

ALSO INCLUDES 8 PAGES OF
Community News!
STARTING ON PAGE 12

celebrating Our Achievements!



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Winooski Educational Center

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Author Tracey Campbell Pearson Visits JFK

By Matt Gile

Tracy Campbell Pearson, author and illustrator of more than 30 books, visited JFK to talk to our students recently. Tracy shared the long but rewarding process of publishing a book, a journey that starts with an idea. Sometimes that idea comes from an experience in her own life, like losing her favorite book, which was the start of her book *Elephant Story*. Sometimes she's inspired by others, like when she illustrated the classic Robert Lewis Stevenson poem *The Moon*. Students heard about the many 'dummies' (a mock-up of a picture book in black and white sketches) she made while writing her book *Bob*. Students held up one of the dummies and it stretched across the stage! Tracy talked about seeking input from her editor, friends, and colleagues, and that at every step she needs to revise, revise, revise! And her work is not done until she loves, loves, loves the book! It was a powerful message for our students; an acclaimed author and student of Maurice Sendak needs persistence and help from many people before her idea can become a book.



Students hold up a 'dummy' (mock-up) at Tracy Campbell Pearson's presentation.



Tracy Campbell Pearson reads to a JFK preschool class.



JFK student Ariska Gurung checking out a new book donated by CLiF!v

Tracy's visit was made possible by JFK's Year of the Book grant from the Children's Literacy Foundation (CLiF), who also provided \$2,000 of new books for the JFK Library and for the Winooski Memorial Library!

More awesome CLiF events are planned: Local poet Rajnii Eddins will be doing Slam Poetry with our students in March, we will have a family literacy dinner in April, and our next program will be a weeklong Storykeepers workshop with Natalie Kinsey-Warnock in January. At each of those events students will get to choose 2 new books.



Preparing for the Future!

By Sean McMannon,
Superintendent of Schools

Winooski School District is a complete school system under one roof, serving Grades Pre-K through Grade 12. Currently, the school has approximately 865 students and is projected to grow in the future. The current building is approximately 140,000 sf, and was built in six notable stages from 1957 through 2000.

Brief History

The original Winooski High School was built in 1957 and has a mixture of concrete block walls and steel structure, aluminum windows, and a brick veneer. The classrooms and major spaces are heated with unit ventilators. In 1964, JFK Elementary School was built on the same parcel of land and the construction was similar to the high school. In 1969, a significant addition of classrooms was added to the 1964 School.

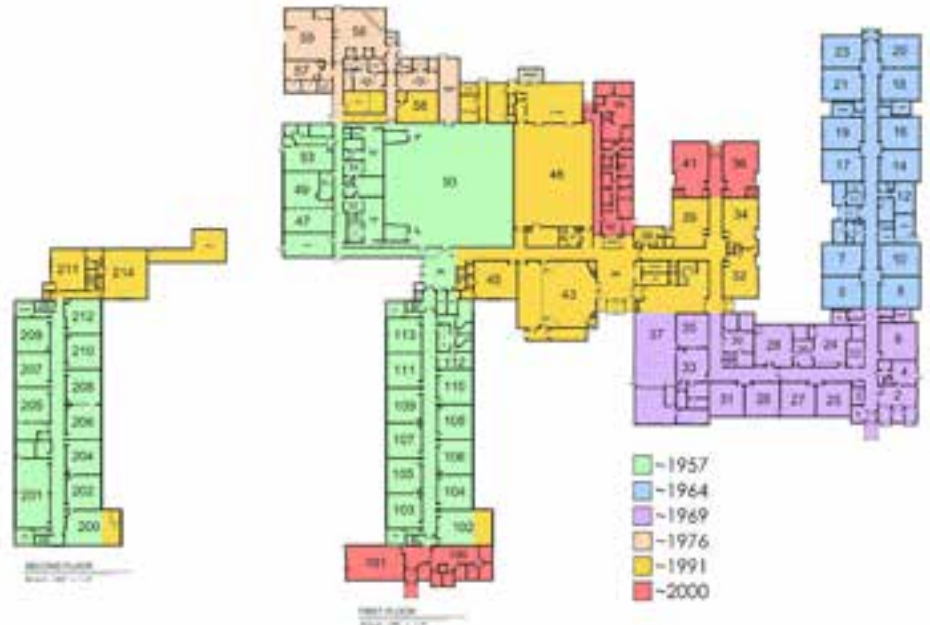
In 1976, a large addition was made to the northeast corner of the school which included spaces for a vocational school program, including a metal shop and multipurpose room, as well as a second set of locker rooms. The 1976 addition was the first one to incorporate building insulation in the walls.

Another large addition was constructed in 1991. This addition stitched together the high school and the elementary school and included an auditorium, as well as a kitchen and cafeteria/multipurpose room. The final major addition was in 2000, and included several expansions of office and support spaces, as well as two additional classrooms.

Challenges

Overall, the structure is sound, but the spaces and finishes are showing their age, as many of the finishes and major systems are either original, or were installed or replaced in 1992 and 2000. By the time they are updated, even the newer additions will be 20 to 30 years old, which in most cases, is at or beyond their expected lifespan.

The window units throughout the project are double-glazed, but fall



well short of meeting current energy codes. The windows are aluminum and contribute to occupant discomfort as well as being leaky and contributing to excessive use of energy for space heating and cooling.



The building envelope is poorly insulated and air-sealed by today's standards. Roofing is past end of usable life, replacement of all areas recommended due to age and deterioration.

Some parts of the building still have



original HVAC units and controls, most notably in the gymnasiums and PAC. The original units in the Gym are now 60 years old, and the units serving the Auditorium and Cafeteria are approaching 30. According to the American Society of Heating, Refrigerating and Air-Conditioning (ASHRAE), the expected lifespan for commercial HVAC equipment is 20 years, when properly maintained and cleaned annually. While some of these systems





continue to function, they are well past their usable life, are likely operating at low efficiency, are not energy efficient and in some cases, do not supply sufficient fresh air ventilation. In addition, many storage spaces have been retrofitted to become occupied spaces, but were never supplied with any fresh air ventilation, which the code requires.

The lighting systems in use were installed in 1991, are outdated, past their expected lifespan, and do not provide high quality or efficient light. The system likely does not meet current energy codes.



In the case of finish materials, there are many areas, such as flooring and ceilings throughout JFK, that are worn out, discolored, or the material itself is failing. The flooring in the cafeteria is not suitable for athletic activities. Also, we have observed widespread use of Vinyl Composition Tile (VCT) which is a very inexpensive flooring material to install,

but which has perhaps the highest cost of maintenance of any commercial flooring system.



