

The Winooski Newsletter

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

NOVEMBER 2023



WINOOSKI SCHOOLS
We are the future.



Letter from the Mayor

By Mayor Kristine Lott

Hello neighbors, Winooski is diverse in background, language, race, economic status, and so much more – this is one of the great things about our community and provides an important opportunity to make sure everyone’s voices are heard in the public process. Inclusion begins with meaningful engagement and it is imperative for our local leaders to connect directly and often with our residents, businesses, visitors, and especially those who are under-represented. We’re making some good progress in reducing the barriers to local government and moving forward to address the findings in the joint city/school equity audit that was completed last year. You can learn more about these initiatives at winooski.vt.gov/equity, here a few I’d like to mention:



City Council Equity Assessment Worksheet:

The City Council adopted this worksheet to analyze our annual budget items and policy/ordinance changes to identify potential equity impacts whether they are positive, negative, intentional, or unintentional. This useful tool was used during our Strategic Prioritization process this year and we’re looking forward to referencing it as we move forward with important community decisions. You can view this document at winooski.vt.gov/council.

Addressing the Housing Crisis:

Our newly hired Housing Initiative Director has begun their work in this area and serves as the staff liaison to the Winooski Housing Commission. We’re also working on the adoption of amendments to our land use regulations that incentivize the construction of priority house (3+ bedroom availability, accessory dwelling units, and pricing in the 80-120% area median income range). More ordinance updates are also in the works to strengthen our ability to enforce health/safety codes. I’m also proud of the work we’re doing to educate and train landlords and renters - through a monthly meeting of local housing and service providers, we have supported collaboration between the Champlain Valley Office of Economic Opportunity (CVOEO), UVM Health, the Winooski Housing Authority (WHA), and the Winooski School District to deliver rental resources in multiple languages. The group is working to develop this expertise within community members for ongoing support.

Strategies to Increase Civic Participation among BIPOC Residents:

The City Council finalized a community access and engagement process that identifies 30 community groups to establish regular engagement opportunities with. As of August, we have formally met with 5 senior groups, 3 youth groups, 5 multilingual groups, and a local non-profit organization. These important interactions help us build upon the engagement happening during our community programs, events, and other existing partnerships. The recently established Inclusion and Belonging Commission focuses directly on improving these aspects in Winooski, and

(continued on page 16)

INSIDE THIS ISSUE

School District News

Notes from the District Office 2-4

Announcements 5-6

School Matters - K-12 7-14

Health Corner 14

School Menus 15

Municipal Updates

Letter from the Mayor 1

From Your Local Representatives 16-17

Community Vision 17

Reminders from the City Clerk’s Office 17-18

Community Services 18-21

Around Winooski

Community Updates/Events 21-23

Important Phone Numbers 24



October Update

By Wilmer Chavarria, Superintendent of Schools

Dear Winooski School Community,
Much is happening on our end. Some of it you will read in other sections of this newsletter, and some of it you will hopefully experience in person! I enjoyed several events related to Hispanic Heritage Month and October's Indigenous Peoples Day. I have been highly energized meeting so many of you over the past few months and it pleases me to see the schools play such a central role in bringing our community together. If you have not done so already, please consider following us on Instagram (@WinooskiLearns) or Facebook (@Winooski School District) for updates and very many photos of our schools in action.



members of our community. It makes us reflect that preparing for violent situations in our schools is something that should not be normal. Still, I am glad we have a few more months until the next drill and more of an opportunity to be prepared both logistically and emotionally for it. We will be using the April early release time to train our teams again. Our safety committee is continuing to actively work on planning developmentally appropriate ways to communicate these expectations to our students.

One important thing to note is that we made a small change to our calendar for April 8th. We will have an early release on this day for everyone, except Pre-K (no school for them). This is due to the projected traffic disruptions on that day related to the full solar eclipse. Please plan accordingly and ensure that if your students choose to look at the eclipse they do so safely using the eclipse glasses we will be providing to them.

On another note, we carried out our first options-based drill at the end of Semester, as was originally required by the Agency of Education. They have since changed that guidance, but only after we had completed it. While we had an overall successful drill, we were reminded of the emotional toll this takes on many

Finally, VTCAP results were recently released.

This is the standardized test that the state of Vermont requires of every student 3rd through 12th grade. Much controversy has surrounded this test, including changing vendors last minute last year and a chaotic first administration across the state. This has resulted in yet another year of decreased validity and confidence in the data. However, the scores have a strong impact on how success is measured for districts. We are digesting results carefully and planning on how to incorporate this information to improve instruction moving forward. All families will receive copies of their results later in the fall, but please keep in mind that this is only one measure of several and that our teachers are best equipped to gauge your student's progress toward their goals.

Thank you for your continued support.

School Board Update

By Isaiah Donaldson, Secretary/Clerk, Board of School Trustees

I am truly so grateful to be in the position I am to say hello to each and every one of you! My name is Isaiah Donaldson and I have been a Winooski, VT resident since June 2016 and it has been nothing short of the BEST place I have lived in my 33 years of life. Living, working, having fun, walking my dogs, raising my kid, loving my partner, smiling, laughing, crying, maturing, having the best conversations etc...I could go on and on about what I have done here in our amazing city. This place I truly call my HOME! No other place has ever made me feel more welcome, safe, secure and loved than Winooski, VT. I live here with the love of my life Maisie Newbold, my amazing daughter Magnolia Donaldson, and our fabulous 3 dogs, River, Julio and Strawberry in our cute home that sits at the top of Lafountain Street. We are surrounded by so many different humans and I wouldn't have it any other way. Our community here is truly a community many look at in such a high manner so I truly applaud each



and every one of you for committing to nurturing and growing what we have here.

