street, and Barrett Street. The intersection improvements will generally consist of roadway reconstruction and traffic signal modifications, with the goal of improving safety and mobility for all users. The Vermont Agency of Transportation is eager to engage the public throughout this multi-year project.

Join us for the first public meeting to learn more and provide input! Many more opportunities for public input will be available.

- **Tuesday, September 19, 2023**
- **6 - 8 PM @ O'Brien Community Center (32 Malletts Bay Ave)**

A virtual option will be available to attend and a link will be posted prior to the meeting. Interpretation will be provided in Nepali, Arabic, and Somali.

VTrans ensures that all public meeting meetings and locations are accessible to



persons with disabilities. Accommodation requests must be made at least 10 days prior to the date of the meeting for which services are requested. Requests for translation, interpretive, or other services must be made at least 10 calendar days prior to the date of the meeting for which services are requested. Please make requests to: Colleen Montaque AOT Civil Rights Deputy Director & AOT EEO Officer 219 North Main Street Barre, VT 05641 | 802 777 2654 | Colleen.Montaque@state.vt.us

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September Update

By Wilmer Chavarria, Superintendent of Schools

Dear Winooski Community,

I am more than thrilled to welcome you back to our schools. The 2023-2024 year is a promising opportunity to start anew and to elevate students in our care.

Among other things, I reported the following to the board during their past meeting. For a full report, please refer to our website where you will find the full board meeting packet as soon as two days prior to the meeting taking place. If you need more guidance on how to access this information, please let me know and I will happily assist.

Our business office reports that, at the close of June, we are projecting a modest surplus of \$145,635 or 0.68% of the operating budget. This outlook improved since the close of Q3, largely due to lower-than-anticipated expenses for winter sports programs, revised transportation expense projections, personnel changes, and special education extraordinary reimbursements. Based on these



changes, the district will not need the additional \$134,000 from the fund balance at the close of the fiscal year.

The Facilities Team reports working diligently this summer performing preventative maintenance work on all systems in the building including (a) learning our new modernized HVAC system; (b) maintaining our new beautiful landscaping around the District as well to ensure everything looks inviting for the community upon returning for the upcoming School Year and (c) deep-cleaning the entire campus from top to bottom and finishing up

with shampooing the carpets for a fresh clean look.

Thank you for your continued support and your encouragement as we begin an exciting new chapter.

Improvements to Winooski Schools Curriculum

By Michael Eppolito, Director of Curriculum and Learning

Your community schools are continuing to update and modernize their curriculum. Last year we used ESSER funds to purchase two new high-quality programs in math and literacy for JFK. Those new programs, Illustrative Math and Expeditionary Learning ELA have had a noticeable positive impact on our students' learning. We are seeing our students writing, and vocabulary improve in all grades. We are seeing slower growth in math overall, but in earlier grades, students are gaining math skills and problem-solving. This year we are purchasing materials in high school history, math, French, civics, and psychology.

Before I go on to the new programs we will purchase this year, I want to discuss why we plan to invest in these new materials. Vermont schools have a long tradition of designing their own curricula. This local design bias grew out of our desire for local control, the belief that teachers knew their students best and could develop curriculum better because of this knowledge, and that "canned" curriculum took away from teacher creativity. Only recently, much of what was commercially available was not very good, and some of these concerns have merit even today when many commercially produced programs are very high quality. However, the downside to locally designed curricula is that the locally produced materials often were unaligned to national standards, set lower expectations of students, and had little or no clear progression from grade to grade. At Winooski schools, we select the highest quality commercially produced curriculum and then work with our teachers to adapt those materials to meet our local needs. This approach allows teacher creativity and autonomy while working with top-quality, standards-aligned, rigorous materials.

This year thanks to your support, we are using local funds to expand the quality of curriculum materials we use in our classrooms. We have purchased math materials through the All Learners Network (ALN), a Vermont-based professional organization for math teachers, to support those who need extra practice or an additional challenge. ALN will also provide coaching support for our middle and high school math teachers as they work with new materials and curricula. Our high school math department will begin using Reveal Math in Algebra and Geometry. This program draws on the latest research on how students learn math. In high school social studies, we have updated texts on government, the Vietnam war, and our new course in AP Psychology. Additionally, we purchased a new French program that includes traditional textbooks and a digital platform that allows students to explore the language and cultures through multimedia. Our 9th grade ELA course will use an Open Resource curriculum called "Common Lit 360," our teachers will work closely with coaches from Common Lit to support our adoption of this rigorous and engaging program.

We continue to invest in our preschool program by purchasing the "Creative Curriculum" and The "Second Step" social-emotional curricular materials. Both of these programs will build academic and social skills in our youngest students so they are better prepared for the transition to kindergarten.

We are incredibly excited to build upon last year's successes and improve our work with students this year.

Welcome New Communications Director!



Miriam Greenfield joined the Winooski School District in July as the Director of Communications. She has several years of experience working in communications for nonprofit organizations focused on humanitarian services and veterans support. She's a six-time Emmy award winner and her experience ranges from producing

short and long form content to public affairs, and social media management.