Findings

While the majority of the building structure and site are sound and can remain in use without significant expenditure, there is a significant number of deferred maintenance and code upgrade items that should be addressed as part of any significant building project, including building envelope, lighting, mechanical, and plumbing systems upgrades. In many areas, the majority of these systems and the space finishes will need to be replaced in the near future and certainly within a 20-30 year bond period.

The bones of this building are serviceable, but there are many improvements or system replacements that are overdue now or will be needed over the next 5-10 years. Given the scope of the needed improvements, a bonded



capital improvement project would be an effective way to holistically address the building needs and provide a healthier, safer, more energy efficient learning environment.

Conclusion

In the spring of 2016 the school board provided an initial investment from the Capital Reserve Fund to conduct a feasibility study which is an assessment of the practicality of a proposed project. Basically, we had an engineer work with our Facility Supervisor to determine

the overall system needs (e.g. HVAC, security) and where and how we could add additional space. Following this study we started a WSD Capital Project Committee (CPC) made up of stakeholder representatives and partnered with architecture and interior design firm from Burlington, TruexCullins.

Managing Principal David Epstein and Associate Cam Featherstonhaugh from TruexCullins guided our committee through a comprehensive process to determine our needs, produce designs and communicate the possibilities to the broader Winooski community.

The WSD Capital Project Committee (CPC) presented two options to the school board last month and will be developing a community engagement plan to share the options and get community feedback from January through April 2019 with a possible bond vote in May 2019.

Please note that much of this information has been taken from the 110-page Facility Evaluation Report completed by TruexCullins (Architects and Team Leaders), Engineering Ventures (Civil + Structural Engineers), LN Consulting (MEP Engineers) and Vermeulens (Cost Estimating Consultants).

Thank you for working with WSD to benefit our students!

School Board Update

By Mike Decarreau, Board of School Trustees President

Welcome to winter. As we move through the school year we are staying busy from a Board perspective. We have had an initial budget meeting to set the starting point. The Leadership team has presented their full list of needs based on the district meeting our ENDS objectives. They will then set a prioritized list of needs based on their collective assessment of what gives the best return for our community's investment. The Board will then decide on the level of spending that we believe we, as a community, can support. The Board would like to invite anyone who would like to join in these discussions to please do so. The more involvement from you the better our decisions will be.

Two items play into the budget discussions that make this a real challenge. First, we are in a negotiations cycle with both the teachers as well as the support staff. With the state taking on the

health care component in 2020, we will be likely be negotiating a single year contract. The challenge here is that we will likely be done setting the budget before we finish negotiating. This creates a bit of blind budgeting but our business office staff is well versed in these variables.

Second, one critical piece of our budget information is the revenue side. We can control the costs, for the most part, internally. As for the question of what the state will send back on the revenue side, we will not know that completely until the legislative session concludes in May. This is a full two months after we have a vote on a budget. It has always amazed me that we can set a budget, vote on it as a city then two months later have the final pieces come together.

Another piece that we have been working on is our capital plan for



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We are the future.

reorganizing and expanding the space in our school. Our growing population and the make-up of it is showing real signs of strain within the current structure. We will have several communication sessions as well as other avenues to describe what we are looking at in the near future.

Finally, as we move toward the end of another calendar year I would like to petition again for anyone that has an interest in running for the school board and would like more information to please contact me. I would love to talk to anyone about our governance model and how we operate as a board. We have 2 seats up for election every year and this year we will have one member not returning. If you are interested and would like more information please give me a call at 802-310-4032.

CITY AND SCHOOL ANNOUNCEMENTS

CITY OF WINOOSKI

All-Resident Voting Charter Change Committee

The City of Winooski is currently seeking applications for membership on the new **All-resident Voting Charter Change Committee.**

Winooski City Council voted on 10/1/18 to establish this committee, who will examine options to present voters with a charter change that would enable non-citizen residents to vote in our municipal elections. The All-resident Voting Charter Change Committee will be responsible for conducting public outreach to the community, including information sessions, forums, direct outreach, and more.

Interested in joining? Sign up today: winooskivt.org/all-resident

Questions? Email Councilor Eric Covey (ecovey@winooskivt.org) or Councilor Nicole Mace (nmace@winooskivt.org).



Many Thanks

By Linda Gregoire

Winooski Dollars for Scholars is so grateful for the community support received at the Calcutta hosted by the RVA this past month.

We truly appreciate the many donations received and the team of volunteers we had to make this event memorable. We are proud to announce our anniversary of 25 years! Save the date for our next event on Saturday, **December 1st** at the school for the **25th Annual Train Show.**

We hope to see you there!



Miss a School Board Meeting? Watch it Online!



Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

Join us for Holiday Music!

By Sr. Pat McKittrick

The Winooski Community Chorus celebrates 10 years by singing some of their favorite holiday music from over the years. Please join us to get in the Christmas spirit!

- Sunday, December 9th 2:30 PM
- Our Lady of Providence, 47 West Spring Street
Winooski, VT
- Free admission. Donations accepted.
- Please bring a non-perishable item for the food shelf.

Friday Coffee Hour at the OCC

By Sr. Pat McKittrick

Please join us at the O'Brien Community Center, every Friday from 9AM - 11 AM. Neighbors join together to share coffee and pastries from Starbucks. We also provide tea, hot chocolate, oatmeal, fruit and juice. This is a free event to allow us to come together and enjoy a break from daily activities, an opportunity to make new friends.

On Dec. 7th and 14th, drop in to the O'Brien Community Center to write a holiday card. Cards and card-making materials will be provided.

On Dec. 14th, we will have a surprise feature. Stop in and see! For more information contact Sr. Pat at 847-6534 or pat.mckittrick@uvmhealth.org



Resident? Visitor?
Love Winooski?

visit winooski.vt.org/recsurvey



To help the City of Winooski better understand your wants and needs related to recreation programs in our community. Please share with as many friends and neighbors as you can!

Questions? Need a print copy? Email or call: recreation@winooski.vt.org / 802.777.1627

مركز ترفيه ورياضة المدينة في ويناوسكي
Winooski Recreation Center
100 West Spring Street
Winooski, VT 05402
802.777.1627 / recreation@winooski.vt.org

Community Clothing Giveaway A Success

Over 150 neighbors came out for the 3rd Annual Clothing Giveaway event on November 7th and 8th. Many were looking for clothing for their family, some were looking for specific winter items--but everyone found something they needed at the event.

Tables were piled high with gently used, donated clothing, and racks were filled with various garments ranging from wool coats and suits to winter jackets and snow pants. Shoes were lined along the wall under the racks, and bins overflowing with hats, scarves and gloves were set out for community members to browse through to find something that fit just right.

The event was organized by three community partners: the Winooski Memorial Library, Winooski Family Center, and the Winooski School District. Organizers Amanda Perry, Martina Kerkering and Jaycie Puttlitz worked hard for several weeks before the event planning volunteers and collecting donations. "The generosity of this community is truly astounding and something to be celebrated. So many donations were received from so many people and, now, shared with others" said Amanda Perry, Winooski Memorial Library Director.