Many of you may recognize me from walking around town with my family and dogs on a very regular basis. Slings drinks and cranking great music at The Monkey House. Crafting amazing cocktails and having the best conversations over at Waterworks Food & Drink. Being that guy that always has a very obscure different style of fashion than most. Or even just a guy that is truly down to talk with ANYONE. That is me - Isaiah Donaldson - 33 years old - strong, confident, loving, blunt, honest, loyal, funny, silly, huge laugh and loves being seen and heard. Guess what? You are right...Isaiah Donaldson truly is nothing short of anything but himself, 100%. I have had the amazing opportunity of being one of the newest members of our Winooski School District Board. Being a new trustee of the board has been a goal of mine since the day my daughter Magnolia was born in 2016 and now I am living

NOTES FROM THE DISTRICT OFFICE

that reality. Getting the chance to meet new people and have very new and exciting experiences.

I grew up in Saugerties, NY and I loved it. My mother was and educator in our school system and she was the best role model to have and I am so grateful for her. Donna Donaldson is my hero. Being around my mother gave me the power of learning and personal drive. Seeing her do what she did on a daily basis empowered me to always go for what I want and to achieve my goals. I am a product of the public school system and I wouldn't have it any other way. Throughout my life I have lived many lives already and I know I will continue to transform and grow into other lives as well. Education gave me the power to go from my first job at McDonalds to continue to my path and career in clothing retail where I achieved high status for many years with Zumiez. Then my life changed and I moved from Manhattan, NY to Burlington, VT where I then got into bartending and that did wonders for me. Then I changed my life during that again and let myself fall in love with my partner. Continuing to change my life we planned and decided to raise a child. And even after that my life grew where I started to manage a bar and learn so many things. During that I picked up the trade of setting tile and stone and got into home renovations and launched my own business called Magnolia Tile & Stone, LLC. Shortly after beginning that I decided to keep tiling but, I needed something more and different so I decided to get into real estate. So I joined The Conroy Group at Keller Williams Vermont and became an agent and I hit the ground running. After my first year in the real estate market I stepped up in my team as the Director of Sales for our entire group. Now I have hit 3 years in the business of real estate, assisting so many amazing people achieve their goals of buying or selling a home here in Vermont and I couldn't be happier. If you or anyone ever has questions, interests, thoughts etc. of how the real estate world works please just reach out - 802.999.8410 or isaiah@conroyandcompany.com. You can call, text, or email, whatever suits you. I am a person who was so afraid of the thought of buying or selling a home but, I achieved owning a home here in Winooski, VT. Prior to getting into this business and I was so scared but that is because I was ignorant and unaware of the reality that could be. Now that I am in this leadership role of a team of amazing agents and having the opportunity to truly be a key essential part of someone's life to buy or sell a home just makes me smile ear to ear. All in all in my life I have grown to learn that 'people' is my thing. I love humans so much and I love learning about them all and how they live their lives and what they love personally. Having the experiences with any person no matter who you are is truly the best gift I receive regularly. Gratitude is where I am and I am full of it.

Education and learning is something that doesn't end for any of us. Young, old, small, big, short, tall etc...we are all humans here and the world we have is our teacher. Now that I am a part of our great community's school district, I have the chance to truly play a larger role for our future of this city. The students in Winooski, VT are the future and they are all amazing. Students learn that they can achieve their goals and have the highest self esteem and confidence to be driven and get what they want for

themselves and the others around them. We all deserve the best - whatever your definition of 'The Best' is. We all are different and that is truly what makes this world and more specifically our city fabulous. The facilities that our great members created is this amazing large step to give our students the accessibility they need to thrive to a better future for themselves and for our community. Having my daughter as a student here in first grade in Ms. Johnson's class is a gift. Every day she is excited to get to school and see her friends, see her teachers, learn, create, laugh, craft and have FUN! My daughter, as well as everyone else's children, are the life blood of this community's future. The entire staff here at the school provides that nurturing and education they need and benefit from. As a parent I truly couldn't be more excited to have my child grow up in this town and learn in our facilities.

Now that we have stepped into the month of November 2023 I wanted to highlight a word I mentioned prior. That word is 'Gratitude'. The definition of gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness. Wow! What a powerful word gratitude truly is. When I read that definition - Winooski, VT comes straight to my mind. I am so grateful to be in this amazing community. We all share that quality of being thankful and showing appreciation. So I want to send a huge THANKS to all of you fabulous humans in our amazing city. Keep it up just the way you are as you all are doing the most and the best work we can all do as a tight-knit community. We are all bound together and united with this commonality of this city. Thank you for being you.

In regard to the WSD Board itself, I am just so grateful to be a part of this great team with Robert Millar, Kamal Dahal, Steven Berbeco, Nicole Mace, Wilmer Chavarria and many others on a regular basis to meet and discuss what we are doing in our schools to provide what is a necessity to the students and protecting that in every sense. We are about to begin our review and planning process for the Fiscal Budget for 2024-2025 school year. With that we do not want to be alone in this process. We are seeking - YOU - members of our community to be involved. We are calling this role - 'Budget Buddy'. Are you a person that has interest in this? Are you a person who wants to be more in tune and involved with this as a whole for our WSD Budget? Then please reach out and let us know. Contact Superintendent Wilmer Chavarria via email - wchavarria@wsdvt.org so we can get you involved. The dates for this review and planning process will be as follows: 11/08/2023, 11/29/2023, 12/06/2023, 12/13/2023, 12/20/2023, 01/03/2024 and 01/10/2024. We ask that you commit to at least 80% of these meetings. Don't worry, they will be fun, I guarantee that!

Truly looking forward to hearing more from our stellar community and getting to know the ones I do not know yet and also getting to know more about the ones I already do. All the love to every single one of you. I appreciate you all and I am beyond grateful to here in this community. Please if you ever want to link up or chat just contact me - idonaldson@wsdvt.org - and I will 100% make it happen on my end. Have an amazing November and don't forget if you choose kindness for yourself then we all will thrive!



Winooski Anti-Racism Steering Committee Update

By Christie Beveridge

On Monday, October 2nd, youth and adults from the Winooski community gathered for the second meeting of the 2023-2024 Antiracism Steering Committee (ARSC). This team is tasked with implementing the six demands of the Winooski Students for Antiracism (WSA): to form a truth and reconciliation committee, hire and retain more faculty of color, establish a multilingual mentoring program, implement an ethnic studies curriculum, conduct an equity audit of the school, and host a yearly workshop for students where they can learn about their civil rights.

