

ALSO INCLUDES 5 PAGES OF
Community News!
STARTING ON PAGE 8

celebrating Our Achievements!

Want To Get Involved in City or School Government?

By Carol Barrett

Petitions are available in the clerk's office or on line for School District Trustee, Mayor, and City Council.

The last day to file a petition is Monday, January 28, 2019 by 5:00 p.m.

The following positions are up for re-election:

Mayor:

3 Year Term – Seth Leonard

City Councilors:

Two 2-year terms:
Nicole Mace and Eric Covey

Board of School Trustees:

One 3-year term: Jenn Corrigan
One 2-year term: Matt McNeil

If you have any questions about running, please contact Carol Barrett or Janet Brouard at 802-655-6419 or email cjbarrett@winooskivt.org or jlrouard@winooskivt.org.

Winooski Partnership for Prevention Offers Free Meals and Community Engagement

By Kate Nugent, Executive Director

Upcoming Events

Save the date for the next two community dinners at the O'Brien Community Center, **January 23** and **February 20**.

In January, we'll provide delicious food and have some prizes to raffle off. Come in from the cold and let us provide dinner, meet up with friends, and meet some new folks, as well!

In February, we'll feature important information and speakers about the city and school budgets. You'll be able to ask questions directly of local government representatives and learn more about the process the school and city undertake to develop and present their annual budgets. Come for the good food and company, and find out more about how we work together.

Announcement of Resignation - Effective Jan. 28

By Seth Leonard, Winooski Mayor

Today, my heart is heavy, but it is also very full. Six years ago, I decided to run for City Council to work towards positively impacting our community and the lives of my neighbors in Winooski. Four years ago, the residents of Winooski gave me the additional honor of serving as Mayor of our City. Today, I look back over that time with a great sense of pride for what we have accomplished together as a community and tremendous excitement for our future.

Following the January 28th, 2019 City Council meeting, I will resign as the Mayor of Winooski. In making both civic and professional decisions, I always ask "where can I do the most good and have the most meaningful impact?" In answering that question, I have accepted the position of Managing Director of Community Development at the Vermont Housing Finance Agency. I am passionate about providing affordable housing as the foundation for healthy communities across our state and am looking forward to this new professional challenge. Unfortunately, I am unable to execute my new position and retain my role as Mayor. My resignation will come one year into my second three-year term. This means that on town meeting day in March, Winooski voters will elect a new Mayor to serve out the final two years of the term. Deputy Mayor Nicole Mace will serve in the intervening month between my resignation and Town Meeting Day.

Winooski is a special place. Each and every day in this role, I was inspired by the tireless energy and spirit of the people of Winooski. I saw our community rally and embrace our diversity in the face of challenging and divisive national overtones. Together, we built and supported a thriving business community through tenuous post-redevelopment times. We have endured difficult, sad, and tragic personal events, but each has only made our community grow closer and stronger. We invest ourselves back into our neighbors as volunteerism is at an all-time high in our community, with more residents engaged in commissions, boards, and formal volunteer activities aimed at making our community a wonderful place to live. More than any formal or governmental efforts, I am overcome by the way our community cares for each other on a neighbor-to-neighbor basis. This is a beautiful community to be part of. Together, we

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Growing an Inclusive Community

By Sean McMannon, Superintendent of Schools

Chen Guangcheng, a Chinese civil rights activist said “How a society treats its disabled is a true measure of a civilization.” I am very proud of Winooski, Vermont and our country for being a leader in creating an inclusive society.

United States Public Law 94-142 was historically passed in 1975. P.L. 94-142 was a response to congressional concern for two groups of children. The law supported more than 1 million children with disabilities who had been excluded entirely from the education system. The law also supported children with disabilities who had had only limited access to the education system and were therefore denied an appropriate education. These issues of improved access became guiding principles for further advances in educating children with disabilities over the last quarter of the 20th century. Today, the United States is the world leader in early intervention and preschool programs for infants, toddlers, and preschool children with disabilities. (US Department of Education)

Four Purposes of P.L. 94-142

- “to assure that all children with disabilities have available to them ... a free appropriate public education which emphasizes special education and related services designed to meet their unique needs
- to assure that the rights of children with disabilities and their parents ... are protected
- to assist States and localities to provide for the education of all children with disabilities
- to assess and assure the effectiveness of efforts to educate all children with disabilities”

Source: *Education for All Handicapped Children Act, 1975*

Special Olympics Vermont (SOVT) is part of a global movement that works year round to foster inclusion and acceptance of people with intellectual disabilities by using the power of sport to

showcase their gifts and abilities. Special Olympics Unified Sports® brings together athletes with and without intellectual disabilities to train and compete on the same team. By pairing peers with and without disabilities on the same team, students are given the opportunity to build more inclusive schools. Unified Sports promotes equality on and off the field. The motto for Unified Sports is “On the field we’re teammates and off the field we’re friends”.