"This event was successful due in large part to the many volunteers that helped us sort and fold clothing not just before before the event, but also during the event as donations continued to come in and as clothing on the tables needed



Above: Marathon Health volunteers folded hundreds of articles of clothing for the event
Left: Racks of garments stand ready for the event to begin

reorganizing," said Jaycie Puttlitz, Wellness Coordinator at WSD. "It is heartwarming and inspiring to see so many people donating their time, and giving to this community."

The organizers would like to recognize the following groups and individuals for their part in making this event successful: Marathon Health, WHS Culture and Community Capstone course students, UVM students (Robyn, Talia, Sam and Tracy), Karen Robair & Shalom Shuk, Karen Cote & Temple Sinai Vermont, Gadue's Dry Cleaning, Hiba Laaroussi, Lili Knutson, Olivia Miller, Tuomas Lappalainen, Melinda Tyler, and numerous community and school donors.



JFK Elementary Update

By Sara Raabe, JFK Principal

December at JFK means the annual Winter Concert. Each year, our music teacher and classroom teachers work incredibly hard with the students to put on a school wide evening performance. The entire school sings a few songs together, and each grade sings a song on their own. The performance is an evening performance that takes place in the gym.

This event is incredibly well attended and the gym is the only space that will hold all the families and community members that come to support our students. The acoustics in the gym mean that people who are talking in the audience can be heard by everyone. It years past it has been difficult to hear some of the performances. Keep in mind that each student has someone there to watch and support them, and side conversations takes away from the experience of others. Please support our students' hard work by showing appropriate audience behavior, and ensuring that all children that are not performing are well supervised. This way we can all enjoy their hard work!

The winter performance is **December 13th**. Students that are performing should arrive at 6pm, and be brought to their classrooms. The performance starts at 6:30.

We hope to see many of you at the performance. It is a wonderful event that brings the community and school together in a positive, supportive way.

Just Dance!

By Mag Thomas

It is hard to believe that our first session of JFK afterschool is over! It went by quickly.

During our first session, we had 12 students who danced away the afternoon once a week to songs with Ms. Johnson. They turned up the music and danced for an hour!

Each week they chose their favorite songs to dance to. They danced to a variety of songs and then created a graph to help keep track of their favorite songs. They all told me that they had a great time in the program!



JFK Elementary Represented at Regional Conference

By Sarah Forbes, Nancy Johnson, and Catherine Lavigne

JFK Elementary was well represented at the 2018 Northern New England Teachers to Speakers of Other Languages (NNETESOL) Annual Conference held at the University of New Hampshire on November 3, 2018. NNETESOL is a professional organization for teachers in the states of Vermont, New Hampshire, and Maine.

Sarah Forbes was inducted as the 2018-2019 President for NNETESOL. She also gave a presentation at the conference on "Developing Effective Project-Based Learning with English Language Learners," in which she shared strategies and resources for learning in the classroom. Ms. Forbes is an English Language Learner teacher for Kindergarten and first grade at JFK Elementary.

Nancy Johnson was awarded the Vermont Mainstream Teacher Grant. Ms. Johnson teaches first grade at JFK Elementary. She was recognized for contributing to the academic success of the English Language Learners in her classroom. Ms. Johnson works hard to support their learning, while maintaining



Left to right: Mrs. Catherine Lavigne, Ms. Nancy Johnson, and Ms. Sarah Forbes

high standards and encouraging academic and language development. She regularly seeks out translations for songs or greetings and teaches them to the entire class, which helps celebrate the diversity of our school.

Catherine Lavigne gave a well attended presentation at the conference on "Early Elementary English Language Learners: Speech Language Assessment for Special Education." She provided a summary of best practice assessment approaches that she uses when

distinguishing between language difference and language disorder with bilingual students who speak one of the many different first languages at JFK Elementary including Nepali, Somali, Mai Mai, Arabic, Swahili, and Vietnamese. Mrs. Lavigne is a speech language pathologist for preschool and Kindergarten at JFK Elementary.

December Update

By Kate Grodin, Co-Principal

This month middle school students will sign and hang their social contract for the current school year. Representatives from advisories have met as a General Assembly to bring forward the ideas of their constituents. The students take this seriously and have important revisions to last year's contract. These representatives will then present their proposed contract to their advisory and will work on it until there is total consensus from every student in the school. The idea for this work comes from the middle school's social curriculum Developmental Designs, which reminds us that the best

guidelines for the group are those that the group makes for itself.

The Winooski School District's mission statement and values (students will all be Honest, Engaged, Appropriate, Responsible, Timely) is the north star of all the work we do, yet we need to attach it to the daily experiences in classrooms. With a student-designed and agreed upon social contract that supports both the district's mission and HEART, everyone in the middle school can hold each other accountable. Additionally, teachers design daily learning with an academic learning target for the class as well as a HEART

learning target for the class.

In the middle school, HEART learning targets are assessed and then represented as "work habits" on the report card. WMHS believes these habits of work and learning are fundamental elements to success in learning. Intentionally teaching students effective work habits will pay off as students mature and become more independent learners. The message to students is: when you have HEART, you are a responsible and engaged learner, and you are doing exactly the right thing!

Growing Confidence and Well-being

By Nancy Keller

Since the beginning of September, eight students in grades 6 through 9 gathered every Monday to practice the martial art of Kempo-Jujitsu as part of Winooski School District's CCLC

Afterschool Program. Along with learning basic stances and strikes, students learned self-defense techniques and forms (or patterns) — choreographed sequences of movement that build coordination, power and balance. Students also learned the Kempo rules of doing their best, showing respect and practicing self-control. Research shows that by learning a martial art and, more specifically, by learning how to physically defend yourself, students, especially young girls and women, can build confidence, self-efficacy and increase their overall safety and well-being.

The Kempo-Jujitsu program concluded for the fall on October 29th with a field trip to Martial Way

Self-Defense Center in Colchester and a final lesson with 7th Degree Black Belt instructor, Sensei David Quinlan. Thank you, Sensei Quinlan, for volunteering your time to host and teach our final class, and congratulations to Fan Kai, Mathew Aikey, Damian Stoddard, Sklyer Stoddard, Ryan Charboneau, Hawa Mayange, ZamZam and Sherihan Abdulaziz for earning their belt stripe promotion this session!



gathered every Monday to practice the martial art of Kempo-Jujitsu as part of Winooski School District's CCLC





Hero Program Orientation

By Suzanne Skaflestad, 21C Director

The Health Education Resource Opportunity, also known as HERO held its informational orientation on October 26th in the Winooski cafeteria. Over fifteen high school students with an interest in medicine and health care attended the orientation to learn more about the opportunities within the HERO program.