Miriam was a children's program ski instructor in Connecticut for over a decade. She learned to ski in Vermont when she was 10 and every winter vacation since has been skiing in Vermont. She's thrilled to now call Vermont home.

Miriam is excited to be joining the Winooski School District (WSD) team just in time for the 2023/24 school year. She can't wait to meet all the incredible staff, students, and families in Winooski!

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



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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

Be Part of the Fun — Join the PTO!

By Libby Daghlian,
Winooski PTO

The Winooski PTO is a dedicated group of parents working together to support the WSD learning community—and we want to hear from you! Join us and share your enthusiasm and ideas for supporting our students, teachers and staff.

Our next meeting is on **Tuesday, September 19th at 6pm.** at the school. We can't wait to meet you! Visit <https://www.wsdvt.org/parents-families/pto/>, check out our Facebook page (Winooski PTO), or email us at PTO@wsdvt.org for more information.

Mark your calendars: the **PTO Craft Fair will be at the school on Saturday, November 18.** There are still a few spots left; email winooskiptocraftfair@gmail.com to request the application link.



Food Access Resources for the Winooski Community

The 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.

WSD Veggie VanGo September Hours

Friday, September 1, 2023 8:45 am - 10:20 am *

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

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.



Welcome to the 2023-24 School Year

Sara Raabe, JFK Principal

Welcome to the 2023-24 school year. This fall marks our first full school year in our completed building. After multiple years of construction, students will come to school in a completed school, with all the spaces open and fully functional.

We want our families to be involved in their student(s) education and know what is happening at school. In turn, we want our families to feel comfortable communicating with us. Communication is the key to successful working relationships. We have several ways that we communicate with our families:

JFK Weekly Update: Each Friday, I write a Weekly Update for families. This weekly update is sent home as a paper copy with each student. It is also posted on my page on the WSD website (www.wsdvt.org).

Class Dojo: The school expects each teacher and/or grade-level team to have an active Class Dojo page. These pages allow school adults to post information, pictures, reminders, celebrations, etc. on the page so families can see them. Each school adult will send home information on how to join their Class Dojo page during the first week of school. There is a free Class Dojo App that you can download to your phone to make access even easier.

E-mail: Every staff member has a school email. All emails follow the same format - firstinitiallastname@wsdvt.org (for example sraabe@wsdvt.org).

Telephone (655-0411): This brings you to the main office. Please limit calling classrooms during teaching hours unless it is an emergency.

ALERT Now: ALERT Now is used for important communications such as snow days, delayed starts, etc. Please make sure to keep your phone numbers current in PowerSchool to ensure you receive these messages.

Winooski School District website: www.wsdvt.org

School starts at 8 am each day. If students arrive before 8 am, they will go to the cafeteria, even if they are with an adult from home. Students are not allowed in the JFK hallways or classroom before 8 am. Students that arrive after 8:05 are considered tardy and will need to get a tardy slip before going to class. When a student is going to be tardy or absent from school for all or any part of the day, the family must call the attendance person, Allyssa Ravelin, at 802-383-6183 to report the absence. This call will ensure the safety of students and accuracy in tracking attendance.

An absence is considered excusable when it is the result of

- Student illness (after three consecutive days, we require a doctor's note. If no note is provided all the absences for those consecutive days become unexcused);
- Observance of recognized religious holidays when the observance is required during the regular school day;
- Emergency family situations such as a death in the family;
- Absences due to suspension or expulsion;
- Planned absences for personal and educational purposes which have been approved by the administration.
- Medical and dental appointments or court appearances are

also excused absences, however, will require documentation to be obtained from the medical care provider or the court. Documentation will be required to be submitted in writing within (5) school days of the absence; otherwise, it will remain unexcused.

School ends at 3:00 each day. Students staying at school after 3:00 p.m. are no longer under the supervision of JFK staff unless they are here for a specific, supervised activity

During the school day, we want our students to engage with their learning. All students' personal cell phones and electronics must be off and away during the school day. The first time a student violates this, the cell phone or electronics will be taken by the adult and given back at the end of the day. The second time, the cell phone or electronics will be taken and given to me. At that point, an adult from home must come and get the cell phone or electronics. If the student continues to violate this rule the school may take further action. I understand that some families want their student(s) to have a cell phone so they can get in touch with them, especially if they walk home. If you need to get in touch with your student(s) during the school day because of a change in plans or/and emergency, please call the main office.

We are also excited to announce that Costco has once again donated backpacks for every student K-5. These will be distributed on the first day of school.

I am looking forward to a great school year with you and your student(s)! Please be in touch if you have questions. My email is sraabe@wsdvt.org and phone is (802) 655-0411.

Playing Fields show comes to WHS

Michael Bureau, Education Engagement Manager, THE FLYNN

The Winooski School District and the Flynn are thrilled to bring Playing Fields to Winooski High School. This year, 12-foot tall, luminous horses light up your fields and joust, dance, and play with the audience to bring a whimsical and surprising back-to-school celebration to the school district and surrounding community.

Bring your friends, family, and neighbors to come play with us on **Friday, September 8th at 6:30pm.**



Playing Fields

"It was beautiful, moving and mind-blowing..."

-Paula Routly, Seven Days

Welcome Back!