During this meeting, the members of the ARSC took part in community building activities, then took a deep dive into the Antiracism Demands and the work of the ARSC through a gallery walk. They read the original 2020 letter to the school board from WSA, then took a look at the history and current standing of the six demands. They also practiced speaking about the work of the ARSC with different members of the community through a “wagon wheel” activity. After the meeting, each member of the committee was sent a survey about which of the six demands they want to focus on as the year gets started.

We are particularly excited to add new



Winooski School board member Isaiah Donaldson to both the ARSC and our planning team. His ability to represent the committee at monthly school board meetings will be invaluable as the work moves from research and exploration to action and implementation. The planning team also includes Director of Early Learning, Maybeline Lopez, Winooski alum and Youth Program Specialist Evelyn Monje, former Winooski student Auishma Pradhan, now a junior at South

Burlington High School, as well as Mea Ree Jan, a junior at Winooski and the Essex Tech Center. Auishma and Mea Ree are also youth facilitators at UP for Learning.

The ARSC is made up of an incredible group of passionate community members, and we can't wait to see how the committee's new structure, as well as more frequent meetings, help to expedite its progress this year.

Save Money While Supporting a Good Cause

By Karen Greene

Help support the Winooski High School Prom while saving money. The coupon book allows you to save money at local restaurants and stores. The cost is \$25.00 and half comes back to us! This money helps cut the cost of attending the prom in May. This link: <http://www.sapaynow.com/76111> takes you right to our page. Thanks for your support.

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





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

*Snacks are only available after school.

For Community Members

Once a month, on the last Friday only:

- Friday November 24, 2023 12 pm-2:00 pm

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: 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 COMMUNITY
HOLIDAY CRAFT & VENDOR FAIR

OVER 100 ARTISTS, MAKERS & FOOD VENDORS

SAT. NOV 18
9AM-3PM

free admission & parking
Winooski School District
Normand St



JFK Update

By Sara Raabe, Principal

JFK Family Morning Meeting

Every classroom at JFK Elementary School starts their day with a Morning Meeting. Morning Meeting is a particular and deliberate way to begin our day together. All classroom members—grown-ups and students—gather in a circle, greet each other, and listen and respond to each other. Morning Meeting is made up of four parts: greeting, sharing, group activity, and morning message. The components intentionally provide opportunities for students to practice the skills of greeting, listening and responding, group problem-solving, and noticing and anticipating.

This fall, every classroom will invite families to join their student’s class for a Morning Meeting. Some classes have already had their fall family Morning Meeting, some are scheduled, and some are still in the planning stage. Sharing this foundational practice with our families is an intentional way to give our families a glimpse into their students’ day. It also gives the other students and school adults a chance to connect with adults from home. This is the first time in a few years we have been able to

invite families in for a Morning Meeting. It has been amazing to see everyone in the building again!

JFK Parent Teacher Conferences

On **November 16th and 17th**, JFK will have our fall parent-teacher conferences. Fall conferences are an opportunity for school adults and home adults to connect and learn about our students from each other. Every student at JFK participates in activities during the beginning of the school year that help them articulate their Hopes and Dreams for the school year. These Hopes and Dreams are shared at conferences so all adults in the student’s life can support them in achieving those Hopes and Dreams. During conferences, school adults will also share the strengths they have discovered in students as they have gotten to know them this year, as well as the student’s academic assessments and progress to date. Our families’ involvement and partnership with the school are invaluable for our student’s success.

Third Grade

By Mrs. Carleton

We’ve had quite an exciting start to third grade! We’ve spent the first six weeks getting to know each other and building our learning communities in a variety of ways including read-alouds, games, art, and community circles.

In Math, we’re working on creating and interpreting scaled bar and picture graphs, leading us to multiplicative reasoning. While working toward our learning goals, we always think of how we work as a math community. We think about what lifts us up as learners and what holds us back. We have class discussions about how we can use our Habits as mathematicians to support ourselves and each other in our learning. Examples of Habits we’ve been working on include private reasoning time, using math as the authority, explaining our thinking, using models and representations, making mistakes, and checking for understanding. Habits are



the core of our thinking as mathematicians.

In Literacy, we’ve launched Unit 1: Overcoming Learning Challenges Near and Far.

Students have observed picture and text samples from different books we will use together throughout the theme. They took notes on what they noticed and wondered, looking for patterns and clues to guess the topic. Our first story, *Waiting for the Biblioburro*, takes place in Colombia. Students took notes about the main parts of the story

in order to tell the “gist,” a skill we will continue to practice throughout the unit. For Literacy, we’ve also discussed the five parts of ALL Block (Additional Language and Literacy Block). We have agreed on and practiced our small group discussion process. We used a poster walk to have conversations about what we will do during each component of ALL Block.



WINOOSKI SCHOOLS
We are the future.



Come one, come all

By Miriam Greenfield, Director of Communications

The 6th grade's autumn expedition, titled "Powered by Persistence," culminated in an impressive hour-long circus performance in front of JFK Elementary School and Middle High School students, teachers, staff and families.

Under the direction of artist-in-residence Josh Shack from Circus Smirkus, the 6th grade students spent three weeks of dedicated learning, practice, and of course persistence!

Circus is an activity that requires the same dedication, discipline and hard work of any sport, only it stresses collaboration rather than competition. Students set and achieved goals together, learning cooperation and camaraderie, transferring their newfound excitement for circus directly into theme related art, music, science, history, math and language studies.

A big thank you to Josh and bravo to all the performers!

Learning With Circus Smirkus

An interview with Kate Grodin, WMHS Co-Principal by Miriam Greenfield, Director of Communications

This year we are celebrating our 5th residency with Circus Smirkus and artist Josh Shack. We had a Covid-19 hiatus of two years, but our current seniors were our first 6th grade to perform. That means this year the circus tradition touches the entire district with our kindergarteners being some of our most engaged audience members. I love that our 6th graders, who are right in the middle of their WSD journey have this chance to unite everyone.

