

The Winooski Newsletter

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

DECEMBER 2024



WINOOSKI SCHOOLS
We are the future.

2024-2025 Winter Parking Ban Reminder

By Elaine Wang, Winooski City Manager

Winooski's annual overnight winter parking ban begins on December 1, 2024 and ends March 31, 2025. See below for details or visit winooski.vt.gov/parking.

Downtown Winter Parking Ban (Dec. 1 - March 31)

- In place regardless of weather
- Overnight street parking is not allowed in the downtown area from 2:30am - 6am
- This area has a "blanket ban" - individual alerts are not sent out for this area (view map on website)



Citywide Winter Parking Bans (Dec. 1 - March 31)

- For winter weather and snow removal anywhere in Winooski
- Overnight street parking is not allowed from 11pm to 7am when alerts are sent
- Sign up for alerts at nixle.com or text 'Winooski' to 888 777
- Landline users: call 802 655 3908 for alerts
- Bans may last multiple nights: alerts will say when they start, if they keep going, and when they end
- Signs will flash: Exit 15, East Allen Street, Burlington-Winooski Bridge, Main Street, Malletts Bay Avenue

PLEASE NOTE:

- The City of Winooski reserves the right to tow vehicles at the owner's expense
- If towed, call Handy's Service Center at 802-862-0656
- Parking available in Winooski Parking Garage on Cascade Way from 6pm to 7am (pay by kiosk or ParkMobile app)
- Overnight parking from 11pm to 7am is never allowed (all year) at the O'Brien Community Center
- Lawn ornaments, sports equipment, or other obstructive items must be removed from the city right-of-way (items damaged during plowing are the owner's responsibility)

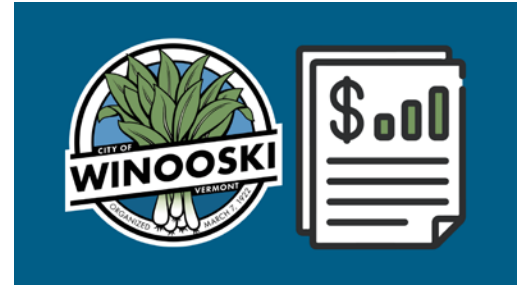
Fiscal Year 2026 Budget Process

Each year the City Manager and staff work together to create a budget that provides the same services currently offered to the

community adjusted for increasing wages, prices, and growth in the City. Proposals are made by staff where programs could be increased or reduced. These proposals use limited funding to provide the greatest benefit related to priorities set by the City Council. The City Council then decides what budget will be voted on by the community.

Each year in March on Town Meeting Day the community votes on the total budget and the taxes. This is your chance to decide how your tax dollars are spent! Community members are encouraged to get involved in the process.

Budget presentations are held during City Council meetings during December and January to prepare for the budget you'll vote on during the Town Meeting Day election in March 2025. For full details, visit winooski.vt.gov/fy26.



City Clerk's Office Reminders

Open 8am – 4pm, Monday – Friday
winooski.vt.gov/clerk | 802 655 6410

Please note, **Winooski City Hall will be closed** on the following days:

- Tuesday, December 24, 2024 (1/2 day, Christmas Eve)
- Wednesday, December 25, 2024 (Christmas Day)
- Tuesday, December 31, 2024 (1/2 day, New Year's Eve)
- Wednesday, January 1, 2025 (New Year's Day)





WINOOSKI SCHOOLS
We are the future.

From the Superintendent

By Wilmer Chavarria, Superintendent of Schools

Dear Winooski Community,

In the midst of much national commotion, I have been reminded over the past month of how fortunate this community is. Neighbors and colleagues have each other, and the level of solidarity and care for one another is high. This was very evident in the days after the election. The results impacted everyone differently, but no one was immune to its effects. To many educators, this was yet another reminder of the critical role they play in the lives of young people even when it is difficult personally. I was a teacher in New Mexico in 2016, and what happened soon after the election is still vivid in my memory. I remember realizing that I was the adult in the room many students relied on for solace, and I had to learn quickly how to function as a rock in a time of collective uncertainty. It was not easy. 8 years later, I find myself noticing that it is just as difficult for our educators, but I also know that we do not have to do it alone. We do not have to be rocks, either. Like I said many times over the past month, being together is key. Appreciating the community we have and allowing ourselves to be in their company is a type of healing. I encourage all our educators, staff, students, and community to be together more, to attend events, to reach out to someone you haven't seen in a while, to get out

and be around people (our Main Street businesses could use more patrons!), or to play a board game with someone at home. If you need more formalized mental health support, consider taking advantage of several opportunities out there, such as the "Mental Health First Aid for Older Adults Trainings" promoted by the United Way of Northwest Vermont or the many resources in our schools if you are a student or a caregiver.