By Jean Berthiaume and Kate Grodin, Co-Principles Winooski Middle High School

Summer always seems to fly by! We hope that you had a restful and enjoyable summer with plenty of rich learning experiences and opportunity to get lost in a good book. We are excited about all that this new school year has to offer and look forward to working with you as we focus on continuous improvement in teaching and learning, and all areas of our school environment.

Here's to a great new year!

Here are some school tips for parents for the upcoming school year.

- Talk about expectations both at home and at school. Have conversations with your children about what you expect from them this year in terms of academic performance and behavior.
- Establish a routine for when homework is done. This could be as soon as they get home from school, right after dinner, right before bed, or some other time that works for your family. This may take a little trial and error, but you will eventually find what works best for

you and your student.

- Know who your student's teachers are. If there are any questions about the homework assignment, help your student to get in touch with the teacher as soon as possible.
- Set a bedtime routine and stick to it as much as possible.
- Pare down the number of devices in the bedroom. Even if you can't get all the devices out of the bedroom, keep out as many as you can. Avoid using them for an hour before bedtime.

We Have a Buddy Bench!

Thanks to efforts by Cathy Burbo, Sara Raabe and Cheyne Racine, along with the Thrive Summer Program, there is a "Buddy Bench" on the JFK playground! What's a buddy bench, you ask? It's a special bench that allows other children on the playground to clearly see when another kid needs support or a friend, and they can join them on the bench for a chat or invite them to play.



September Update from the Health Office

By Elizabeth Parris, BSN, RN, NCSN

Welcome back! We hope that you had a fun and restful summer. Here are some general back to school reminders.

Immunizations:

Kindergarten-all students entering kindergarten must have the following vaccines:

- 5 dtaps
- 4 polio
- 3 hep B
- 2 MMR and
- 2 Varicella.

If the above immunization requirements have not been met, we require proof of the next medical appointment date or a completed exemption form. Those forms can be found at https://www.healthvermont.gov/sites/default/files/documents/pdf/ID_IZ_CCP_Religious_Exemption.pdf

7th grade: all students entering 7th grade must have proof of a Tdap booster. If not, we require proof of the next medical appointment date to receive the booster or a completed exemption form.

Hearing and Vision Screenings:

We will begin conducting the state required hearing and vision screenings for students in grades K, 1, 3, 5, 7, 9, and 12 in September. All screenings will be completed by December. You will be contacted by the health office should your child need additional screening.

Medications:

Over the counter medications (OTC)

All students under the age of 18 need parental permission to take over the counter meds in our office. If you have a returning student and wish to revise the approval list of OTC meds for your child, please log into your parent PowerSchool account and update the list. Otherwise, we will assume all OTC meds that were previously checked off by the parent will also be permissible this school year.

If you have a new student entering our district, please complete the health office section in your PowerSchool account and select which meds we may administer to your child as needed.

Prescription medications

Any student taking prescription medications in our office must have both doctor and parental permission. Please have your child's doctor fax us a medication order form. Our fax is 383-6017.



All prescription medications should be delivered to school by a parent/guardian

Should prescription medications need to be returned home for any reason, we require a parent/guardian to come pick them up unless a specific arrangement has been made with a WSD nurse.

Illness:

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 and 24 hours have passed without the use of medication.

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

General Information:

Office phones:

802-383-6040
802-383-6094

Fax:

802-383-6017

Email:

nurses@wsdvt.org

We look forward to a wonderful school year serving your children. Please don't hesitate to reach out with any questions/concerns

WINOOSKI SCHOOL MENUS



Winooski Hot Breakfast in Cafeteria September 2023

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Breakfast Scrambled Eggs Assorted Fresh, Dried or Canned Fruit Milk Variety
4 HAPPY LABOR DAY	5 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Fluffy Pancakes Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Warm Cinnamon Bun Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks VT Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety
11 French Toast Sticks Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Fluffy Pancakes Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Warm Cinnamon Bun Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
18 French Toast Sticks Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Fluffy Pancakes Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Warm Cinnamon Bun Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
25 French Toast Sticks Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Fluffy Pancakes Real Maple Syrup Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Warm Cinnamon Bun Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Breakfast Scrambled Eggs 1/2 English Muffin Sausage & Cheese Croissant Egg & Cheese English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety

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:



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

Click Image Below for employment opportunities



Winooski Elementary School Lunch September 2023

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fluffy Pancakes Sweet & White Homies Fresh Green Pepper Strips Real Maple Syrup Twin Turkey Sausage Patty's Assorted Fresh, Dried or Canned Fruit Milk Variety
4 HAPPY LABOR DAY	5 Chicken & Cheese Fajita Garden Salsa Fresh Cucumber Sticks Rice Pilaf Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Cheese Pizza Veggie Pizza Seasoned Green Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Sloppy Joe Caesar Salad Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/ Cheddar Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
11 Meatball Sub (Beef & Chicken Meatballs) Maple Baked Beans Roasted Sweet Potato Wedges Assorted Fresh, Dried or Canned Fruit Milk Variety	12 General Tso Chicken Steamed Broccoli Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Cheesy Breadsticks Marinara Sauce Caesar Salad Fresh Cucumber Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Dress Your Own Burger Hand Cut French Fries Seasoned Green Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Chicken Harvest Bowl Corn on the cob Tossed Garden Salad Pumpkin Squares Assorted Fresh, Dried or Canned Fruit Milk Variety
18 Oven Baked Chicken Nuggets Roasted Potato Wedges Roasted Fresh Zucchini Homemade Dinner Roll BBQ Sauce Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Taco Bar w/ The Works & Ground Turkey Garden Salsa Mexicali Corn Seasoned Black Beans Southwest Rice Pilaf Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Cheese Pizza Veggie Pizza Kale Apple Salad Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Homemade Goulash Maple Glazed Carrots Fresh Green Pepper Strips Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Hearty Homemade Meatloaf Chef's Mashed Potato Steamed Green Peas Homemade Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety
25 Dress Your Own Burger on a Bun Hand Cut French Fries Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Chicken & Cheese Quesadilla Fresh Creamy Coleslaw Garden Salsa Fresh Celery Sticks Rice Pilaf Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Cheese Pizza Veggie Pizza Steamed Broccoli Fresh Cucumber Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Cheesy Ravioli Bake Steamed Broccoli Caesar Salad Maple Glazed Carrots Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Hearty Chicken & Biscuits Steamed Green Peas Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety

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](#)

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

Pay for meals on-line. Click Image Below



Harvest of the Month:
Sweet Peppers



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



Letter from the Mayor

By Mayor Kristine Lott

Hello Winooski,
Be sure to join your neighbors for the 2023 Winooski Pride Event on Saturday, September 9, 2023, from 3:30 – 7:30pm! This year, the event will feature our first-



ever Pride Parade which will go from Landry Park and end in Rotary Park. There, participants will enjoy family-friendly happenings such as music, performances, the Drag Queen Story Hour, a special story walk provided by the Winooski Library, bingo, karaoke, food, retail, and more – this amazing event is free and open to all. Learn more at downtownwinooski.org/pride-2023.

Moving on to other updates, we're holding two public hearings during our City Council meetings this month for issues you may care about:

Public Building Registry Ordinance Changes - This public hearing deals with housing quality in Winooski. Our Code Enforcement team uses something called the Public Building Registry to inspect rental apartments so that they meet health and safety standards. Fire Chief John Audy has been working with the Winooski Housing Commission to make these changes - housing quality has been a concern we've heard for years and I'm pleased that we're making progress in addressing those concerns.

Land Use/Zoning Regulations – For the past several months, the Winooski Planning Commission has been working on amendments to the Unified Land Use and Development Regulations (ULUDR) related to multiple sections that are intended to create clarity, update parking regulations, and reduce redundancies. More specifically, these changes include minimum parking requirements with incentives for electric vehicle

parking, new minimum bicycle parking requirements, and historic preservation.

If you haven't yet, please sign up for our news updates and public meeting notices on our website at winooski.vt.gov. Both of these public hearings will be announced via those channels and will include all of the important documents you need to discuss and ask questions during the meetings!

Moving on, I also want to take a moment and share some of the current initiatives happening throughout the community through the lens of municipal infrastructure. We've been hearing from a lot of residents about the road and sidewalk safety/conditions – you may find these projects that support our shared vision for a walkable/bikeable city interesting:

• **Winooski Bike/Ped Masterplan:**

This planning effort is underway to provide priority recommendations for bike/pedestrian improvements and focuses on the concerns outlined in our Transportation Master Plan and the Parks & Open Space Master Plan. The online community survey is still open! Learn more at ccrpcvt.org/our-communities/winooski.

• **Traffic and Parking Initiatives:**

Check out our newly completed traffic calming manual, the traffic calming evaluation process, a current (draft) list of streets that are up for evaluation, our Parking Inventory Analysis/Management Plan, and more: winooski.vt.gov/1468/Traffic-and-Parking-Initiatives.

• **Main Street Revitalization:** This voter-approved and community-feedback-driven project encompasses the full reconstruction of Main Street, which will improve safety, accessibility, and mobility for all modes of transportation through the corridor; replace vital water, sewer, and stormwater infrastructure; and accommodate stable growth along the corridor by eliminating physical barriers (e.g., overhead utilities) and improving the streetscape and landscape environment. We are excited to announce that this project is currently out to bid - for details, please

visit winooski.vt.gov/mainstreet.

• **East Allen Street Scoping Study:**

These planning efforts offered a vision for increased safety and mobility for all roadway users, improved streetscape amenities, and enhanced economic development opportunities along the major gateway corridors in Winooski. Learn more at ccrpcvt.org/our-communities/winooski.

• **Lafountain-Dion Street Scoping Study:**

This study examines alternatives to the street's configuration with a focus on enhancing the street for walking, biking, and urban tree planting. The study aims to achieve consensus on a conceptual alternative that the City can then work toward implementing. Learn more at ccrpcvt.org/our-communities/winooski.

• **Winooski-Burlington Bridge Replacement:**

The existing bridge (constructed in 1929) is approaching the end of its service life and its replacement is a priority action for the Vermont Agency of Transportation. The new bridge is expected to improve connectivity for motorists, pedestrians, and bicyclists with the addition of 12ft wide multi-use paths on both sides. Public outreach work will be starting next month – learn more about this exciting project at burlingtonwinooski.vttransprojects.vermont.gov.