HERO participants receive:

- Priority admission and a full scholarship to MedQuest Health Careers Exploration program for participants completing their sophomore year
- Scholarships to other health-related summer enrichment programs
- Job shadows in health care settings
- Health science field trip to Boston (weather permitting)
- Health professional certifications including basic first aid
- Personalized support for health career and college planning
- 3-day residential health careers exploration summit



The HERO Program is FREE and open to students in grades 9 through 12. Students and their families had the opportunity to complete their paperwork with the support of Abeer Al Zubaidy and Tul Niroula, liaisons from Winooski School District and interpreters from the Association of Africans Living in Vermont (AALV). Everyone in attendance enjoyed a delicious meal prepared by the Abbey.

The HERO program is made possible by the generous support and expertise from the Northern Vermont Area Health Education Center (NVTAEHC), whose mission is to educate and inspire students and professionals to improve the health of Vermont communities. The 21st CCLC Afterschool program works collaboratively with Carlinne Delima, NVTAEHC Health Careers Counselor to facilitate program delivery, student registration and communication with families.

Thank you NVTAEHC for bringing the HERO program to our students! It should be an exciting year of learning and exploration!



Varsity Boys' Soccer Team

By Coach Stephen E. Feiss

The WHS Varsity Boys' Soccer Team finished off a great season earlier this month. We had many fantastic accomplishments this year including **winning the NVAC Mountain League Championship** with a final regular season record of 13-1-0. We scored 109 goals while only conceding 19. We reached the State Quarter-Final and a very tough Vergennes team got the better of us with a late goal in the last 4 minutes of the game. There were also some very noteworthy individual accomplishments this season. Junior Lek Nath Luitel became the school's all-time goal scoring record holder and Senior Abbas Abdulaziz did the same for assists. We also had great representation on the all-star lists:

Lek Nath Luitel: All-State, Mountain League 1st Team and P.O.Y.

Abbas Abdulaziz: All-State, Mountain League 1st Team

Mowtes Ibrahim: All-State, Mountain League 1st Team

Bishal Limbu: All-State, Mountain League 1st Team

Milan Magar: All-State, Mountain League 1st Team

Aden Aden: Mountain League 2nd Team

Middle School Girls Soccer Team Brings Life to the Field

By Coach Chris Magistrale

The Middle School Girls school team did not win a game this year. But if one watched the way they practiced hard and engaged in the the game with energy and spirit, no one would know their record. The girls soccer team had a strong season this year in many aspects. The games were full of excitement, effort and intense energy that encased the whole field... "These girls finally learned how to spread out," coach Emmy said, overcome with joy. Even if you are not a hardcore soccer fan, it's said to be hard to go to a MS girls soccer game and not be excited as a spectator. The crowd feeds off the energy the team is giving them and it seems to be the same with the team getting energized by the crowd.

Rowyn, one of the 8th grade captains has some very uplifting words although the team didn't do as well as planned, "the season went pretty well. The team had its ups and downs but we learned a lot and we became much better teammates as the season went on... Everyone stepped up and even though we lost, there wasn't any weakness or flaws in our team chemistry. And of course the banquet pizza comes from Junior's pizzeria." The girls soccer team deserves a big round of applause (and an extra slice) for the efforts they put forward this season.

With every good team there are always students who rise to the occasion and achieve success. Dilly, another 8th grade co-captain, echoes Rowyn's opinion of the season. "We were a young team, and we had a lot of 6th graders, but I am proud of our growth and I have no regrets of being part of this team." Both Dilly and Rowyn plans to join the high school varsity or junior varsity next fall. And speaking of varsity players, on the final game of the season, the High School Winooski Girls Varsity came and observed, cheered and scouted for future teammates. It was a very uplifting end to the season!

Anyone looking to commit to the Middle School Girls soccer



Dhiraj Dhakal: Mountain League 2nd Team

JeanMarie Hatungimana: Mountain League 2nd Team

Thien Nguyen: Mountain League Honorable Mention

Anderson Vyizigiro: Mountain League Honorable Mention

Ahmed Aweys: Mountain League Honorable Mention

Thanks to all who supported us from both the sidelines and from home. We hope to see you all again next season. Go Spartans!



team next year, get ready for a lot of intense practices to get in shape and about 15 new friends! Though the the workouts are intense, 6th grader Alexis notes that one of the more important things about being on the team is showing up on time for practice, "Coach Emmy explained to me that it doesn't matter if you're the best player on the team, if you don't come to practice then you won't start in the games." Being on time to practice before the day of the game is especially important -- shall we even say -- mandatory.

Lastly, Dilly passes on this advice to students eager to join the team next year. "Coach M and Coach Emmy don't play favorites and everyone has to earn their spot on the team. Just come to the field with a positive attitude and a smile on your face. No matter how good you are at soccer, there's a spot for you and you will get better all season." A big thank you goes to out to all the student fans, teachers and parents who supported the team this season. And of course, special appreciation to Junior's Pizza in Burlington for donating the pizza for the end of the season banquet.

High School Advisory Update

By Lindsey Cox

Advisories have been busy in the first few months of the school year. There are four focus areas that make up the foundation for the advisory curriculum including: building relationships, academic advising and PLPs, college and career exposure/support, and building climate and community. Major activities, events, field trips and challenges have occurred in all areas.

In the area of building relationships, all high school advisories designed and went on their own team building field trips at the end of October. Activities included having a meal together, bowling, mini golf, breaking out of an escape room, and a ropes course. The advisory challenge was designing a flag that represents the entire advisory, working to cultivate stronger community within advisory. All 15 advisories designed amazing flags that now hang in the Performing Arts Center. The flag winner, as voted by the student body, was the Dunn advisory!



The Poquette Advisory participates in a Queen City Ghost Walk during their self-designed field trip

Academic advising and Personalized Learning Plans (PLPs) are the focus of advisory two days a week during one-on-one conferences between advisor and advisee. During the month of November, all 9-12th graders established a digital PLP, worked on 3 different activities designed to get students thinking about their learning styles, their support network, and the extracurriculars they engage with. At the end of November and all throughout December, students will be meeting with advisors to go through their pathway to graduation. They will look at the graduate expectations (GXs) and graduate proficiencies (GPs) they have already achieved and discuss what type of learning experiences will help students earn proficiency in the GPs they need to graduate. Also, the week of November 26, we held class meetings during advisory to discuss the proficiency-based system at Winooski, answer student questions, and talk about our Exhibition of Learning week in January (JanPo), where students get to demonstrate the learning they did during first semester in three different GX areas.