On a separate note, I'd like to remind the community that it is budget season. Our board is meeting practically weekly on Wednesday evenings to discuss our budget for the upcoming fiscal year. We hope to have a budget adopted by January 8. As is usually the case, there is much information to be shared, and we encourage you to get involved. The more our community understands the process, the more likely it is that our school budget will be supported in March. If you cannot attend the meetings in person, you can always catch up on our website, where we post all the materials covered and the recordings of the discussions.

Thank you for your continued support,

Happy November, Winooski

By Kamal Dahal, Winooski Board of School Trustees

As you read this, the season may find you stringing Christmas lights, planning holiday gatherings, or preparing for winter's embrace—whether that means dusting off sleds, sharpening snow shovels, or tuning up the snow blower. While our community readies itself for the colder months, your school board is deeply immersed in another kind of preparation: adopting a budgeting for the coming fiscal year. Our commitment is clear—we are dedicated to providing every child in our district with an exceptional education. Yet, as we craft this budget, we are ever-mindful of balancing educational excellence with the stewardship of our taxpayers' resources.

Winter's chill brings memories of past years when our students braved icy streets, navigating their way to and from school without the safety of bus transportation. Children from every corner of our district faced this daunting journey, and countless parents carried the weight of worry each day as their children walked along slippery roads. But today, thanks to our community and district staff's unwavering support, advocacy, and tireless efforts, all students now have access to year-round transportation. We no longer need to worry about their safety on these cold mornings.

While writing this newsletter, I want to share that the board members have not seen the full budget presentation for the 2025-2026 fiscal year. As with any other year, we're committed to ensuring transparency and engagement throughout this budgeting process. This year, however, we're making some changes to how the budget is developed and discussed. For one,

we've started conversations around the budget earlier than usual, allowing more time to understand our needs and priorities together. Additionally, we're planning more sessions dedicated to budget presentation and discussion, providing ample opportunity to address questions and concerns.

For a detailed timeline of the budget adoption process, please refer to this link: <https://www.wsdvt.org/wp-content/uploads/2024/10/24-25-Budget-Timeline.pdf>.

While one of the core responsibilities of any school board member is to adopt the budget, we know that our community's voices are just as vital in this process. Every open meeting leading up to the adoption allows you to share your insights, priorities, and concerns during the public comment segments. Your participation at these meetings provides valuable perspectives, helping shape a budget that reflects our shared commitment to our students and schools. I encourage each of you to join us, speak up, and help guide these decisions that impact our community.

Lastly, I want to take a moment to express my heartfelt gratitude to each one of you—our neighbors, friends, and residents of Winooski. Your ongoing dedication to supporting public education for all students in our community reflects our deep care for one another. This spirit of mutual support, where everyone belongs and feels valued, is exactly what drew me to this wonderful city five years ago. Thank you for fostering this culture of kindness and inclusivity—it is truly inspiring and essential to our community's strength.



First Grade Field Trip to ECHO Science and Nature Museum

By Louisa Wakefield, 1st Grade ML Teacher

The first-grade class had an exciting day visiting the ECHO Science and Nature Museum! Located on the Burlington waterfront, ECHO is full of hands-on exhibits, and it was perfect for our young explorers.

One of the biggest highlights was the interactive water play area. Here, the children could experiment with water currents, build dams, and make mini-rainstorms. This hands-on experience helped them understand the water cycle and how water flows in nature.

Creating egg drop baskets was also an unforgettable experience for the kids. This project combined creativity with problem-solving, as the kids had to think carefully about how to cushion their eggs to prevent them from cracking. To start, each student was given a variety of materials—cotton balls, bubble wrap, straws, tape, and small boxes. Some students opted for thick layers of padding, while others constructed parachute-style devices to slow the fall. Once the baskets were built, it was time for the big test. Each student held their breath as their basket, with an egg inside, was dropped from a high platform. Cheers erupted every time an egg survived the fall, and even the ones that cracked sparked laughter and curiosity about what could be improved next time. This activity taught the kids about gravity, engineering, and resilience—learning that sometimes things break, but there's always a chance to try again.