Tell me about how the program started and how it's developed?

Seven years ago we were approached by Circus Smirkus to engage in a 6-week residency with them because of a grant opportunity. The middle school was just beginning to create Expeditions, 6-12 week interdisciplinary learning opportunities, so it was perfect timing. We were so impressed with the quality of the experience, from the day-to-day learning to the full performance, that we have worked hard to fund it for every 6th grade that we could. The 6th grade teachers are an incredibly collaborative group of educators

who have masterfully integrated learning from circus into all disciplines.

What do the students take out from the experience and performance?

Our hope is that students enter the 6th grade and use this residency as a time to re-engage with each other as middle schoolers; they're not elementary students any more. Circus demands all the physicality of a sport, but it's focused on a collaborative product, not a competition. It's a great way to set the stage for middle school learning.

What impressed you most about the students over these last three weeks?

Every year the students surprise us with where they take their skills. This year, for me, I thought the clown acts were superb and the balancing on the big ball! I have tried to stand on that thing and it is really challenging. I cannot begin to imagine juggling up there!



5th Grade STEM in Action!

By Laura Niedecker, Teacher, Grade 5

The JFK Elementary 5th grade students started attending our annual STARBASE field trip at the South Burlington National Air Force Base. While on base, students learn about Newton's 3 laws of motion, build rockets, practice coding robots to perform challenges, learn about endothermic and exothermic reactions, the difference between physical and chemical reactions, and practice some flight simulation!

We had our first trip in the middle of October, and our rocket launch at the school is on the half day. Students are very excited to showcase their new skills! Some activities coming up are building molecules, an egg drop challenge (Eggbert the Astronaut), fluid investigation, navigation and mapping, analyzing data (Pop Goes the Fizz), and other STEM experiments.



Celebrating the Triumphs of the Great Fall Sports Soccer Season

By Miriam Greenfield, Director of Communications

As the soccer season draws to a close, we can't help but feel immensely proud of our incredible teams! They've played hard, demonstrated leadership, persistence, and dedication, and represented our school with unwavering pride.

Our student-athletes have shown what it truly means to be part of a team - supporting each other on and off the field. Their commitment and sportsmanship have shone brightly in every game, match,



*Boys
Varsity*



*Girls
Varsity*



*Girls
Middle
School*

*Boys
Middle
School*



American Literature Class Launches Empowering Self-Discovery Journey

By Miriam Greenfield, Director of Communications

At the beginning of the school year, students in Caitlin MacLeod-Bluver's American Literature Class embarked on a journey of self-discovery, delving into their own identities, names, and the significance behind them. These young scholars shared their reflections and creations within the class, fostering a deeper understanding of one another's individuality, personal

narratives, and the passions that drive them.

This experience provided a platform for the compelling voices of these young individuals to resound and shine brightly. "Our students are powerful writers and have important stories to tell. I am impressed by how honest and vulnerable they are in their writing. It is an honor to help elevate their voices," said MacLeod-Bluver.



PE 2 Works It!

By Sue Messier

Winooski High School students in physical education class working hard to improve their health and skill fitness components in the beautiful fall weather.



Above: Chris Buker & Jacoby Hammitt, and right: Winner Mampuya, enjoying a little ultimate frisbee.



Rehema Jima - golf



Isabell Johnson - hitting a bullseye in archery

Portraiture

By Emily Jacobs, Art Teacher

So far this semester, our 7th and 8th grade art students have been studying portraiture and creating symbolic self-portraits to express their identity. For this project, students practiced observational drawing to capture their facial features, blended colors to create their skin tones, and practiced creating realistic textures for their hair and eyebrows using colored pencils. They also studied surrealism, and took inspiration from the surrealist art movement to imbue their own portraits with fantastical elements that symbolized aspects of their identities.



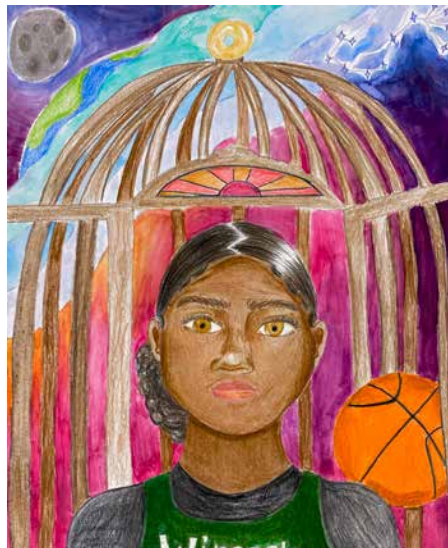
Aili, grade 7



Anika, grade 7



Ben, grade 7



Daijanique, grade 8



Dorian, grade 7



Feroj, grade 8



Jacob, grade 7



Kahmiley, grade 7



Nisha, grade 8



Priska, grade 8



Ramiz, grade 8



Samara, grade 8



Sitei, grade 7



Smarika, grade 8



Stella, grade 8



Sudjal, grade 8



Taraji, grade 8

Teen Teach-In: WHS Students Empower Young Minds with Financial Literacy

By Miriam Greenfield, Director of Communications

Students from Courtney Poquette’s personal finance class at Winooski High School helped launch a nationwide campaign aimed at fostering financial literacy among our youngest students. They engaged in interactive sessions with JFK Elementary School students, promoting both financial literacy and enjoyment in the learning process.

Highlights included

- Storytime: Winooski High School students read engaging financial literacy books tailored to 1st and 2nd grade children, making learning fun and accessible.
- Interactive Discussions: Through age-appropriate conversations, the teens helped the elementary students grasp

the concept of setting savings goals and navigate challenges related to money, all through the captivating stories they’ve just heard.

When a high school student asked an elementary school student, “Is it better to spend or save?” The young student replied, “I’m going to save my money for college.”



HEALTH CORNER


We want to extend a big THANK YOU to the Lions Club for coming to WSD last month and performing vision screenings on approximately 400 students. If your child needs further follow up, a referral letter will be sent home.