• **Exit 16 Diverging Diamond Interchange (DDI) Project:**

We continue to share project, construction, and traffic updates directly from the Vermont Agency of Transportation. When the project is completed, the I-89 interchange at Exit 16 will include new bike lanes and sidewalks creating safe access for our residents and visitors to access Shaws and the other businesses located in the area. For details, visit exit16ddi.vttransprojects.vermont.gov.

In October, the City Council will set our goals for the next City budget. This will help our staff put together a proposed budget in November, which we'll review in depth throughout our December and January meetings. As I shared in my August update, we have a limited tax base so must be thoughtful about what we

do prioritize in each annual budget. We want to hear from you – what are your biggest concerns, services, or projects you want us to consider in funding decisions?

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

Vermont had a difficult summer. Every one of us was directly or indirectly impacted by flooding. I hope you all are as grateful as I am to be here in Winooski together. As August comes to an end we have a lot to look forward to with the kids back at school, our new Superintendent Wilmer Chavarria and of course, Winooski Pride on September 9th. So welcome to the start of a great season.

Last week I received an email from Kaitlyn at an organization called Voice for Refuge. She asked me to take a pledge as a leader in Vermont to welcome refugees and immigrants to our state. My only pause was to do some background research on the organization. The community we all deserve is one of welcome, hope and purpose.

I wrote Kaitlyn back that same day and told her about something I'm working on at the state level. It's a bill to address Medicaid Estate Recovery, H.397. Medicaid estate recovery is the collection of assets (cars, homes, money, etc...) from a Medicaid beneficiary to recover health care costs beyond their Medicaid covered expenses. In Vermont a family of four earning \$3,450 per month meets the base financial eligibility criteria to receive Medicaid. In just the first three months of 2022 our state medicaid office collected

over \$557,308 through estate recovery (DVHA Annual Report, 2021, p.32)

Under federal law, states are required to recover Medicaid debts from individuals, but we can and should protect as many people as we can from these collections. Estate recovery has been shown to contribute to generational poverty, to target racial minorities, and contribute to wealth inequality. We can begin to stop this right now at the state level by expanding the protections so Medicaid cannot benefit financially from families who have the least to give.

Currently our state policy protects assets that pass to heirs who either have income below 300 percent of the federal poverty level (\$90,000 for a family of 4) and those who have contributed significantly to help "delay or avoid nursing home placement". Additional protections are made for homes valued less than \$125,000.

Adding protections for assets of anyone who has refugee status would allow someone who begins anew here in Vermont to leave the world with peace of mind knowing the things that they worked for in their new life here will belong to their heirs, not the federal government. Efforts to rebuild a life should not be lost to the failures of our broken health care system, leaving their loved ones at risk of repeating the same cycle.

No one eligible for a federal benefit program should have their only income-producing asset seized to pay inflated health care costs. Their heirs or loved ones should have the opportunity to inherit any business, farm or other income producing asset that will allow them to have hope, provide for their family and make valuable contributions to their communities. I'm proposing we add a section to protect sole income-producing assets of medicaid beneficiaries from estate recovery.

Adding these two provisions to the existing Medicaid estate recovery law in Vermont will help address generational poverty and wealth inequity. My hope is that when the legislative session begins we will welcome good change.

Speaking of medicaid please remember

to complete your renewal forms that were mailed to you if you have Dr.Dynasaur or Medicaid. Go to Vermont Health Connect on Facebook or dvha.Vermont.gov/unwinding for more info.

Please don't hesitate to reach out if I can assist with anything.



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 and view progress updates, visit winooski.vt.gov/vision.

Economic Vitality:

Last month, the Winooski Finance Commission met to discuss potential changes to the City's Sidewalk Usage Permit Application. The discussion focused on reducing risk to City/public and included helpful information provided by Downtown Winooski related to business impacts. The Commission also discussed their annual workplan.

Municipal infrastructure:

The Vermont Department of Transportation, in partnership with the cities of Burlington and Winooski, are looking ahead to begin the public outreach process regarding the Burlington-Winooski Bridge Replacement Project. Located between Burlington and Winooski carrying US Routes 2 and 7 over the Winooski River, this bridge provides a vital connection between the two cities, as well as for the region. As the sole downtown crossing over the Winooski River, the bridge provides a link for approximately 25,000 vehicles per day and approximately 500 pedestrians and bicyclists per day. The

existing bridge, constructed in 1929, is approaching the end of its service life and it has become apparent that it no longer meets the needs of the communities it serves. The new bridge is expected to improve connectivity and safety for all users, also considered multi-modal users. Multi-modal users can be defined as vehicles and trucks, transit providers or shuttles, bicyclists, pedestrians, e-scooters, e-bikes, as well as wheelchairs and similar assisted mobility devices. The project's first community meeting will be held in Winooski on September 19th, for full event and project details, visit burlingtonwinooski.vtransprojects.vermont.gov.