Led by Speech-Language Pathologist Catrina Hughes, the Winooski School District (WSD) has enthusiastically embraced Unified Sports and we are in our fourth year of competing in bowling and bocce, and we hope to participate in co-ed basketball. Vermont Principals’ Association (VPA) recognizes Unified Sports as interscholastic activities.

WSD is able to provide this activity through the generous support of SOVT and the tremendous participation of Winooski students, staff and parents in the Penguin Plunge. The Winooski Penguin Plunge team has raised over \$55,000 for SOVT in the past five years with over 400 donors! This year Winooski staff, students and parents will take the icy plunge on Saturday, February 2nd at the Burlington Waterfront with other school teams to raise money for SOVT! It is important to know that 10% of the monies our Winooski Penguin Plunge team raises each year comes back to WSD to support our Unified Sports program. You can support our team by donating online: <https://give.specialolympicsvermont.org/fundraiser/1688973> or mail cash or check to Winooski School District, 60 Normand Street, Winooski, VT 05404.

I am very grateful to live in a country and state, and work in a community that supports ALL members of our society! Thank you for working with WSD to benefit our students!



School Board Update

By Alexander Yin, Board of School Trustees

I have had the honored and privilege to serve on the school board now for a year and a half. It has been great to learn about the progressive and innovative curriculum the school district is doing and meeting our wonderful and great teachers and staff. Yet there is one set of metrics that disturb me not only as a school board member but as a Winooski community member.

In the 2017 Vermont Youth Risk Behavior Survey Report, only 48 percent of our high school students and 56 percent of our middle schoolers strongly agree or agree that in their community they feel like they matter to people. Overall in Vermont, the percent was 61 and 64 percent respectively.

Sadly, this is not hard to believe when you walk around a school that needs to be expanded because of overcrowding, updated because key mechanical systems have outlived their shelf-life, or enhanced because the world has changed since the last renovations in the late 90's. In the December newsletter (www.wdschools.org), our superintendent Sean McMannon highlighted these issues. Starting in January 2019, we will be inviting the community to take a tour of our school building so that you can see

the learning environment that our children experience. I have no doubt that you will feel this incredible energy of learning occurring in our schools but think how much easier and better it can be when teachers are not teaching in spaces that were designed as closets or students are not being distracted by a leaky roof. Remember, our students spend 24 percent of their week in our school building.

I want to emphasize that this is an invitation not only for our parents/caretakers of our children (who I think are already well-aware of the situation), but for all Winooski residents and business owners. As a person who is single with no children in the district, I have fallen in love with our town and believe this is a community to invest in. The lessons of investing in people and their education comes as a gift from my father. Even though he never earned a four-year degree and spent many weeks working 70 to 80 hours to help provide for our family, his investment in his children was teaching us the value and importance of being educated. This gift allowed my sister and I recognize the importance of education not only for ourselves but also for the community that we live in.



WINOOSKI SCHOOLS
We are the future.

I recognize that many of us may not always have the time to devote to going to school games, plays, and presentations, but that is why it takes a village to raise a child. For those who can, please do not be afraid to participate in such activities because these acts strengthen our community by showing that our children's future matter. For those who do not have the time, please do not feel guilty that you cannot participate in all these activities but show our children that they matter by emphasizing the importance of education not only for them but for the healthy well-being of our Winooski community. At the very least, think of education as an investment to the community as opposed to thinking it as a cost.

We have worked so hard to provide our children the education for today and tomorrow. It would be nice if they can learn in a building that can meet our educational needs for today and tomorrow. All these acts whether they are small or big will show our students they matter to us and in the long-run, our Winooski community will be better for it.

CITY AND SCHOOL ANNOUNCEMENTS

Preschool Registration & Skills Screening

By Maybeline Lopez, M.Ed., Preschool Director, District Evaluator Birth-6yrs & Early Learning Coordinator

- **Friday, February 15, 2019**
- **9:00 am – 2:00 pm**
- **Preschool Room, JFK Elementary School**

Quality early childhood experiences are the foundation for school success and lifelong learning. If your child is or will be 3 by September 1st, 2019 please come to register for preschool and complete a preschool skills screening.