WSD is partnering with UVM Primary Pediatrics to host a community wide flu shot clinic for all students, families, community members and staff.


The next available flu shot clinic date is **Thursday November 16th** from 3pm-7pm at the WSD.

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast


November 2023




Meals Are Free To All Students

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



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 

Menus are subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagel w/ Cream Cheese Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Iced Breakfast Bun Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
6 Blueberry Bread Slice Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Cinnamon Granola Breakfast Round Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Bagel w/ Cream Cheese Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Iced Breakfast Bun Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
13 Blueberry Bread Slice Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Cinnamon Granola Breakfast Round Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Bagel w/ Cream Cheese Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Iced Breakfast Bun Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Chocolate Chip Muffin Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
20 No School	21 No School	22 No School	23 No School	24 No School
27 Blueberry Bread Slice Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Cinnamon Granola Breakfast Round Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Bagel w/ Cream Cheese Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	30 Iced Breakfast Bun Asst. WG Cereal w/Animal Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	

This institution is an equal opportunity provider.



Winooski Elementary School K-8 Lunch


November 2023




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
Express Options
Grab & Chef Salad or Yogurt Parfait w/Oat
Milk Condiments
Fresh, Dried Or Canned Fruit



Pay for meals on-line. Click Image Below 

Harvest of the Month: Sweet Potato 

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

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Homemade Baked Ziti Roasted Broccoli Dinner Roll Fresh Fruit & Veggie Bar Milk Variety	2 Sweet & Sour Chicken Steamed Green Peas Rice Pilaf Maple Glazed Carrots Fresh Fruit & Veggie Bar Milk Variety	3 Hearty Homemade Meatloaf Homemade Dinner Roll Chef's Mashed Potato Steamed Green Peas Fresh Fruit & Veggie Bar Milk Variety
6 Dress Your Own Burger on a Bun Hand Cut French Fries Fresh Fruit & Veggie Bar Milk Variety	7 Buffalo Chicken Dip w/ Tortilla Chips Mexicali Corn Spanish Rice Fresh Fruit & Veggie Bar Milk Variety	8 Meatball Sub (Beef & Chicken Meatballs) Sweet Potato Fries Fresh Fruit & Veggie Bar Milk Variety	9 Cheesy Ravioli Bake Garlic Breadstick Steamed Broccoli Fresh Fruit & Veggie Bar Milk Variety	10 Hearty Chicken & Biscuits Steamed Green Peas Fresh Fruit & Veggie Bar Milk Variety
13 Creamy Macaroni & Cheese Seasoned Green Beans Homemade Cornbread Fresh Fruit & Veggie Bar Milk Variety	14 Chicken & Cheese Quesadilla Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	15 Cheesy Breadsticks Marinara Sauce Steamed Broccoli Cherry Tomato & Corn Salad Fresh Fruit & Veggie Bar Milk Variety	16 Oven Roasted Turkey Chef's Mashed Potato Steamed Green Peas Hearty Stuffing Dinner Roll Cranberry Crunch Bar Fresh Fruit & Veggie Bar Milk Variety	17 Chicken Patty Sandwich w/Lettuce & Tomato Maple Glazed Carrots Fresh Fruit & Veggie Bar Milk Variety
20 No School	21 No School	22 No School	23 No School	24 No School
27 BBQ Chicken Sandwich Hand Cut French Fries Fresh Fruit & Veggie Bar Milk Variety	28 Taco Bar w/ Hard or Soft Shell Garden Salsa Rice Pilaf Seasoned Black Beans Fresh Fruit & Veggie Bar Milk Variety	29 Buffalo Chicken & Cheese Flatbread Melt Fresh Broccoli Salad Fresh Fruit & Veggie Bar Milk Variety	30 Spaghetti w/ Meat Sauce Garlic Breadstick Steamed Corn Fresh Fruit & Veggie Bar Milk Variety	

This institution is an equal opportunity provider.



MAYOR'S UPDATE

(continued from page 1)

in addition to their work as a group, each commissioner acts as an ambassador to our other commissions, expanding these themes into the other areas of municipal government. Last year, we made some important budgeting decisions to create more engagement opportunities, such as expanding the hours of our Children & Family Program Manager (increasing access to our year-round after school program for working families) and hiring a Community Services Admin & Outreach Coordinator (providing additional access to and registration support of our Community Services programs). We're also focused on the process involved to create a municipal language access plan and a special equity audit event that will engage many of our residents to address these issues.

Evolve Advertising and Recruitment Practices to Diversify the Workforce:

The City's Human Resources Director and City Manager have made changes to these practices and are exploring ways to improve outreach and support. In addition to employment opportunities, we've also made investments that focus on early engagement, such as offering free skill building training programs to teens.

Strengthen Collaboration with the Winooski School District (WSD):

In addition to recognizing the WSD Superintendent as a member of City leadership, both the City Manager and I meet with the Superintendent on a regular basis to work on issues where partnership provides meaningful outcomes. Leadership members of the City and WSD are also focused on engaging with each other's community events and representative bodies. Last month, we held our annual joint meeting of the City Council and School Board, which is integral to keeping us on task and moving the conversations forward. The City also continues to work with WSD multilingual liaisons through a

stipend agreement for as-needed support. This approach has allowed us to conduct listening and info sessions with our multilingual community members for important initiatives such as All-Resident Voting, American Rescue Plan Act (ARPA) funding, Just Cause Eviction, and more. And, I would be remiss if I didn't mention the WSD's successful efforts to provide year-round bus transportation for students, which included increases in driver pay and training opportunities.

With these successes in mind, we're looking forward to the annual budget planning process which will occur through the winter leading up to the Town Meeting Day election in March 2024. This important process directly impacts all of our residents, and we encourage as many people to get involved as possible. As of last month, we directed the staff to present us with a budget that retains current services and allows for catching up on some deficiencies, prioritizing our municipal infrastructure (i.e. streets, sidewalks) for any additional investment - something we hear about often from most community demographics. Affordability and strategic tax increases are at the forefront of our minds moving forward - please stay tuned for ways to engage during the budget process. In the coming weeks, all of our budget info will be available on our website at winooski.vt.gov/fy25.