By the end of the day, each student left with a deeper appreciation for science and nature and a head full of fun memories. It was a day filled with discovery, excitement, and a greater understanding of the natural world around them.



Second-Graders Learn Vocabulary and SEL Skills Through Hands-On Tie-Dye Project

By Angela Moulton, Second Grade Teacher

Learning vocabulary and SEL skills does not have to follow a traditional lesson plan. Students in Angela Moulton's second-grade classroom learned the words wringing, twisting, dripping, and soaking. They also practiced the SEL skills from the Second Step of being respectful, taking turns, focusing attention, and listening. Students shared strategies and techniques and got ideas from each other.

What were they doing, you may be asking? They learned the process of tie-dyeing using powdered dye and ice. In the classroom, they learned and got first-hand experience with the vocabulary. They also decided which creation method to use—a twist, crumble, or strategic rubber banding to make stripes. Many students partnered up to share the twisting and spiraling. They also modeled different ways to create a tie-dye pattern for each other. Outside in the courtyard, students had to take turns navigating to adults to ask for the colors they wanted to use to finish the look. They practiced patience, waiting 24 hours to reveal their finished product. The look on their faces of pride as their projects were untangled and displayed was brighter than any star in the sky.

This would not have been possible without the help of many adults and Isaiah Donaldson's sponsorship of the project. The students will hopefully carry this hands-on learning experience into other work that requires focused attention, taking turns, and sharing ideas.



Want To Learn How To Cross-Country Ski This Winter?

The Catamount Trail Association is hosting Ski Cubs! Ski Cubs is a free learn-to-ski program open to students with no prior skiing experience that might not otherwise have the opportunity to learn. For Winooski residents, we provide a bus from the O'Brien Community Center to trails at Catamount Outdoor Family Center. This six-week program takes beginner students through a skills progression curriculum by knowledgeable, friendly, and supportive volunteer instructors, with all costs covered for participants. If you have any questions, please call our office at 802-864-5794 or email outreach@catamounttrail.org. For more information and to sign up please visit the following form: <https://forms.gle/3vnf5i1rTSRXz4XH6>



Socktober 2024

By Daviah Lawrence, Ethnic Studies, Justice & Belonging (K-5) Teacher

During the month of October, our Ethnic Studies, Justice, and Belonging (ESJB) classes at JFK Elementary School led a sock drive to support our school community. Over the first eight weeks of the school year, students explored what it means to be part of a community, discovering their unique roles and the importance of giving back. This service project was a meaningful way to wrap up our community unit, as students put their learning into action.

I am proud to share that we collected over 150 pairs of socks for our school necessity store. The students were genuinely excited and empowered by the opportunity to make a difference within their own school community. They experienced firsthand how acts of kindness and service can unite and uplift those around them. The enthusiasm they brought to this project has inspired us to make this an annual tradition at JFK Elementary, fostering a culture of compassion and community engagement for years to come.

A Monarch Day

By Lisa Italiano, Winooski Middle School Reading Specialist

Note: Maeve Poleman, an 8th grade math teacher, is on leave this year. Lisa Italiano is leading her advisory team, the Monarchs, in her absence.

Before Ms. Maeve left for her year of travel, teaching, and study, she left us with a small parting gift. It was a jar. The jar had a note. The note said, "Please do not bump. Monarch Chrysalis. Metamorphosis is happening." We forgot about it, and the jar sat next to Ms. Mason's desk for a few days. Then, Ms. Mason, Ms. Maeve's substitute for the year, said, "You might want to take a look at your jar. I think something is happening."

Sure enough, when we got the jar and looked, the butterfly was hatched and trying to escape. The students were excited. We quickly made a plan. They asked: "Can we take it outside? Can we watch it? Can we stay outside?" Yes, yes and yes. It was a beautiful day.

As we sat watching the Monarch begin its butterfly journey, the butterfly, by now named "Maeve Junior," took off in flight and landed right in Ms. Italiano's hair, which was exciting enough, but then it crawled directly onto Ms. Italiano's face!