If you have concerns about your child's development, our Winooski Early Childhood team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play-based and free for 3 and 4-year-old

children, living in Winooski.

Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child to come to the screening on February 15, 2019.

Teachers will also be filling out applications for all Winooski preschool slots at this time.

- Early Learning Center Head Start (located in Winooski School District)
- Winooski Early Childhood Program (located at Winooski School District)
- The Winooski Family Center (located at Elm Street, Winooski)

The Winooski Early Childhood team will also be assisting families with the ACT 166 application process.



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.

Act 166 Publicly Funded Prekindergarten

For children between the ages of 3 and 5 who reside in the town of Winooski, Vermont

What is publicly funded prekindergarten education?

Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks in a community private early care and education programs. These pre-approved programs meet specific quality standards and provide developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Children who reside in Winooski and are between the ages of three – five are eligible. Prekindergarten education is limited to the academic year (Sept. 2019–June 2020).

Some of the community early care and education programs that Winooski School District partners with are:

- Ascension Childcare 658-0212
- Burlington Children's Space -658-1500 x13
- Burlington Forest Preschool 310-7028
- Carolyn's Red Balloon 878-5001
- Children's Preschool and Enrichment Center -878-1060
- Davis Studio 425-2700
- E.J.'s Kids Klub -860-1151
- Freedom Rains 654-7300
- Frog & Toad Child Care & Learning Center -871-5309
- Future Einsteins 288-9035
- Greater Burlington YMCA Preschool -862-8993 x148
- Green Mountain Montessori School -879-9114
- Heartworks & Renaissance School (Shelburne) 985-8133
- Kid Logic Learning -660-3600
- Learning Adventure 372-3930
- Little One's University -872-7444
- Little Tot's Academy 876-7317
- Lund Early Childhood Education Program -864-7467
- Robin's Nest -864-8191
- Steamworks Preschool 871-3376
- The Bellwether School -863-4839
- The Janet S. Munt Family Room 862-2121
- Trinity Children's Center -656-5026
- UVM Campus Children's Center -656-2091
- Williston Enrichment Center -846-9402
- Y Early Childhood Program at UVM Medical Center 338-9208

As well as many other programs.

Is this 10 hours/week pre-kindergarten program tuition-free?

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program will charge families for the care and education program the child needs beyond the 10 hours/week during the academic year. Your child's preschool must deduct these public funds from your annual tuition bill.

Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2019, and resides in Winooski, then your child is eligible to participate.

How much will Winooski School District pay?

The statewide rate of \$3,267.00 per child was established by the Agency of Education for the 2018/19 school year. This amount will be adjusted for the upcoming 2019/20 school year once the new tuition rate is available. This covers 10 hours per week of high-quality prekindergarten education for 35 weeks.

How do I apply?

Application forms will be at the Preschool Skills Screening, may be picked up in the support services offices within the Winooski School District, or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link). Families interested in participating need to fill out a new application each year and provide a copy of their child's birth certificate and proof of residency (a utility bill or mortgage/lease).

Please return applications to Sandy Castle at the Winooski School District support services office at 60 Normand St. Winooski VT, 05404.

Please contact Maybeline Lopez at 802-383-6063 to schedule a time for the preschool screening and with any questions.

Dollars for Scholars

By Linda Gregoire

Happy News for the New Year from the Dollars for Scholars

Team! This month we want to

recognize all the seniors who graduated in 2018 who will receive their scholarship money after completing their first semester. These students have worked hard and are now ready to begin their second semester with their award. Way to go graduates - we are proud!

We also want to say thank you to our awesome community for participating in our 25th Annual Train Show. We had another great turnout and event. The Vermont Railroad Association knows how to put a train show together! Thanks again Winooski and stay tuned for more fabulous news.

Winooski

Dollars for SCHOLARS®

A Program of Scholarship America®

Knights of Columbus Sunday Breakfast

By Greg Clairmont

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast returns on **Sunday, January 20** from 8:00–11:00am, at the Winooski Senior Center (123 Barlow Street). The price is \$6.00 per person, maximum \$20.00 per family, children under 5 years of age complimentary.