On the November 14 half day, all 9-11th graders visited a local area college for a visit focused in the area of Science, Technology, Engineering, and Math (STEM). Juniors went to the University



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The Maley Advisory learns to trust each other on the UVM Ropes Course.

of Vermont and toured the nursing, environmental science, and engineering and math facilities. Sophomores went to the Albany College of Pharmacy and Health Sciences where they got experience with a hands-on lab. Freshman visited St. Michael's College and enjoyed a neuroscience panel and an activity with Associate Professor of Chemistry, Dr. David Heroux. Our seniors spent the morning in a workshop hosted by VSAC focused on applying to college and financial aid.

If you have any questions or feedback about the WHS advisory program, please contact advisory coordinator Lindsey Cox (lcox@wdschools.org or (802) 363-2342.



McNally Advisory proudly displays their flag

Celebrating Artists of the Month

By Jessica Bruce, Fine Arts Teacher

September

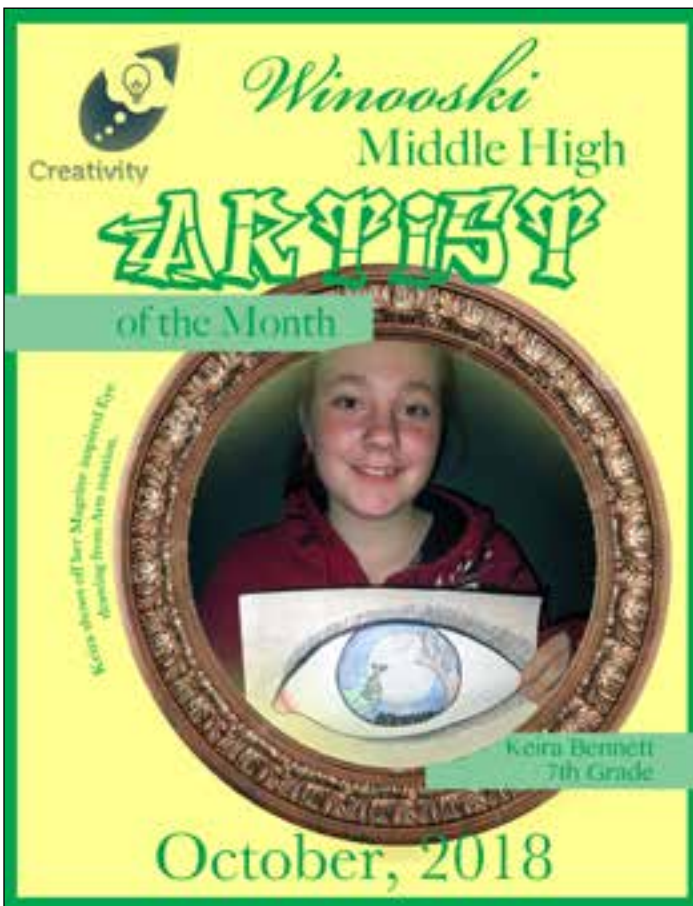
Please join me in congratulating Winooski Middle High School September 2018 Artist of the Month: **Joseph Tanner!** Joseph has shown a tremendous amount of willingness to experiment and take his drawing skills further in Art1. Great work, Joseph!

October

This month's WMHS Artist of the month goes to **Keira Bennett!** Keira has shown tremendous effort and dedication in Generating Ideas and Experimentation in the Creativity GX demonstrated in a recent project inspired by Magritte's *The False Mirror* in 1928. The painting is also known as *Le Faux Miroir*. Congratulations, Keira!

November

Please join me in congratulating Winooski Middle High School's Artist of the Month for November, 2018: **Abrianna Gould!** Abrianna has taken it upon herself to design her own projects in Art class, having taken art at her previous school. She has done an exceptional job with asking for and receiving feedback, gaining perspectives from others as inspiration, and taking risks with her existing skill set and pushing herself to complete elements of her individual visual arts portfolio. Awesome work, Abri!



City Council Update

By Kristine Lott



It's that time of year again, when City staff and Council enter the lengthy budget setting process for the next fiscal year. This year, we are working towards a goal of providing the same level of service as last year, while funding two major initiatives in the Main Street Revitalization and Pool Replacement projects, while limiting the tax impact as much as possible. (Speaking of the pool, the fundraising committee has setup this site to accept donations: www.winooskipool.com.) So how will we get there? We are considering local options taxes for retail sales and rooms and meals. This tax exists in all of our neighboring communities and is a great way to diversify our City's income, reducing the burden on property taxes. Implementing a local options tax requires resident support through a vote on Town Meeting Day. What else happens between now and Town Meeting Day? Here's a list:

Date	Event
December 3, 2018	City Manager's Budget Presentation at City Council Meeting
December 10, 2018	General Government Budget Review at City Council Meeting
December 17, 2018	Community Services Budget Review at City Council Meeting
January 7, 2019	Public Works & CIP Budget Review at City Council Meeting
January 14, 2019	Public Safety Budget Review at City Council Meeting
January 22, 2019	Discussion and Follow-up Items at City Council Meeting
January 28, 2019	Budget Approval Vote & Set Warrant at City Council Meeting
February 2019	Community Dinner
March 4, 2019	Town Meeting Day Meeting & Presentation
March 5, 2019	Town Meeting Day

We hope you'll come to one or more of these events to learn more about funding the parts of local government that matter most to you. Of course, we always record our meetings for those who can't attend. Find recordings, and meeting agendas, minutes and other documents, at www.winooski.org/city-council. You can always find the City budget online as well. We'll continue to share updates as we move through the budget process towards Town Meeting Day.

But we're not just budget panning at City Hall, there are several other exciting developments coming together. We're launching a Charter Change Committee to move forward the exploration of expanding our city charter to allow all residents to vote in municipal elections, regardless of citizenship status. Learn

more or better yet, apply to participate, at www.winooski.org/all-resident.

Work is underway to launch an improved City website experience in the new year. Improvements will include new and improved searchable news and document archive, updated and consistent department pages, mobile friendly layouts and easy to use, integrated facility rental and program registration. Along with the upgrade, the web address will be moving from winooski.org to winooski.gov, but both addresses will work for several months as we make the transition.

I'm also pleased to announce that the Planning Commission has released a draft of the City's new Master Plan. View it on the City's Master Plan Project page www.winooski.org/masterplan, where there's also a link for residents to provide comments directly into the plan that will be consolidated for review and possible amendments. There will also be a public hearing at the December 13th Planning Commission Meeting.

Register for City Updates

Register for **Emergency Updates** and **Winter Parking Ban Notifications** - text the word "WINOOSKI" to 888-777 or visit <https://local.nixle.com/register>.



Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooski.org	802-777-3381
Councilor Hal Colston	hcolston@winooski.org	802-655-6410
Councilor Eric Covey	ecovey@winooski.org	802-825-8789
Councilor Kristine Lott	klott@winooski.org	802-766-1988
Councilor Nicole Mace	nmace@winooski.org	802-363-7777
City Manager Jessie Baker	jbaker@winooski.org	802-655-6410

Visit the city website at winooski.org or call 802-655-6410.