Housing:

At the end of July, the Winooski Housing Commission discussed the Housing Initiative Director's Annual Workplan, changes to the Housing Trust Fund Changes, and beginning a process to look at short-term rental regulations. The Housing Initiative Director is currently receiving and analyzing data from city-wide landlord surveys.

Safe, Healthy, Connected People:

ABC22 shared an amazing feature of the Myers Memorial Pool and the free summer meal program available to Winooski's youth. This coverage is worth watching! Visit mychamplainvalley.com and search 'Winooski kids can swim and eat at free summer meal site'. Our Recreation and Parks Manager, Robin Merrit, was joined by Representative Taylor Small and Lechelle-Antonia Gray of Hunger Free Vermont to tell community members about this incredible program.



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. Thank you for your patience while we had the office closed on Tuesdays!

Friendly reminders about keeping animals in Winooski:

VT Law requires a dog 6 months or older to be licensed each year. To license your dog please submit a currently valid rabies certificate along with the appropriate payment at Winooski City Hall (27 West Allen Street). The prices are as follows:

- \$14 Altered - New
- \$18 Un-Altered - New
- \$16 Altered - Previously Licensed
- \$20 Un-Altered - Previously Licensed

Looking to keep bees or chickens? A 'Keeping of Animal Permit' is required!

For full information on keeping animals in Winooski, please visit winooskivt.gov/clerk. For payments and fees, visit winooskivt.gov/pay.



Vermont Department of Health Resources

The Vermont Department of Health has many excellent resources available for Winooski residents. See the following current initiative links on their website to get informed:

Flood Safety

healthvermont.gov/flood

Summer Safety

healthvermont.gov/summer-safety-tips

Hot Weather Resources

healthvermont.gov/hot-weather

COVID-19

healthvermont.gov/covid-19

Mental Health

healthvermont.gov/mental-health



Myers Memorial Pool

The last day of service at the Myers Memorial Pool is on Sunday, September 3, 2023. From all of us here at the City of Winooski, thank you for another amazing season! You can always find information about the pool on our website at winooskivt.gov/pool. Stay connected with Winooski Recreation and Parks through the fall, winter, and spring at winooskivt.gov/rec.



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 / Time TBD @ Landry Park

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

Ages 5-8 / Tuesdays / September 5 - October 17 / 3 - 5pm @ MetroRock

Ages 9-13 / Wednesdays / September 6 - October 25 / 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.

Outdoor Movie Nights

Raya and the Last Dragon / All Ages / Friday / September 1 / 7:30 - 9pm @ Richard's Park

Grab some blankets, snacks, your friends and family, and join us at Richard's Park for free outdoor movie nights this summer! No registration is required.

ADULT PROGRAMS

Adult Ukulele Lessons

Ages 18+ / Tuesdays / September 12 - October 3 / 5:30 - 6:30pm @ O'Brien Community Center Studio

In this introductory 4-week course, you will learn how to strum, form chords, and make music. All you need is a song in your heart and an adventurous spirit -- no musical background necessary. Don't have a uke? You can rent one for the duration of the course!

Winooski Bike Gang

ages 18+ / Wednesdays / April 12 - September 6 / 5:30 - 7:30pm @ Winooski Wheels

The Winooski Bike Gang invites community members to be active outside together on Wednesday evenings! This program is open to people of all ages, skill levels, and abilities. Anyone is welcome! No registration is required.

Winooski Running Club

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

Yoga Vinyasa Flow

Ages 18+ / Mondays / July 31 - September 25 / 5:40 - 7pm @ O'Brien Community Center Studio

Ages 18+ / Wednesdays / August 2 - September 27 / 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.



Thrive After School

winooski.vt.gov/thrive

 @thrivewinooski

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

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



Winooski Memorial Library

winooski.vt.gov/library

  @winooskilibrary

Updated Library Hours

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, September 16th from 12:30 - 2pm

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

English Conversation Group

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

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

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.

Morning Coffee Social

Join us on the back lawn at the Winooski Memorial Library for our morning coffee social - meet up with friends and neighbors, new faces and old, for some casual conversation while enjoying a locally roasted brew.

- Friday, August 18, 9:30 - 10:30am
- On the back lawn of the Winooski Memorial Library (weather permitting)

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 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 / 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

WINOOSKI MUNICIPAL UPDATES

book. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooskivt.gov / 802-655-6424.



Winooski Senior Center

winooskivt.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@winooskivt.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 winooskivt.gov/seniorcenter.

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

WEDNESDAYS

Breakfast Café & Coffee Chat

Breakfast and Conversation are served from 9-11am!! 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. No Program on August 16.



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.

- 9/6 - Organ Donation Presentation with Jim Carter

Join us as we welcome Super Senior - Jim “Coach” Carter for a Donate Life presentation. Thousands of lives are saved and enhanced each year through the amazing power of organ and tissue donation. Learn how you can easily become a donor and save lives too!

- 9/20 - Miriam Block from the Mill Museum

Come and meet the Executive Director of the Heritage Winooski Mill Museum. The Mill Museum is celebrating their 25th Anniversary and is an important resource for educators and students, a value to the community, and a substantial contributor to documenting the industrial and cultural history of Vermont. Learn about the exhibits, and current & upcoming events.