Mark your calendars! Other Sunday breakfast dates for the 2018-2019 year are as follows:

- February 17
- March 17
- April 14

SETH LEONARD RESIGNATION *(continued from page 1)*

have moved the needle and we have made a positive difference in the experience of living, working, and visiting Winooski. Challenges remain ahead and I know our community is capable of dealing with anything that comes our way.

Leaving the city's government would be much more difficult if I was not so confident the people who wake up each day and go to work for the people of our community. We have built a team of exceptional professionals in the City's staff ranks, led by City Manager Jessie Baker, who are poised to very capably execute the work ahead. From the Clerk's Office to the Public Works team and everyone in between, we would accomplish nothing in our community but for the thoughtful and passionate individuals we have working at the city. I cannot thank each of you enough for all that you do.

I am also grateful for each elected official I had the honor to serve alongside. I witnessed individuals make tremendous personal sacrifices to hold Council seats. Each Councilor I have worked with brought a unique perspective to the table in representing their community. I believe we have worked hard to foster a public trust, transparency, and level of accountability that has served Winooski well.

When I became involved in government, it was never about

executing "my vision" for Winooski, it was about making the community's goals come to fruition. The evolution of Winooski's direction as a community has always been about what the people who live here want their community to be – the community has driven the vision and I believe its leadership listened. In March, Winooski voters will consider a budget and set of proposals that will turn their vision into action, and I look forward to facilitating that community conversation as we move towards Town Meeting Day. With updated zoning regulations, a newly drafted Master Plan, proposed Main Street Revitalization (including complete infrastructure and streetscape replacement), a proposed new Swimming Pool, further investment in the vibrancy of our downtown, and a new investment plan for residential neighborhood infrastructure improvements, we are giving the people of Winooski the option to move their community vision forward.

I know this is just the beginning of an exciting chapter in Winooski's history. We have moved forward in a way that has honored our city's rich history while paving the way for a vibrant future. My heart is full because we did all of this together as a community. I am grateful to the people of Winooski for the opportunity to serve you, and I am so very proud of our community. My heart is heavy, but it is full.

—Seth Leonard

JFK ELEMENTARY SCHOOL NEWS



WINOOSKI SCHOOLS
We are the future.

January News from JFK

By Sara Raabe, JFK Principal

Once again, the JFK Winter Performance was amazing! The students did a fantastic job singing the songs and fully participating. It is always wonderful to have so many community members at an event supporting our students and school.

A huge thank you to Sara Poland, JFK's music teacher. Sara picked songs, choreographed them, worked with classes to master the songs, put together the rehearsals, and managed to get the details for the show all done. From the rehearsals to the staging to the final performance, she is a dedicated individual that helps our students to shine during this big event.

Also a huge thank you to the teachers and staff at JFK. Having students ready to perform takes a huge effort from all of the students and all of the adults. Our staff at JFK practiced the songs with the students in classrooms, at recess, at lunch, walking down the halls - wherever they can! Everyone worked together towards

the common goal of an amazing concert by supporting each other and the students.

The week of December 3rd was Hour of Code. Hour of Code is a global movement to introduce students of all ages to coding and computer science. Each class spent an hour working on coding together. Students were able to build their own online mazes that they had to maneuver a character through, build a galaxy with code, create their own Google logo using scratch, or create their own Flappy game. Go to hourofcode.com for more information and activities you can do at home.

Winter has come to Vermont. At JFK, we are always looking for cold weather clothing donations. As you clean out closets, if you come across warm jackets, snow pants, or boots that you no longer need, we would love to give them to students to use.

Happy New Year!

CLiF Donates Books for Classrooms

By Matt Gile

As part of the Children's Literacy Foundation Year of the Book grant every K-3rd grade teacher received 15 new books that they chose for their classroom! That's a lot of books, but lucky for me 3rd graders Ali Alchaderchi and Mohamed Mayange, and 1st grader Aryan Darjee helped me haul them in from my car and deliver them to classrooms.



Theresa Fox's 1st grade class with their new books!



Real Life Design Projects

By Leon Wheeler, Co-Principal

Happy New Year! I hope that you, like me, are eager to begin this new chapter.

December was packed with amazing events at the middle/high school. I want to share three highlights in which students joined community partners to design a solution(s) to a real problem.

Green Spaces Design: On December 4th the grade 7-8 students on Team Journey made their way to the O'Brien Community Center to share their designs for "The Government Comes Alive: How to Make Change in My Community." Weeks earlier, students had been charged by City Manager Jesse Baker and her team to design proposals for 2 green spaces in the downtown area. Students interviewed stakeholders to see what a variety of people wanted, then designed with that in mind. They came up with amazing plans, including treehouse style playhouses, a koi pond (summer) / skating pond (winter), a trampoline park, and many more.