Keep up to date with announcements and news:

LIKE US ON FACEBOOK We are "City of Winooski - Government"
FOLLOW US ON TWITTER We are @winooski

Join Front Porch Forum!

District and city administrators post information about events happening in our city, neighbors share stories, people offer their services. Go to www.frontporchforum.com to sign up for this **free community resource**.

Winooski Partnership for Prevention

By Kate Nugent, Executive Director

I'd like to tell you about an amazing moment in this work I had recently. At a meeting of our afterschool program that I had the privilege to facilitate, one of our students, I'll call him Aidan, confided in me that he thought marijuana should have been made legal long ago. This issue, and many questions about it, are on the minds of many youth these days. He seemed to look at me with curiosity and made his statement in a sort of question. We had just watched a recording of the Tobacco executives testifying to Congress in the 90s and all going on the record to say, one by one, "Nicotine is not addictive," which we show as an entrée into discussing the marketing tactics developed by this industry and what that looks like in 2018. This helps youth start to think critically about what they see both online, on TV, and in their neighborhoods. Once they start to see these tactics for what they are, they are less impacted by them, and less likely to experiment and develop dependence or addiction to a substance that will get in the way of their dreams.

I think it is an honor that we adults are looked to as role models and providers of information to the youth in our communities. I have always felt that way, that this is the essential responsibility of communities—maybe it's the Girl Scout motto that stuck with me all these years of leaving things better than we found them.

Rather than respond in a binary way, I asked Aidan if he were aware of the impacts of marijuana on the developing brain. He answered that he knew it shouldn't be used until a person was 21.

Prevention these days is meant to empower our youth, parents, and leaders with the best information we have available, rather than telling them what to do. This in turn helps build trust between people, which itself acts as a powerful protector of health.

Did you see us at Halloween?

The Winooski Partnership for Prevention was at VSAC celebrating Halloween, did we see you there? We were glad to be able to partner with the Recreation and Parks department and many other sponsors of the event. It was fun, many thanks to Kyung Choi, our youth engagement coordinator, for hosting a fun activity for kids and families at the event!

Looking for your input

We're currently conducting a community survey about tobacco and alcohol advertising—your input matters, and we'd love to capture it. Please check out our website or Facebook page to take the survey, or stop by our office and pick one up in person. Your voice is important and thank you for doing this service!

Youth voice

An important goal of our organization is to involve as many youth as possible in all aspects of our work. Our after school program, in partnership with the 21st Century Learning



initiative and the Winooski School District, engages middle school students in practicing public speaking, learn about brain development, and think critically about issues like the reason electronic cigarettes are sold in flavors like cotton-candy.

We are excited to announce that Lukas Zweres has joined us as our second youth board member. Our organization has two spaces on our board for youth, specifically, because they are greatly impacted by the work we do, and we believe it is important that they be represented. Our other youth board member is Stephie Siki, a tenth grader who attended the Youth to Youth conference in Rhode Island this summer and is passionate about our mission and ability to create change at the local level.

Providing local data that helps inform decisions

Recently, we held a "clinic" where we shared highlights from a recent report we wrote based on a 1.5-year assessment. At this clinic, we followed our presentation with a facilitated world-café style prompted discussion about ways that we can all positively impact health of our youth, as well as prevent substance use. We created this report for one simple reason: if we want to make recommendations for what to do to strengthen the health of our youth, we want to make sure to understand as best we can what the contributing factors are, rather than just go by our feelings. We also want to make sure what we do is founded in evidence and based on lessons learned over time.

We want to thank the folks that attended this clinic and shared their valuable time, perspectives, and input. Many thanks to CCV for the space for this valuable discussion.



Volunteers Needed!

By Olivia Miller, Americorps VISTA

The Winooski Senior Center is looking for Meals on Wheels delivery drivers. We need you to deliver meals door-to-door, helping to combat hunger and provide companionship for under-resourced community members who might otherwise be isolated. Meals on Wheels are delivered every weekday, Monday through Friday from 9:30-11:00am. You can choose which day works best for your schedule.

To apply, please visit www.winooski.org/volunteer
Questions? Please contact the Volunteer Coordinator at volunteer@winooski.org.

Youth Basketball

By Alicia Finley, M.S., Recreation & Parks Manager

The City of Winooski Department of Recreation & Parks is proud to announce the 2019 Youth Basketball Season!

This Saturday morning skill-development program is for children in grades K-6 and emphasizes having fun while being active and learning the basics of basketball. They will be taught the fundamentals of the game and practice dribbling, passing, and shooting skills through fast-paced drills and mini-games.

- **Grades K-2** will participate in a 6-week skills-based clinic (Jan. 19th-Feb. 23rd) at the Winooski School District Cafeteria. Early registration \$20 (Until Dec 31st). Late registration \$25 (starting Jan 1st)
- **Grades 3-6** will participate in an 8-week skills-based clinic (Jan 5th-Feb 23rd) in the Winooski School District Gym. Grades 3-6 will also scrimmage during four halftimes of Winooski Varsity Boys and Girls games (Dates TBD). Early registration \$30 (Until Dec. 31st). Late registration \$35 (starting Jan. 1st)

Both groups will meet on Saturdays from 9:00 am - 11:00 am at the Winooski School District Gym.

Join us for an end-of-the-season pizza party on February 23rd!

Questions regarding this program can be forwarded to Alicia Finley, Recreation & Parks Manager: recreation@winooski.org or 802 777 1621

Staying in Winooski

By Clem Bissonnette

On November 6, the people of Winooski elected me to represent them in Montpelier as their state Representative.

I want to thank the citizens for voting for me in and sending me back to Montpelier, even though we had intended to leave Winooski and move to the Northeast Kingdom.

We have not sold our house in Winooski and probably will not sell it until spring, so after discussion with my wife Sharon,

Human Trafficking Happens Here Too

By Sr. Pat McKitterick

“Slavery, throughout all of human history, has meant holding people against their will through the threat or reality of violence, forcing them to work, and paying them nothing beyond subsistence.”

“Human trafficking is the process of compelling a person to perform labor through force, fraud or coercion. Often described as modern day slavery, human trafficking exploits people’s dreams, robs them of their dignity, and violates their basic human rights.”

Recently I attended a session of the Americas (North, South and Central America) with representatives from at least 16 different countries. Two of the participants were survivors, one of labor trafficking and one of sex trafficking. Their stories were heart wrenching and disturbing. The traffickers were strategic in their planning and gained the trust of their victims easily. Victims were tricked, and manipulated into situations where they feared there was no way to escape. Victims are children and adults, men and women, citizens and foreign-born individuals.