Note: No Chat on 9/13 or 9/27.

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 winooskivt.gov/seniorcenter. After lunch, stay and play games or just relax with friends and neighbors!

Note: No Meal on 9/14 or 9/28.

SPECIAL EVENTS

- September 7: Harvest Brunch for Lunch - served at 12pm

Come and celebrate the Harvest with a free Brunch for Lunch meal at noon for all folks 60+ Please call 802 655 6425 to RSVP by 9/1 at 12pm.

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
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.

Visit us online!

winooskivt.gov/seniorcenter

Check out our monthly newsletter, programs and events, and our monthly menus for Grab-N-Go Meals, Breakfast Cafe/Coffee Chats, and our Sit Down Community Meals!



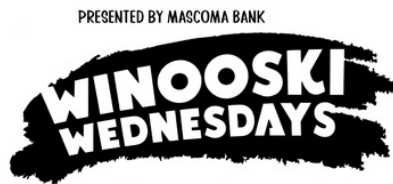
Rally Round Rotary Park — We're Doing It!

Downtown Winooski put the call out last month and you all rallied around the idea of reimagining our Rotary Park. The creative ideas are flowing into my inbox and my conversations with our community members. We're doing it. The energy around securing Better Places grant funding to create an inclusive and vibrant center of our City is extremely exciting. I envision this project bringing our complex diversity together to brainstorm how we can use \$60,000 to visually express who Winooski is.

The call to action is a blend of creativity and crowdfunding. If you didn't read my August newsletter, stop now and go here: wsdvt.org/newsletter. Okay, now that all readers are on the same page, I'll announce our goal. There has been tremendous confidence from your neighbors that we can design a vision, build a team and raise \$20,000 together and get those matching funds from Better Places, the State of Vermont and the Vermont Community Foundation for \$40,000. Imagine the artists we could engage, the businesses we could support and the place we could create with \$60,000 in Rotary Park?

Keep your eyes peeled for a Front Porch Forum post or a social media announcement; the Better Places crowdfunding grant program is coming to Winooski!!! We only have a month to raise the \$20K so don't ignore the calls to action you will start seeing. For those without the means to donate money, there will be countless opportunities to get involved with this project over the next year. Let's Do This!

Winooski Wednesdays Wraps Up 2023



Our final free concert in Rotary Park with Tiger Strike and CRAIGEN on **Wednesday September 6th** is the final one for the year. Attendance has been growing this summer and we look forward to new and enhanced programming in 2024. Gratitude to our generous sponsor Mascoma Bank and to community donations from our residents who love and support the work Downtown Winooski does for our City.

Winooski Pride

Our best attended event of the year on September 9th is Winooski Pride; free to all and family friendly. Cheers to Waterworks Food + Drink for sponsoring this LGBTQ+ celebration.



Musical guests, drag performances and educational story hour all makeup this highly anticipated event. The joy and love that pours into our City during this celebration is beyond fabulous!

Blingo — Winooski's Rotating Bingo Hall on Tuesday Nights

We have been doing Blingo throughout the month of August and our small group of blingo bandits has been growing each week. Craig Mitchell has been spinning the cage and I've been doling out cash prizes every Tuesday night at a new location each week. Come on out and support your designated downtown organization fundraiser with 50/50 cash prizes to six winners every week. Funky flare encouraged, but not required.

Halloween in Winooski Needs Helping Hands

We have a reputation to uphold, and we need hands to do it. Halloween in Winooski has been a tradition for so long now, we have people looking to us to create an even better display than we did last year, which was epic. We have 1,000 pumpkins to purchase, harvest, transport, carve and install in Rotary Park.



This takes the work of all of us. If you have some funds to Adopt a Pumpkin, go to downtownwinooski.org; there's a donate button in the right corner. Any amount will help us reach our goal of supporting our pumpkin farmers. Psst... Downtown Winooski is a nonprofit 501 c 3 so that donation can be noted on your taxes in a few months. Prefer to get your hands dirty on the farm or carving those guts into a lantern? Email info@downtownwinooski.org with Halloween Volunteer in the subject line. See you all out there next month!

Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, September 9th	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs
Wednesday, September 13th	1:00pm to 3:00pm	Pantry staples, veggies, meat and eggs
Saturday, September 23rd	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs
Wednesday, September 27th	1:00pm to 3:00pm	Pantry staples, veggies, 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.

August was the last month we could receive free diapers. The diaper bank has closed for lack of adequate funding. Our supply will be very limited this month.

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.

September is Suicide Prevention Month

By Paul Detzer, Development and Communications Engagement Manager

Suicide does not discriminate. If you are struggling with suicidal thoughts, there is help and hope. There are people who care and resources that can help you make it through this difficult time. If you know someone who is struggling or having suicidal thoughts, stay with them and help them get connected to resources that can help.

Know the Signs: How can you tell if someone might be thinking about suicide? Sometimes, it's obvious if a person talks about wanting to die. But other signs are subtler. If you know what to look for, you could make a life-saving difference. Here are some common symptoms:

- Open discussion of suicidal thoughts or a desire to die.
- A sudden change from sadness to appearing 'back to normal' or upbeat, which may signal acceptance of the decision to attempt suicide.
- Giving away prized possessions or making farewell statements.
- Drastic mood swings, increased use of alcohol or drugs, or withdrawal from social activities.