Brave and gentle, Erin removed the butterfly from Ms. Italiano's face. "You look kind of scared," the kids said. Erin carefully walked toward the backfield with Maeve Junior balanced on her finger. Then, Maeve Junior launched from Erin's finger, flew over and landed on Ricky's sweatpants. This time, Lemar, brave and gentle, removed the butterfly from Ricky's pants and held it for a minute or two. We then decided to try to let it rest on a plant or branch, and Lemar succeeded in putting it on the ground among some plants. Then, just as we were returning to advisory, it lifted off and flew away.



It's a THREE-PEAT!

By Miriam Greenfield, Director of Communications

The Winooski High School boys' soccer team won their **third consecutive Vermont Division 4 Championship title!** Trailing 2-0 at halftime, they rallied with HEART, grit, and determination to secure an unforgettable 4-3 victory in overtime.

A special mention to Oliver Mathys-Vallario for his hat-trick, scoring three critical goals. This team's unity and spirit of perseverance are truly commendable.

We extend our heartfelt thanks to the fantastic coaches, families, friends, students, and staff. Your unwavering support was vital, and the team's victory is a testament to our strong community bond.

Cultivating Pathways of Engagement

By Miriam Greenfield, Director of Communications

Community engagement is a key component of the Flexible Pathways and Work-based Learning activities at Winooski MHS.

Jess Handrik, Flexible Pathways/Work-based Learning Coordinator, has been collaborating with local organizations to create fresh opportunities with both long-term and relatively new partnerships and programs. The idea is to cultivate pathways of engagement on-site at school and in the community. Organizations are welcomed to Winooski High School during Career Cafe sessions held during Advisory “choice days” to inform students about current and future employment opportunities, summer programs, and other career exploration opportunities such as after school clubs. For example, UVM Larner College of Medicine is investing in our student’s futures by welcoming students to attend the Health Heroes workshops (in collaboration with UVM 4-H Extension) on-site at Larner, and they presented at a recent Community Meeting to announce future Health Heroes workshops at Winooski High School.

This way, our partners are meeting students where they are – and removing transportation barriers – while also creating space for students to visit the real-world setting of the college and the medical center. Similarly, Global Foundries is investing in our student’s future by welcoming us to their annual Manufacturing Day and by supporting the participation of one of their engineers, Lucy White, to run an afterschool program, STEM Career Discovery Club, here at the school every Tuesday. Representatives from their Human Resources team, as well as the community liaison from Vermont State University, have visited our Career Cafe to ensure our students know the apprenticeship opportunities available to graduating seniors. Jess is always looking to make connections and leverage our partnerships for optimal collaboration and impact on students.

For example, while the activities with Global Foundries have been taking shape, Jess has continued to pursue the possibility of Winooski High School joining the First Robotics Community, of



As students explore their opportunities to engage in Flexible Pathways and in Work-based Learning, these community engagements expose them to the possibilities so that they can make informed and engaged choices about how they can use their time in high school to explore and plan for their futures

which Global is a sponsor. Through engaging with the Green Mountain Robotics team and the UVM Department of Electrical and Biomedical Engineering, we have two committed adult mentors and a seed grant from First to launch a First Technical Challenge team in January! This is the first step to a full First Robotics Team in the future. We’ll be visiting the UVM Electrical Engineering lab as well.

Thank you, First, Global, and UVM, for this opportunity and

investment in our student’s talent. Another cross-partner collaboration is with Vermont Youth Conservation Corps and UVM Rubenstein School of Environmental Science. Our students have visited the school and participated in Farm Volunteer Days and the paid summer Food & Farm program. The school recently invited Jess to attend a meeting to discuss student recruitment and invited her to bring any community partners relevant to the topic. Jess brought VYCC along, and we discussed collaborations to open up experiences and opportunities for students in the environmental field.

We also engage locally with our city municipal departments and business owners through visits to Winooski-based organizations and by hosting their visits to our Career Cafe and the Career Awareness

& Exploration class to conduct informational interviews. The owners of Chicken & Oyster/Misery Loves Company and Vermont Curry & Cocktails have engaged with the Career Awareness & Exploration class.

What does this all have to do with Flexible Pathways and Work-based Learning? As one of our community partners recently noted, “You can’t pick from what you don’t know.” As students explore their opportunities to engage in Flexible Pathways and in Work-based Learning, these community engagements expose them to the possibilities so that they can make informed and engaged choices about how they can use their time in high school to explore and plan for their futures – and to close experience gaps so that they can make informed choices about their options.