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



From Your Local Representative

By Representative Taylor Small

Dear Neighbors,

I hope this message finds you well. Although our legislative session hasn't

officially kicked off yet, I wanted to share some key takeaways from a recent committee hearing I was part of regarding Act 81. The meeting was a collaborative effort between the House Committee on Human Services and the Senate Committee on Health & Welfare, with the aim of gaining a better understanding of the growing homelessness issue in our state.

A quick refresher on Act 81, also known as H.171: It was passed during a special legislative session and signed into law not long after. One of the main goals of this legislation was to bridge the gap between the end of the pandemic-era emergency housing program on June 30, 2023, and the introduction of a transitional benefit program running until April 1, 2024. The aim was to prevent the worsening of Vermont's homelessness crisis and alleviate the strain on our community action agencies.

Homelessness challenges have been magnified by various factors, including flooding, a limited housing supply, and changes in the demographics of those experiencing homelessness. During the committee hearing, we had the privilege of hearing from community leaders, stakeholders, state officials, and, most importantly, individuals who have experienced homelessness themselves.

Brian shared his journey from homelessness to stable housing, highlighting the difficulties in accessing support services and frequent changes in service coordinators. Rebecca talked about her experiences of chronic homelessness, shedding light on systemic failures, such as a shortage of available accommodations, inadequate support, and the ongoing struggle to secure permanent housing. It became clear that the application process for various assistance programs is often convoluted and lengthy, with confusing questions that need clarification. Staffing shortages and prolonged recertification wait times are additional hurdles, emphasizing the need for better data sharing and communication.

The wait times for housing case managers, sometimes as long as six weeks, are mainly due to staffing shortages. While coordinated entry initiatives

have made progress in connecting more households, the shortage of housing navigators and system capacity remains a challenge.

One of the most significant findings from the hearing was that Act 81, in its current form, has created confusion and disrupted the process of receiving assistance during emergencies. This was a known issue, but it's crucial to reiterate: Vermont's homelessness crisis requires a more permanent solution. Currently, we rank second in the nation for homelessness. It's clear that we need to invest in a more proactive, long-term plan for households without alternative housing options after April 1st, as well as those who aren't eligible for the extended benefit and are still experiencing homelessness.

The Vermont Housing and Conservation Board is actively working on developing permanent affordable housing units across the state, with a goal of completing 1,500 units by 2025, recognizing that some projects may face challenges. One pathway forward to address homelessness is exploring opportunities and barriers to partnerships between the private sector and public entities. Collaborations between private housing developers and community action agencies can play a vital role in finding a long-term solution.

Efforts are underway to modernize the general assistance program, making it more equitable and accessible. The Chair of the House Human Services Committee has made it clear that this will be a top priority in the upcoming legislative session.

In a nutshell, the hearing shed light on several critical issues Vermont is facing when it comes to addressing our homelessness crisis comprehensively. We need to streamline emergency assistance programs, expand eligibility for assistance, and work toward a more permanent solution. The commitment to developing affordable housing units, forming public-private partnerships, and modernizing assistance programs are all crucial steps to effectively tackling this pressing issue.



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 winooskivt.gov/vision.

Economic Vitality:

In October, the Finance Commission met with the Municipal Infrastructure Commission to discuss capital improvement needs. During the fiscal year 2023-2024 budget development process, City Council received a list of unfunded needs as context. These important funding needs will continue to be discussed at the Commission level in November.

Municipal Infrastructure:

The Winooski Main Street Revitalization Project, which went out to bid this summer, received three competitive bids from qualified contractors with the lowest bid exceeding the engineer's estimate by 26%. The City of Winooski is actively working on cost-saving measures to reduce the overall budget and seeking additional funding. Specific details regarding the City's budget optimization efforts, contractor selection, and construction schedule will be shared with the public in the coming months as information becomes available. A public information meeting will be held prior to the start of construction which is anticipated to begin in Spring 2024. All inquiries can be directed to the Public Involvement Team at 802 595 4399 or mainstreet@winooskivt.gov. To stay up to date on the project, sign up to receive project update emails or visit the project website at winooskivt.gov/mainstreet.

Housing:

During their meeting in September, the Winooski Housing Commission welcomed new members, discussed an interest rate buydown policy addition to the Winooski Housing Trust Fund, and introduced a draft framework that may create a short-term rental policy in Winooski. The action to create this policy was first initiated as a priority for City Council and is now in the hands of the Housing Commission, which is actively exploring policy mechanisms that will target the City's housing goals. Community members are encouraged to get involved in this process and the Housing Commission wants to hear from you. Learn more about the City's housing initiatives at winooskivt.gov/housing.

Safe, Healthy, Connected People:

On October 2nd, the City's Community Service Director provided the City Council with a goal update on this area. Items included recruitment and retention of paid on-call part-time staff for the Fire and Code Enforcement departments, a Strategic Vision Plan for fire/EMS delivery models (including dispatching), plans for possible future renovation of existing fire station to accommodate 24/7 staffing, continuing to make progress on the Parks and Open Space Plan, and determining a future plan for the Winooski Senior Center on the St. Stephens property (123 Barlow St).



Reminders from the City Clerk's Office

Return of Regular Hours

The City Clerk's Office is open again for regular hours, Mon.–Fri., 8am–4pm. We'll be closed on Friday, November 10 for Veterans' Day and on Thursday, November 23 and Friday November 24 for the Thanksgiving holiday.



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



YOUTH PROGRAMS

Youth Skateboarding at Talent Skatepark

Ages 8-13 / Mondays / October 23 - December 18 / 3 - 5pm @ Talent Skatepark

Shred it up with your friends at Talent! This program is open to all levels of skateboarders - from first-time skaters learning the basics to experienced pros practicing tricks. All gear is provided.