The final presentation was made to city employees, parents and families, and was done very professionally. One city employee was impressed that students considered creating a buffer between the space and street for air and noise pollution, something that some architects don't think about in the design process. The city is seriously reviewing the proposals and considering next steps.

Adding Contemporary Life Photos to History of Winooski: The evening of December 7th, the high school digital

"The new year stands before us, like a chapter in a book, waiting to be written."

— MELODY BEATTIE

photography class and Heritage Winooski Mill Museum opened the newly installed exhibition, "What's Your Slice of Life?" This collaborative project with museum Director Miriam Block and the class extends the existing photographs, celebrating the evolution of Winooski's rich history from the lens of seven high school students. The beautiful display is open to the public weekdays from 9am-5pm.

The Stories of Living and Working in Winooski: On December 12th the grade 7-8 students on Team Nexus walked to the VSAC Building downtown to share their work on "Finding Home: Exploring our Winooski Story." Students had spent several weeks interviewing numerous people who live and/or work in Winooski. They interviewed neighbors, staff members at VSAC, teachers, IAs, and other community members. They then composed original music inspired by their interviewees' stories, performed at the exhibition, and created a story for each interview. The stories were presented either as a "Humans of Winooski" video, and a Story Corps interview, and captured on CD. The final event was attended by VSAC and city employees, parents and family members, and Channel 44 News.

We're excited to continue partnering with the city, local businesses, and others to engage students in authentic learning, affirm the value and importance of our youth and their perspective, and to prepare them to become their best for our community and the world. Peace!

Student/ Athlete Leadership Conference

By Winooski Athletic Director Dennis Barcomb

Winooski is always looking for strong leaders for its athletic teams. On November 5 and 6, four WHS students attended the annual Vermont State Student Athletic Leadership Conference at the Double Tree by Hilton Conference Center.

Stephie Siki, Penny Ly, Sebastian Syharaj, and Hussein Amuri represented the WHS athletic program. JV boys baseball coach Kyle Blindow also attended as a facilitator. Students were able to connect with other students and coaches from around the state. In addition they learned important skills from amazing guest speakers.

Coach Blindow had the



following to say about the event: "Students from all over the state collaborated with fellow coaches and athletic directors to problem-solve and leadership-build. The conference also featured multiple guest and motivational speakers. One such speaker was Ed Gerety, who travels all over the world delivering powerful and interactive speeches that promote taking control of your life and building dreams.

All played a key part in the leadership building conference, and hopefully our Winooski participants learned a lot to bring to our Spartan athletic programs!"

Go SPARTANS!

COMMUNITY NEWS

City Council Update

By Hal Colston



Budget Process – The budget team led by City Manager Jessie Baker has been working on the budget for FYE 2020 since this past September. As a new city councilor I have found the process to be a fascinating one. The proposed budget has been generated through the lens of Winooski’s Strategic Vision Statement that encompasses economic vitality, municipal infrastructure, housing, and safe, healthy connected people. This resonates with me because I believe a budget is a moral document. It should speak to our values for living in such a great city.

Ultimately, the budget is the city council’s budget, your budget as residents of Winooski. For the next month the city council will have presentations from the Administration, Community Services, Public Works and Capital Improvement Plans, and Public Safety making their case for their budgets. These meetings are posted on the city’s website and the public is invited to attend and offer feedback. Then the council will discuss and decide the final budget by January 28, 2019 so it can be presented to the community.

The community will have an opportunity to learn about the final budget at a community dinner at the O’Brien Community Center on February 20, 2019 and a city council meeting on March 4, 2019. On March 5, 2019, Town Meeting Day, the budget goes to vote.

Non-Citizen Voting – The city council has been discussing a process to seek the approval for non-citizen voting. This would allow all verified residents to vote in local elections. Non-citizen voting is growing around the country and seems most appropriate for Winooski which is the most diverse city in the state with significant numbers of immigrants and refugees who make Winooski their home. Montpelier just voted to approve non-citizen voting.

We are in the process of establishing a Charter Change Committee that will get input from residents to put this on a future ballot for a vote. Our city charter will need to be amended to allow for this and will need to be approved by the legislature. If you are interested in serving on this committee, please contact Paul Sarne at City Hall at 655-6410 or at psarne@winooski.org.