These signs show the importance of paying attention, even when things seem to be improving. Recognize these symptoms, and don't hesitate to reach out, no matter how awkward or difficult it may feel. Whether it's a friend, family member, or someone else, your intervention could be vital.

Safe Firearm Storage can Prevent Suicide: Suicide is the 9th

leading cause of death in our state, with 52% of suicides caused by firearms.

88-91% of firearm deaths in Vermont are suicides, according to Vermont Vital Statistics and the Vermont Department of Health. Having access to firearms at home increases the risk of dying by suicide. Free gunlocks are available at select Howard Center locations and can be used to help keep firearms secure. Safe firearm storage is a crucial way to prevent suicide. Gun locks are available as supply lasts.

Phone Numbers to Call/Text when you're in Crisis

Here are some of the options that can offer treatment and intervention—day or night:

- Howard Center First Call for Chittenden County: 802-488-7777 (Local).
- Suicide Prevention Lifeline: 988 (National).
- Crisis Text Line: Text "VT" to 741741 from anywhere in the USA, anytime, about any type of crisis (State/National).

If someone is in immediate danger, call 9-1-1 or bring them to the Emergency Department.

We also offer a free information and resource guide, *Suicide Prevention Across the Lifespan*. Please visit howardcenter.org/suicide-prevention for more information, translated suicide prevention materials, and available supports.



HomeShare Vermont Has Been Helping Vermonters For Over 40 Years

By Ric Cengeri, Communications Specialist

It was just over four decades ago that a very interesting idea was floated in these parts. Plans were made, complete with sketches, to construct a dome over Winooski. As you might have noticed, that innovative proposal never really got off the ground.

But a few years later, some volunteers in Chittenden County started to explore the novel idea of homesharing. Now, over 40 years later, HomeShare Vermont continues to create compatible matches for homeshare hosts and guests.

This is accomplished by helping, not just seniors, but hosts of any age. They



can benefit from receiving rent and/or a share of utilities, or getting help with yard work, gardening, meal prep, 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. Guests can help with chores,

cooking, provide companionship and keep an eye on things when you're away from home.

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'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 about some of the matches we've created in our newsletters.

Winooski Partnership for Prevention

By Kate Nugent, Executive Director

Call for Regional Youth-Led Creative Space

Winooski Partnership for Prevention recently partnered with Sarah Reed, board member and public defender, and Jim Lockbridge, executive director and founder of Big Heavy World, to bring together community leaders to discuss the need for youth-led creative spaces in Chittenden County. Since the closing of "242" in 2016, which functioned for decades as a regional hub for hundreds of teens where they found their place in the world, other teen spaces in the area have also disappeared and the pandemic has exacerbated all the consequences of this loss. In a recent town hall meeting, Senator Sanders called attention to this need, as well. The discussion was held on July 27, from 6 to 7 PM, on Zoom.

Community dinners returning!

Be on the lookout for WPP dinners returning this fall, thanks for continued funding from the Vermont Department of Health and Vermont Public Health Association. Sign-ups will go out from our newsletter, so sign up at our newly-renovated website [www.winooskiprevention.org](https://winooskiprevention.org) to be the first to find out.

Quit-kits available

When you decide to quit using tobacco and Nicotine products, if you'd like to use them, the Winooski Partnership for Prevention office has quit kits available at its office from the Vermont Department of Health. Free gum, stress balls, and other fun swag is available to help you. The majority of people who use tobacco are trying to quit. Visit [802Quits](https://802Quits.org) for more resources and support. Give us a call at 802-655-4565 or email info@winooskiprevention.org for more information.

Youth leadership development opportunities

As the summer comes to a close, we are reflecting on a wonderful 22-23 school year with WSD youth and families. We missed you over the summer, but we loved seeing a few families stop by our table at the Winooski Farmers Market. A highlight was youth leader, Taliah Bennet, facilitating conversations about the upcoming tobacco flavors and sharing resources with table visitors.

We also wrapped up six incredibly informative focus-groups with our middle and high school youth in June, then hosted two different parent focus groups.



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for Prevention

Hearing directly from you is going to help us design future efforts.

This coming school year, we'll continue to co-facilitate Health classes about the effects of substance use on the developing brain, and the manipulative ways media is used by companies to promote nicotine, alcohol, and cannabis to gain new, young customers. We learned from our middle and high school groups that they are very much aware of substance use amongst their peers, especially vaping nicotine, and that the parents who are sending strong messages to stay away from all substances are being heard by their children.

We are here to serve and support the families of Winooski in keeping kids away from substances until their brains are fully developed (after age 21, or longer). If we can help you as a parent or your children in any way, we have plenty of resources and time to talk; please don't hesitate to reach out to any of our staff at <https://winooskiprevention.org/about>.



WINOOSKI SCHOOLS
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Winooski Police
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 Non-emergency: 802-655-0221

Winooski Fire Department
 Emergency: Call 9-1-1
 Non-emergency: 802-655-6420

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