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 16 - November 27 / 3 - 4:30pm @ Winooski School District Classroom 202

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 / November 6 - 9 / 6 - 8:30am @ O'Brien Community Center Studio

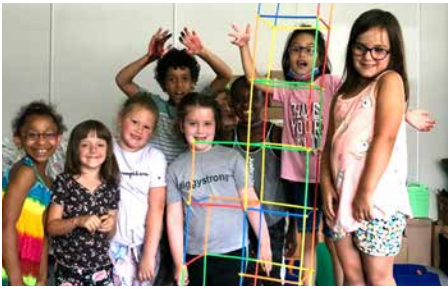
Ages 18+ / Monday - Thursday / December 4 - 7 / 6 - 8:30am @ O'Brien Community Center Studio

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.

Senior Visit to Birds of Vermont Museum

Ages 55+ / Friday / November 3 / 10:30am - 12:30pm @ Winooski Senior Center

Join us for an afternoon of exploring the birds of Vermont including diorama-style exhibits showcasing detailed, wood carved birds, a discovery room with hands-on activities, and wild bird watching through a window overlooking a feeding area.



Thrive After School

winooski.vt.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 winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.gov/library

@winooskilibrary

Updated Library Hours

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

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

1:1 Tech Assistance

The Library is once again partnering with USCRI and volunteers from St. Michael's College MOVE program to provide 1:1 technology assistance to community members! Stop by to learn more about your laptop or computer, develop new skills, find out how to download ebooks and audiobooks to your device, and more.

- Saturday, November 4 & 11 from 11:30 am - 1:30pm
- Adults 18+; free, no registration required.

Audiobooks, eBooks, & More!

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit our website at winooski.vt.gov/library or stop by the library with questions about access and/or additional information.

Dad Guild Playgroup

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

- Saturday, November 18th 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@winooski.vt.gov / 802-655-6424.

Library of Things

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

Library Playgroup and Family Support

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. Meet at the Library for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community.

- Tuesdays from 10:30-11:30am

For more information, please reach out to Kirsten Wilson at kwilson@winooski.vt.gov; 802-655-6424.

NaNoWriMo Write-in

Calling all scribes! Participate in the annual write-in as part of National Novel Writing Month (NaNoWriMo). Facilitated by local author Aurora Hurd, folks will have the opportunity to write together, discuss plot lines and story arcs, and share in their efforts to finish a novel during the course of November.

- Saturday, November 4th from 3 - 5pm
- Drop-in, no registration required

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+

Pride Book Club

Join the Winooski Library once a month for a LGBTQ+ book club for adult readers (18+). This book club is a queer-centered space dedicated to reading books across a variety of genres written by LGBTQ+ authors. Our first meeting will take place on November 15 at 6:30pm at the Library where we will discuss "The Song of Achilles," by Madeline Miller. Patrons can borrow a copy from the Library to read before the discussion.

For more information and to sign up for email updates, please email Kirsten Wilson, kwilson@winooskivt.gov or call 802 655 6424.

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.

Youth Jewelry Club

Join us every Thursday after school as we learn to make jewelry at the Library! Each week we'll try out a different pattern or style of friendship, paracord, or bead bracelets together.

- Thursdays from 3:30 - 4:30pm
- Drop-in; no registration required
- Recommended for youth ages 8+

Questions? Please contact Kirsten Wilson, Library Youth Services Coordinator, at kwilson@winooskivt.gov or 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

NOTE: We will be closed for Floor Cleaning the Week of November 27th.

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.

Note: No Meal on November 28

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 Café features hot breakfast sandwiches, fruit, treats & beverages. Priced by donation.

Note: No Cafe on November 29

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 Monday 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 Nov. 23 and 30

Special Events

November 16 - Sit Down Thanksgiving Meal at Noon

We will be serving roast turkey with gravy and stuffing, mashed potatoes, carrots, rolls, and pumpkin pie. Reservations must be made by November 9 at 12pm. Seating is limited. \$5 suggested

WINOOSKI MUNICIPAL UPDATES

donation to Age Well. Registration is required. Call 802 655 6425 to RSVP.

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. No music experience is required. For more info 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.

AROUND WINOOSKI

November Update

By Melissa Corbin, Executive Director, Downtown Winooski



Blingo Monthly for Fall / Winter

As we embrace the fall and winter season that tends to bring out the hibernator in all of us, we are hosting Blingo monthly now on the first Tuesday of each month. November's Blingo will be at Archives on November 7th and at Last Stop on December 5th. We have given out \$2,300 in prizes since we started Blingo in August. Our rotating bingo hall runs from 6-8pm and funky flair is encouraged, but not required. Come for one round or six and cards are \$5 each per round. This is a 50/50 fundraiser for your designated downtown nonprofit organization so your attendance supports the free concerts we host in Rotary Park.

Winooski's Farmers Market Moves Indoors for the Winter

The Winooski Farmers Market celebrated their last day of the season on October 15th on a chilly Sunday that brought out almost 700 people. The vendors at the market were so thrilled with the success of the market this year that they asked for us to develop a winter market. With support from the City, we are thrilled to announce that we will be hosting a winter farmers market at the O'Brien Community Center every other Sunday starting November 12th (with adjustments for holidays). The community center is located at 32 Malletts Bay Ave with free parking and is located on a bus line stop. The market will be from 10am-2pm on 11/12, 11/26, 12/10, 12/17, 1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7 and 4/14. We anticipate hosting approximately 20 vendors at our winter market. Stay tuned to our website and social channels for an up-to-date list of vendors.



AROUND WINOOSKI

Holiday Pop-Up Sale

The annual tradition of hosting a holiday pop-up sale is back again this year on Thursday November 30th. This evening our downtown businesses host local producers and artisans who don't have brick and mortar locations to sell their goods in celebration of the holiday season. If you are a business owner and would like to be a host location or if you are interested in being placed in a host business that evening, please be in touch with us



at info@downtownwinooski.org. Help us promote the sale with your individual networks and come out to celebrate the holiday season in our downtown! Holiday pop up hours are 5-9pm.