SCHOOL MENUS • DECEMBER

JFK ELEMENTARY LUNCH

Lunch Entree Chicken Ranch Flatbread Cheesy Flatbread Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Steamed Broccoli Daily Salad Bar	Lunch Entree BYO Burrito Bowl Southwest Crunch Salad Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Fire Roasted Black Beans Pico de Gallo Daily Salad Bar	Lunch Entree Chicken Parm Sandwich Grilled Cheese Sandwich Turkey & Cheese Melt Vegetables Buttered Parsley Potatoes Daily Salad Bar	Lunch Entree Teriyaki Chicken Teriyaki Tofu Roasted Chicken Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Green Beans Veggie Stir-Fry with Ginger Daily Salad Bar Grains Asian Noodles Brown Rice	Lunch Entree Chicken Tenders Cheese Pizza Sunbutter & Jelly Sandwich Meal with String Cheese Chef Salad with Turkey Vegetables Chili Roasted Sweet Potatoes Daily Salad Bar
Lunch Entree BBQ Chicken Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Vegetarian Baked Beans Daily Salad Bar Roasted Mashed Potatoes Grains Whole Wheat Dinner Roll	Lunch Entree Nacho Bar Greek Chicken Wrap Vegetarian Chef Salad Vegetables Pico de Gallo Daily Salad Bar Taco Bar: Seasoned Pinto Beans	Lunch Entree Grilled Cheese Sandwich Meatball Marinara Sub Chicken Caesar Salad Turkey Sandwich Vegetables Daily Salad Bar Tomato Soup	Lunch Entree Beef Shepherds Pie Vegetarian Shepherd's Pie Southwest Crunch Salad Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Glazed Carrots Daily Salad Bar Grains Whole Wheat Dinner Roll	Lunch Entree Jerk Chicken Drumstick Cheese Pizza Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Steamed Broccoli Daily Salad Bar Grains Rice Pilaf Whole Grain Corn Bread
Lunch Entree Beef Cheeseburger Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Roasted Potato Lettuce & Tomato Daily Salad Bar	Lunch Entree Loaded Baked Potato Chipotle Chicken Soft Tacos Southwest Crunch Salad Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Fresh Roasted Broccoli with Garlic Pico de Gallo Daily Salad Bar Grains Whole Wheat Dinner Roll	Lunch Entree Curry Chicken Curry Chick'n Cheese Pizza Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Green Beans Daily Salad Bar Grains Brown Rice	Lunch Entree Spaghetti with Meatballs Meatless Meatball Marinara w/ Spaghetti Chicken Caesar Salad Buffalo Ranch Chicken Sandwich (Scratch) Vegetables Calabacitas con Elote (Squash with Corn) Daily Salad Bar	Lunch Entree Hot Honey Glazed Chicken Thigh Honey Glazed Chick'n Roasted Chicken Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Vegetarian Baked Beans Daily Salad Bar Grains Rice Pilaf
No School	No School	No School	No School	No School
No School	No School			

Note: ALL MEALS ARE FREE for all students.

At every meal, assorted fruit is served, and low fat milk or fat free chocolate milk is available.



Letter from the Mayor

By Mayor Kristine Lott | klott@winooskivt.gov / 802 766 1988

Hello, Neighbors.

Last month, the Winooski City Council and Winooski School Board held our annual joint meeting. This is one way the city and school leadership collaborate and use the opportunity to discuss our progress and needs. The City Council shared our 2024-2025 strategies and priorities - if you're unfamiliar with them, please view them on our website at winooskivt.gov/council. The School Board presented its efforts to measure performance against their "Ends Statement" and current data that shows overall improvement across state test scores in most areas and grades - a higher rate of improvement than the statewide average! This improvement was attributed largely to federal COVID relief funding which carried through to the recent school budget. It was great to see such a return on investment. The City and School share concerns about housing, public safety, social services, and education funding. The City Council is preparing to send our concerns and priorities to our state legislators before the session starts in January, where state-level support continues to be crucial in Winooski. The City and School continue to be grateful for our residents' dedication to improving the community while we're also mindful of the



affordability challenges everyone faces moving into our annual budget cycle. We encourage everyone to weigh in during our annual budget meetings, which begin this month. On the topic of housing, we've made updates to the City's Home Improvement Program, which is part of the Winooski Housing Trust Fund. Owners of single-family homes and multifamily properties that meet the definition of both private (not rented to the public) and public (rented to the public) housing units are encouraged to apply for this program when rehabilitating properties due to minimum housing code violations, energy efficiency upgrades, or ADA accessibility modifications. These updates are designed to reduce barriers to access and increase housing quality in