After drug dealing, human trafficking is tied with the illegal arms industry as the **second largest criminal industry in the world today**, bringing in roughly \$150 billion dollars. According to the International Labor Organization, nearly 21 million people are estimated to be trafficked globally. Of those, an estimated 11.4 million women and girls, and 9.5 million men and boys are effected by this crime. Forced labor generates \$150 billion a year around the world, \$99 billion of which is generated from commercial sexual exploitation.

The reality is that Human Trafficking happens here too!

What are the causes of Human Trafficking? Who are the most vulnerable? Would you know what to look for? How can you help? There are many resources available:

- <http://www.stopenslavement.org/> (*monthly newsletter*)
- <http://givewaytofreedom.org/>

In 2019 we will be presenting workshops in Winooski to help you understand the dangers of Human Trafficking and how you can help. For more information contact: Sr. Pat – 802-847-6534 or pat.mckitterick@uvmhealth.org.



Girl Scouting in Winooski

By Amy Lothrop <gs253recruiter@gmail.com>

Girl Scout Daisy Troop 58806 has been working on their Be a Sister to Every Girl Scout petal. They paired off to learn something new about their fellow Scout then shared what they learned with the whole troop. They worked collaboratively to trace their hands to use as leaves on their friendship tree. While they made friendship bracelets to share, they decided to invite the Cadettes to join them on a January sledding trip. The Cadettes excitedly accepted their invitation. We also continued to work on our Between the Earth and Sky journey. We used recycled materials to make bird feeders.



Brownie Troop 52013 and Junior Troop 30948 celebrated Juliette Gordon Lowe's 158th birthday. We learned about how she started Girl Scouting in the US on March 12, 1912. Did you know that Juliette, also known as Daisy, liked to do a headstand every year for her birthday? Juliette was dedicated to her vision that girls should have equal opportunities. Despite severe hearing impairments, Daisy let nothing hold her back. She was an artist and avid outdoorswoman who loved to swim and canoe. Cadettes Gabriella and Isabella came to teach Girl Scout camp songs. We also decided to write positive notes to their classmates as a way to be Sister to everyone but their generosity was so much larger than that. They decided to leave a positive message on every locker instead!



Cadette Troop 30187 attended the 16th annual Tibet Festival at Edmunds Middle School. We enjoyed traditional Tibetan dances, crafts and foods. We finished our plans and budget for the 2019 Maine trip. We are beginning to develop plans for a community service project and our Silver Award. Stay tuned for more details on how you can help! Our meeting wrapped with a movie and popcorn. In December, we plan to go snowshoeing for our next adventure.



If this all sounds like a great adventure, contact Amy Snow Lothrop at amylothrop@comcast.net or 802-373-7288. We are open to all girls from Kindergarten to 12th grade. Our mission is to build girls of courage, confidence and character who make the world a better place. Come make a difference!"

1. Celebrating Juliette's birthday
2. Learning Girl Scout camp songs
3. Brownie & Junior Troop notes
4. Leaving notes for our friends
5. Daisy Troop making birdfeeders
6. Cadettes at the Tibet Festival



Come out and Play!

By Barbara Pitfido, Winooski Senior Programs Manager

The importance of play for Seniors can't be overstated. That's true for everybody, but it might be particularly true for seniors. After all, in our later years, many of us become more prone to issues that can affect our health and happiness. So any activities that can help us restore or prolong our vitality are essential. Having fun is a lot more powerful in that regard than most people probably realize. In fact, scientific studies continue to show that play and fun activities—for older adults or people of any age—can have several major benefits. For example, play has the power to help:

- **Improve how your brain works.** Playing and having fun—on a regular basis—can help you avoid memory problems and enhance your creativity and mental sharpness.
- **Heal, establish, or maintain relationships.** Our social lives are incredibly important for our overall well-being. However, a lot of seniors are lonely. In fact, on average, seniors without spouses or partners spend about 10 hours alone each day. But fun and play can enable seniors to make new friends or improve existing relationships. Laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.
- **Improve your mental and emotional well-being.** Engaging in fun and playful activities can expand your optimism, multiply your moments of joy, and reduce your

stress. It can even help you prevent depression.

- **Extend your life and improve your physical vitality.** Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any existing pain you might already have.
- With so many great activities for seniors to choose from, it would be silly not to play as often as possible. So get back in touch with your child-like qualities and start celebrating them. Having fun is simply too important to ignore. You deserve to smile!

Want to learn more? Here's a great website to get you started: www.greatseniorliving.com

UPCOMING EVENTS & ACTIVITIES

Special Senior Lunches:

- 12/11 - Senior Holiday Party - RSVP and prepay by 12/4

Open House Time:

- Wednesdays 1-3pm Free Activities & Snacks(cribbage, games, crafts)

Tech Buddies:

- Call for an appointment

Do Drop In - Coffee & Conversation:

- Mondays 9-11am

Coffee Talk - Coffee & Sharing:

- Wednesdays 9-11am

Senior Exercise:

- Thursdays 10-11am

Brown Bag BINGO!

- Thursdays at 12:30pm (Doors open at 11am) (NOTE: No BINGO! on 12/20, 12/27, 1/3)

BINGO! Theme Days:

- Dec. 6 - Black & White
- Jan. 17- Squirrel Appreciation Day
- Feb. 14 - Valentine's Day
- March 14 - St. Patrick's Day

New American Lunch & Learn:

- Fridays (11am Tai Chi, meal at Noon - RSVP)

Senior Advisory Planning Meetings:

- December 5
- January 2

NOTICE:

We are closed on:

- Monday & Tuesday, December 24th & 25th for Christmas
- Monday & Tuesday, December 31 & January 1 for New Year's

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible.

Office hours are 8:30am - Noon (Monday - Friday). You can reach us by phone at: 655-6425 or email at: seniorcenter@winooskivt.org.

Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/> OR see our live online monthly activity calendar at: <http://www.winooskivt.org/senior-programs/>

Winooski Food Shelf Schedule for December

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, December 5th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, December 8th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, December 12th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, December 22nd	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

A Big THANK YOU to all the generous donors and volunteers helping to make the holiday season brighter for our neighbors in need!

You really make a positive and healthy difference in the lives of *hundreds* of Winooski families!

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

Donation drop off location: Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

SWEET POTATO

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Tidbit

Sweet potatoes are not related to the potato but rather are a member of the morning glory family. They are regarded as one of the most nutrient-dense vegetables and both the skin and flesh are edible. These tubers are native to Central America and come in white, yellow, and orange varieties. Although often confused with yams, sweet potatoes are more flavorful and less starchy.