Reimagining Rotary Park

The Downtown Winooski Board of Directors has been actively discussing how to focus all the creative ideas that have come in for improvements to Rotary Park. Since the last update, we have decided that the first and most impactful step in this project is to install a permanent stage to celebrate all the performance talent we have in our community. It is important to note that concept designs include a sound system that can support performances of all sizes. This will allow us to be much more inclusive in the talent we attract without the barrier of owning their own equipment.

We still plan to kick off a crowdfunding campaign through the Better Places grant program pending approval from City officials informed by public comment. Stay tuned to Front Porch Forum and social media for your opportunity to weigh in on concept designs prior to launching the crowdfunding campaign.



Winooski Food Shelf Schedule for November

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, November 4th	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs
Wednesday, November 8th	1:00pm to 3:00pm	Pantry staples, veggies, meat and eggs
Saturday, November 18th	9:30am to 11:00am	Veggies, deli, bakery, meat and eggs
Wednesday, November 29th	1:00pm to 3:00pm	Pantry staples, veggies, meat and eggs

The Food Shelf will be adjusting its hours of operation to work around Thanksgiving Holiday week. Please read over the schedule carefully! Please pack your patience and some reusable bags. We are no longer able to provide diapers due to loss of funding.

Food Shelf Policy: We request that all new food shelf clients bring a piece of mail such as a utility bill or lease with their current address. We do not accept "junk mail" or driver license. Winooski residents may come three times a month. They can come one Wednesday and both Saturdays. Starbucks in Colchester provides pastry and sandwiches while Hannaford Market on Dorset Street helps provide Saturdays' food selections.

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.

November Update

By Paul Detzer, Development and Communications Engagement Manager

Veterans Day: Support and Resources

As the nation commemorates Veterans Day this November, Howard Center honors the service of veterans and their families. To better serve this community, we recommend various support resources such as Wounded Warrior Project, Veterans Crisis Line, and local VA centers. These platforms offer essential services ranging from mental health care to family support.

If you are in crisis, you can call First Call for Chittenden County 802-488-7777, or call the National Veterans Crisis Line, available 24/7: Dial 988 then Press 1, text 838255, or chat via web at <https://www.veteranscrisisline.net/>.

Suicide Prevention Handbook: Now in Multiple Languages

Howard Center is committed to public health and helping our community thrive. To further this mission, we have updated our publication, "Suicide Prevention Across the Lifespan," to its third edition. In consideration of the diversity within Chittenden County, the guide is now available in French, Nepali, Swahili, and Somali. The handbook can be accessed at HowardCenter.org/Suicide-Prevention. For additional information or copies, please contact Howard Center at 802-488-6000.

Free gunlocks are also available at Howard Center's administrative office at 208 Flynn Avenue Burlington (M-F 8:30 am - 4:00 pm). Simply stop by to pick up a gun lock or locks.



Arts Collective at Winooski Rotary

Next time you make a trip around the Rotary in Winooski and you are not driving, check out the beautiful artwork created by Howard Center's Arts Collective.



Five Arts Collective members — Kecia Gaboriault, Amjed Jumaa, Sherridan Beyer, Adam Forguites, and Annie Caswell, recently made their mark on the electric box in the lower right quadrant of the park. The box is adorned with each artist's unique style and message. Check it out and you'll see Champ, the Winooski River's famous yoga

sculpture, a nod to the 'Onion City,' and more. While you're there, be sure to take a peek at the top of the box!

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

Our next community dinner is November 30. Connect with your Winooski neighbors, take the night off from cooking, and find out new and existing community resources. We'll have tables available for seating and free beverages, as well as pick-up/take-away. We'll have a special craft to celebrate the winter holidays. You'll also be able to meet and talk with our chefs about what they cook and why! Please mark your calendars and be on the lookout for our sign-up through our newsletter, available on our website at www.Winooskiprevention.org.

Upcoming events:

- November 30 Authentic Eritrean and Ethiopian Cuisine
- January 29 Somali cuisine
- February 19 Northern Spanish cuisine
- March 25 Harmony's Kitchen

For Families

Each month, the WPP highlights a resource that we think could be helpful for parents. This month, we wanted to share this resource from our friends to the north. Canada's new updated Low-Risk Alcohol Drinking Guidelines can help you make informed decisions about drinking. The guidelines recommend setting limits to help you reduce the acute (short-term) and

chronic (long-term) health risks of alcohol use.

It is important to keep in mind that the intention of these guidelines is not to encourage people who abstain (for cultural, spiritual, health or other reasons) to start drinking; and these are "low-risk" guidelines, not "no-risk" guidelines. Any amount of alcohol consumption can have risks to your health.



Learn more at <https://www.canada.ca/en/health-canada/services/substance-use/alcohol/low-risk-alcohol-drinking-guidelines.html> or click the QR code.



Above the Influence + More: WPP at WSD

Our after-school program has been very exciting already, and we have more fun opportunities on the way! We are also helping to support youth in other ways this year, including resources for teachers and events and opportunities for families. Be on the lookout for these later in the fall.

As always, please reach out to us with any needs or questions, and we look forward to seeing you around the city.



WINOOSKI SCHOOLS
We are the future.

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

The Winooski Newsletter

60 Normand Street
 Winooski, VT 05404

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



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

IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT
www.wsdvt.org

Superintendent of Schools
 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
kgrodin@wsdvt.org
jberthiaume@wsdvt.org

Board of School Trustees
 Robert Millar, *President*, 802-383-6000, rmillar@wsdvt.org
 Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
 Kamal Dahal, *Vice President*, 802-310-2821, kdahal@wsdvt.org
 Isaiah Donaldson, *Secretary*, 802-383-6000, idonaldson@wsdvt.org
 Nicole Mace, 802-383-6000, nimace@wsdvt.org

FOLLOW US ON SOCIAL MEDIA We are @WinooskiLearns

CITY OF WINOOSKI
www.winooski.vt.gov, 802-655-6410

Mayor
 Kristine Lott, 802-766-1988, klott@winooski.vt.gov

City Manager
 Elaine Wang, 802-655-6410, ewang@winooski.vt.gov

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

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

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

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

FOLLOW US ON SOCIAL MEDIA We are @winooski