Winooski. To learn more, please visit winooskivt.gov/housing. Speaking of which, the Housing and Planning Commissions are working on amendments to our land use regulations that would include Inclusionary Zoning, which may preserve and encourage the development of new affordable units. Be sure to join us for the public hearings related to these changes to weigh in! You can sign up for our meeting notices and news updates at winooskivt.gov/news.

From Your Local Representative

By Representative Daisy Berbeco

As 2024 comes to a close and the legislature begins a fresh biennium, there are some themes that seem to be top of mind in Winooski and will carry over to the State House the coming year: stabilizing public transportation, health and wellness, and affordability. Vermont is quickly becoming more unaffordable. The way we fund our schools was changed a few years back and just implemented this year so after receiving our tax bills, many of us feel it needs to be revised again! I'll be working with Superintendent Chavarria to advocate for a new formula that maintains the elements Winooski directly inspired in Act 127 (i.e. supports for multi-language learners) that are absolutely essential for success of our students. I'll also be supporting the wealth tax bill again to increase taxes on the wealthiest Vermont residents and raise state revenue to reduce cost burdens on low and middle-income families. These are just a couple of examples, with many more to follow as bills are introduced the first month of legislative session.

This year the Green Mountain Transit (GMT) is starting the first of three phases of cutbacks to improve long term availability of bus services—but impacting riders in the short term. The City of



Representatives Taylor Small (left) and Daisy Berbeco (right)

Winooski may be asked to contribute funds to an assessment that will inform decisions at GMT, and the legislature will likely be hearing requests from GMT to create a new public funding mechanism for transportation providers in the state, which would mean raising taxes somewhere. What do we think? When I talk about health and wellness I'm talking about the full spectrum of body, mind and social needs that we all require to thrive. Our system of care goes beyond the walls of the Winooski Health Center and includes hospitals, specialty and private providers, regulators, payors, associations, federal agencies and funders. You'll hear a lot the coming year about transitions as we work together to shape sustainable ways to get care as quickly and affordably as possible. We try to stay cutting-edge in programming, responsive to regulators and

supportive of clinicians while keeping people's experience at the center of decisions we make about changing our system of care. The reality is that our federal partners are facing tough changes ahead, which will put state policy makers in a position to ensure needed protections are codified, as we did with gender affirming care and reproductive care. If you have any questions at all about specific concerns, please reach out to me.

COMMUNITY SERVICE PROGRAMS



Recreation and Parks

802-777-1621 | recreation@winooski.vt.gov
winooski.vt.gov/recprograms

Registration for winter programs is open! Visit winooski.vt.gov/recprograms to sign up and learn more.

YOUTH

Youth Climbing

Ages 5–8 | Tuesdays, October 29–December 17
Ages 9–13 | Wednesdays, October 30–December 18
Ages 5–8 | Tuesdays, January 7 – February 18
Ages 9–13 | Wednesdays, January 8 – February 19

First Robotics Explore

Grades 2-5 | Mondays, November 4 – December 16
Grade 3-6 | Mondays, January 6 – February 17

Youth Basketball League

Grades K-2 Clinic | Saturdays, January 4 – February 15
Grades 3-4 Teams | Weeks of January 6 – February 15
Grades 5-6 Teams | Weeks of January 6 – February 15

Very Merry Theatre

Grades 1-7 | Mondays, January 6 – March 24

Skateboarding at Talent Skate Park

Grades 3-8 | Thursdays, January 9 – February 20

ADULTS

Yoga Vinyasa Flow

18+ | Mondays, November 4 – December 16
18+ | Wednesdays, November 6 – December 18

Holiday Ukulele Lessons

18+ | Mondays, November 25 – December 16

EVENTS FOR ALL

Holiday Ukulele Sing Along Jam Session

All ages | Monday, December 16



Winooski Memorial Library

32 Malletts Bay Avenue | 802-655-6424 | library@winooski.vt.gov
winooski.vt.gov/library

Open Tuesday, Wednesday, Thursday: 10am - 5pm

Friday: 10am - 4pm

Closed Saturday, Sunday, Monday

Hours subject to change – visit our website for current hours

Drop-in programs:

YOUTH

Library Playgroup | Birth & up | Tuesdays | 10:30am

Pokémon Club | Ages 8+ | Wednesdays | 3:30pm

Weekly Storytime | Birth & up | Thursdays | 10:30am

Lego Club | Ages 4+ | Thursdays | 3:30pm

ADULTS

Monthly Book Group | Ages 18+ | Tue, November 26 | 6pm

Free Veggie Distribution

Join us on Wednesday, December 11th from 3:30 – 5:30pm for our monthly veggie distribution in partnership with The Intervale Center. Bring your own bag; first served basis.

Restored Services

Good news! The library is currently reopened in our regular space and full services have been restored for the community! Join us for regularly scheduled youth and adult programming, access to public Wi-Fi, computers and printing services, browse the collection, or just stop by to say hello! Check our website at winooski.vt.gov/library for current hours.

COMMUNITY SERVICE PROGRAMS



Winooski Senior Center

123 Barlow Street | 802-655-6425

seniorcenter@winooski.vt.gov

winooski.vt.gov/seniorcenter

Open Tuesdays, Wednesdays, and Thursdays from 9am – 12pm

TUESDAYS

New American Community Connections | 10am–1pm

No Program on December 24

WEDNESDAYS

Grab-n-Go

10am–12pm | 60+ | \$5 suggested donation

Nutritious takeout meals from AgeWell

Call to RSVP by 12pm the previous Thursday

No Meals on December 25 and January 1

Breakfast Café

9am–11am | Priced by donation | Drop-in

Enjoy freshly made breakfast sandwiches, fruit, and drinks

No Program on December 25 and January 1

THURSDAYS

Sit Down Community Meals

12pm | 60+ | \$5 suggested donation | Call to RSVP by 12pm the previous Thursday. Healthy sit-down lunches from AgeWell

No Meal on December 26

SPECIAL EVENTS AND PROGRAMS

Holiday Party & Sing Along | Thursday December 19 at 12pm

Music by Jazzou Jones \$5 suggested donation, RSVP by December 12

Bone Builders Exercise | FREE | Monday & Wednesday | 2 – 3pm

Meals on Wheels Please call AgeWell at 802 863 0360 for eligibility. Volunteers are always needed!



Thrive After School

Thrive After School is a state-licensed childcare/enrichment program. Through our partnership with JFK Elementary School and the Winooski School District, we seek to build a community where children can explore, learn, and grow during their after school hours while providing a safe place for children. This program is perfect for caring adults who support working families. Our daily structure provides children with opportunities to expand on the learning that takes place during the school day and allows them to explore and grow through play-based, hands-on learning. We have opportunities for outside time and other gross-motor play, imaginative play, STEM learning, art, literacy, skill-building activities, and exploring hobbies and interests. We also use this time in our program community to guide children's social development with the language of Social Thinking as used during the school day, allowing children to practice what they have been learning socially in their classrooms.

To learn more and sign up for the 2024-2025 season, please visit winooski.vt.gov/thriveprograms.



Scan the QR code to learn more about
and sign up for anything on these pages!
winooski.vt.gov/programs

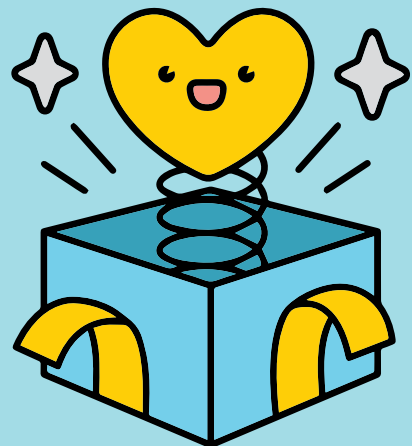


2024 Winter Season

Winooski Senior Center (123 Barlow St.)
10am - 2pm, every Sunday, Nov 10 - Dec 29



★
Winooski
HOLIDAY
POP-UP SHOP



★
THURS DEC 5 5-9PM
★

Winooski Partnership for Prevention

By Kate Nugent, Executive Director



Coalition Meeting Re-cap

On November 7, over 15 students, WPP staff, and school and community leaders gathered at the Winooski School Library to celebrate the hard work of the community in addressing substance use as well as look at recent data about how things are going in Winooski and Vermont. Some salient points include:

- over half of students feel that using any substance would be risky for them
- about three quarters feel their parents would not want them to use substances
- Winooski students are also using substances at lower rates than their Vermont peers, with the exception of electronic cigarettes (“vapes”), of which they are using more

These are some good signs for youth substance use rates in Winooski, as they can predict less future use. One way that the coalition discussed to keep students healthy and make it so they are less likely to use substances was to make sure they attend school regularly. If you need help getting your children to school regularly, please reach out to the school directly or the WPP and we may be able to help you find the right person or resource.

Above the Influence with Mukhtar Abdullahi continues, along with other volunteer and recreational opportunities, this fall. Please see Mukhtar at school to learn more!

It's back by popular demand! OK, well, it's not the same exact film, but the latest *Screenagers* Elementary Edition is about screens and elementary school children and what we can do to try to help them get the educations they all want and deserve.

Another way to support healthy youth development:

The Screenagers Blog: it's full of practical, timely and most importantly, reliable information to help parents get answers around some of the most challenging things facing their teens and preteens. For example, you might find this article, excerpted below, especially relevant if you've hear the latest ads promoting what we've been calling Baby Instagram: screenagersmovie.com/blog/dissecting-instas-new-teen-accounts

Questions to get the conversation going with your group or family:

1. What do we think about these changes?
2. What are your thoughts on the idea that parents bear most of the responsibility for managing tech use rather than tech companies implementing stronger safeguards?
3. Do you think Instagram's new Teen Account features (like time management tools or privacy protections) are enough to make a real difference, or are they just surface-level fixes?
4. What changes or additional features would better help kids balance tech use with other aspects of life, like after-school activities or sleep?

Winooski Food Shelf

Winooski residents may access the food shelf one (1) Wednesday and both Saturdays.

Wednesday, December 4	1pm – 3pm
Saturday, December 7	9:30am – 11am
Wednesday, December 11	1pm – 3pm
Saturday, December 21	9:30am – 11am

Where to find us: We are located at 24 West Allen Street inside the green United Methodist Church. Our phone is 802-655-7371.

Volunteers needed: Please reach out to us at our e-mail: winooskifoodshelf@gmail.com. We need volunteers to pack produce boxes and pantry staples. We especially need help the third Wednesday of each month at 9am to help bring inside and shelve the food dropped off by the Vermont Foodbank truck.

Mental Health and Celebrating Sober This Holiday Season

By Paul Detzer, Development and Communications Engagement Manager

Winooski residents can now access Howard Center's **Mental Health Urgent Care** (MHUC). MHUC helps adults facing a mental



health crisis—whether you're feeling overwhelmed, deeply anxious, or experiencing thoughts of suicide. Located at 1 South Prospect Street in Burlington, MHUC offers immediate, walk-in care Monday through Friday, 9 a.m. to 5 p.m. For 24/7 assistance, Howard Center's First Call for Chittenden County is available at 802-488-7777 or you may call or text Pathways Vermont warmline 833-888-2557.

MHUC can provide a supportive environment for those navigating mental health challenges during the holidays, offering immediate assistance when you need it most. While MHUC is available for mental health support, Howard Center also offers resources for those looking to celebrate sober this holiday season.

This month, we're encouraging community members to “Celebrate Sober.” Through this initiative, we offer tips and resources to support those choosing a substance-free holiday celebration, from establishing boundaries and preparing for challenging moments to connecting with supportive communities. Howard Center's services can help you celebrate sober by offering various substance use treatment options, such as harm reduction and outpatient counseling. Recovery is possible, and Help is Here.

Howard Center helps people and communities thrive by providing supports and services to address mental health, substance use, and developmental needs.

howardcenter.org | 802 488 6000



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*, 802-238-0089, rmillar@wsdvt.org
Kamal Dahal, *Vice President*, 802-310-2821, kdahal@wsdvt.org
Isaiah Donaldson, *Secretary*, 802-999-8410, idonaldson@wsdvt.org
Elom Kpessé, 802-324-9431, eessiba@wsdvt.org
Nicole Mace, 802-363-7777, nimace@wsdvt.org

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 @WinooskiLearns

   FOLLOW US ON SOCIAL MEDIA We are @winooski.vt