Mini-activities

- Make sweet potato chips- slice thinly or peel and bake until crisp
- Puree cooked sweet potato with chickpeas to make hummus
- Use the ends of sweet potatoes as vegetable stamps

Storage Tips

- Store in a cool, dry location- like a pantry or garage
- Sweet potatoes bruise easily, so handle with care
- Do not store raw sweet potatoes in the refrigerator to preserve texture and flavor

Benefits

Sweet potatoes are high in vitamins A, B6, and C, as well as antioxidants. They also provide fiber and potassium.

Complementary Herbs

Leek, sage, thyme, ginger

Kid-friendly Cooking Tips

- Slice, toss with oil and seasonings, and bake for quick sweet potato fries
- Combine chopped sweet potatoes, apples, and cinnamon and bake for a sweet dessert
- Sauté diced sweet potatoes, onions, and peppers to make a delicious vegetable hash
- Bake whole sweet potatoes and serve with a choice of toppings

Selection Tip

Look for smooth-skinned sweet potatoes that are free of scars, soft spots, or bruises.

© Green Mountain Farm-to-School

Mashed Sweet Potatoes

Mashed Sweet Potatoes

Yield: 100 ½ cup servings

Ingredients:

- 36 ½ lbs sweet potatoes, peeled and diced
- 2 cups butter
- 1 1/3 cups maple syrup (may substitute honey or brown sugar)
- 5 tsp cinnamon
- 5 tsp salt
- 2 tsp pepper

Directions:

1. Cook potatoes in boiling water until tender (~12 minutes). Drain well in a colander, allowing potatoes to steam slightly.
2. Puree the potatoes with the butter, maple syrup, cinnamon, salt, and pepper. Do not over mix.
3. Taste and add more salt and pepper, if needed. Serve warm.

Source: Project Bread

Roasted Sweet Potato & Black Bean Salad

Roasted Sweet Potato & Black Bean Salad

Yield: 75 ¼ cup servings

Ingredients:

- 9 cups sweet potatoes, peeled and cut into ~1" chunks
- 9 cups black beans, drained and rinsed
- 2 cups onion, chopped
- 1 Tbsp. extra virgin olive oil, enough to roast
- 1 tsp. each of salt and pepper

Directions:

1. Preheat oven to 400° F.
2. Place your chopped sweet potatoes and onions onto a baking sheet then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 minutes. (Check after 15 min. and toss vegetables again.)
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, dash of salt, garlic, lime juice, parsley or basil, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.

Source: GMFTS

Annual Winter Parking Ban Reminder

On-street parking is prohibited during winter parking bans in Winooski. **To receive up-to-date winter parking ban advisories, text the word 'Winooski' to 888-777 or visit local.nixle.com/register to sign up.**

When issued, winter parking bans remain in effect until further notice via NIXLE. Note: landline users must regularly retrieve their updates by calling the dedicated parking ban line: 802-655-3908.

Additionally, winter parking ban signs located at multiple points in the City will flash when a winter parking ban is in effect.

Overnight street parking is prohibited in Downtown Winooski from 2:30 AM – 6 AM (Dec. 1st – Mar. 31st) regardless of notification.

The City of Winooski reserves the right to tow vehicles at the owner's expense. Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk) from 6 pm to 7 am.

If you have questions call 802-655-6410 or visit the City's website parking page: winooskivt.org/parking.

HEALTH CORNER

By Liz Parris, RN

School Nurse, Health Office Coordinator

Over the past several weeks the health office has seen an increase in upper respiratory illnesses, strep throat and stomach upset. As a reminder, please keep your child home if their fever is 100 degrees or higher. No student may return to school unless they have been fever free for 24 hours without the use of fever reducing medications. If vomiting, please keep them home for minimum of 24 hours after the last episode.

Please remember to wash hands frequently and sneeze into your sleeve to help prevent the spread of germs. Remember it is not too late to call you and your child's PCP offices to schedule your flu shots!







On behalf of the health office, I would like to wish you and your family Happy Holidays.

ELEMENTARY SCHOOL MENUS — DECEMBER

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Iced Honey Bun Assorted Cereal String Cheese	4 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	5 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	6 Assorted Cereal Breakfast Round String Cheese	7 Blueberry Bread Assorted Cereal String Cheese
10 Iced Honey Bun Assorted Cereal String Cheese	11 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	12 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	13 Assorted Cereal Breakfast Round String Cheese	14 Blueberry Bread Assorted Cereal String Cheese
17 Iced Honey Bun Assorted Cereal String Cheese	18 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	19 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	20 Assorted Cereal Breakfast Round String Cheese	21 Blueberry Bread Assorted Cereal String Cheese
24 	25 	26 	27 	28 
31 	 Meals to all Students are free • Extra milk: \$.50 Snacks & Snack Milk not included Adult Breakfast: \$1.75 • Adult Lunch: \$3.75			

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Chicken Sandwich Garden Pasta Salad Steamed Broccoli	4 Beef Nachos Supreme Rice Pilaf Garden Salsa Baked Beans	5 Homemade Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Celery Sticks	6 Macaroni and Cheese Homemade Cornbread Squash Smiles Caesar Salad	7 French Toast Sticks Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
10 Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Roasted Zucchini	11 Taco Bar w/ The Works Rice Pilaf Garden Salsa Warm Black Beans	12 Pepperoni Pizza Cheese Pizza Vegetable Pizza Caesar Salad Steamed Corn	13 Coconut Crusted Redfish Crinkle Cut French Fries Dinner Roll Glazed Carrots	14 Grilled Cheese Sandwich Butternut Squash Soup Steamed Green Beans
17 Dress Your Own Burger Hand Cut French Fries Baked Beans	18 Chicken & Cheese Quesadilla Rice Pilaf Garden Salsa Creamy Coleslaw	19 Pepperoni Pizza Cheese Pizza Vegetable Pizza Caesar Salad Fresh Carrot Sticks	20 Roast Turkey Chef's Mashed Potato Hearty Stuffing Butternut Squash Dinner Roll PJ's Cranberry Sauce Festive Dessert	21 Spaghetti w/Meat Sauce Garlic Breadsticks Caesar Salad
24 	25 	26 	27 	28 
31 	 Happy Birthday Celebration Friday, December 14, 2018		Harvest of the Month: Winter Squash  Taste Test Event Thursday, December 13, 2018	

Daily Lunch Offerings:

Main Meal, Cabot Yogurt Parfait, Deli Bar, Express Lane, Homemade Pizza or Vegetarian Option. Fresh Fruit, 100% Fruit Juice & Milk offered with all meals. Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

PLEASE NOTE: Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.

ALSO: Middle and High school menu information is available at <http://wsdfood.abbeygroup.info>. You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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Principal: **Sara Raabe**
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Winooski Middle and High School

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WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 491 students attending JFK Elementary (grades PreK-5) and 389 attending Winooski Middle/High School (grades 6-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@wdschools.org