Equity Workshop – Last year all staff employed by the City of Winooski completed an Unconscious Bias and Respect in the Workplace training. To build on this the city council has engaged in conversations about the importance for the city council, the city’s leadership team and commissioners to have a daylong training to learn how to lead and do their work through the lens of equity. Equality is when everyone has shoes on their feet; equity is when your shoes fit. An important lesson to be learned will be how to recognize inequity and interrupt it. The training will involve follow up conversations with the facilitators so we can practice ongoing conversations to make Winooski an equitable city for all of its residents.

Stepping Down

By Nicole Mace, Winooski City Councilor

At the December 3 City Council meeting, I announced that I will not be seeking a third term as a Councilor for the City of Winooski. Serving the community in this role has been incredibly rewarding. I am grateful to the residents of Winooski for creating such an engaged yet civil environment for public officials who are tackling tough issues impacting this community.

There are two City Council seats up for election this March. If you care about issues like housing, economic development, public safety, and infrastructure, and have an interest in working with others to chart a positive course for our small city with a big heart, then please consider a run for City Council. I encourage anyone who is interested in running to reach out to me or any of the other Councilors with questions that you have.

Candidates are required to file a petition with 50 signatures from Winooski registered voters by January 28, 2019. Petitions are available at City Hall.

Thank you for the privilege of serving this City for four years.

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

Visit the city website at winooskivt.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 @winooskivt

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>.



Volunteers Needed!

By Olivia Miller, Olivia Miller, Community Engagement & Volunteer Coordinator

Meals on Wheels delivery drivers

The Winooski Senior Center is looking for delivery drivers 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, Mon.-Fri. from 9:30-11:00am. You can choose which day works best for your schedule. To apply, please visit www.winooskivt.org/volunteer Questions? Please contact the Volunteer Coordinator at volunteer@winooskivt.org

Volunteer youth basketball coaches needed!

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.

2019 Season Schedule:

- Grades K-2: January 19th to February 23rd, 9-10:30 AM at the Winooski School District Cafeteria

- Grades 3-6: January 5th to February 23rd, 9-11 AM at the Winooski School District Gym. Scrimmage during four halftimes of Winooski Varsity Boys and Girls game (Dates TBD)
- ALL: Pizza Party on February 23rd; 11:00 AM- 12:30 PM

To apply visit www.winooskivt.org/volunteer

Questions? Please contact the Volunteer Coordinator at volunteer@winooskivt.org

Girl Scouts Update

By Amy Lothrop



Daisies working on compromise and flexible thinking.

Daisy Troop 58806 continued to work on their Between Earth and Sky journey which builds awareness of themselves and the natural world around them. They will earn three awards to complete the journey: Blue Bucket, Firefly and Clover. They earned the Blue Bucket portion which recognized their understanding of themselves and their world. We gave the girls different scenarios, each with a conflict. They figured out how to resolve the conflicts and created skits about it. The Daisies had many different and creative solutions to the problems. We were so proud of how well they collaborated.

Brownie Troop 52013 & Junior Troop 30948 visited the Winooski Police Department in November. We earned our Junior Detective badge. We toured the station, learned when to call 9-1-1 and tried on a kevlar vest. Did you know



Brownies & Juniors visited WPD to earn their detective badge.

that kevlar was discovered by a Polish-American chemist named Stephanie Kwolek in 1964? Sgt. Solomon finger printed us and taught us how to find all the loops and whorls in our prints. He was a fantastic tour guide. We really appreciated the time he gave us. We learned first aid skills for our First Aid badge. Jen Erwin spoke to the girls about her career in nursing. She taught them how to take vital signs, check a scene for dangers and make first aid kits. Everyone tried the warming blanket to see how warm it was. Really hot!

Cadette and Senior Troop 30187 traveled to Branbury State Park in Salisbury for snowshoeing. It was everyone's first time trying this winter activity. Snowshoes weren't so easy to put on in the cold. We took an hour long hike looking for animal tracks. We saw mouse, squirrel, rabbit, dog, deer and coyote. They are looking forward to trying it again. We voted to attend a chemistry camp, engineering day, 50th anniversary



Cadettes went snowshoeing at Branbury State Park to earn their Eco Trekker badge.

celebration of Apollo 11, Jay Peak and attend the 110th Camp Farnsworth celebration. Our trip to Maine in 2019 was approved by council.

Cookie season begins on

December 31st. We will kick it off with a council cookie rally in early January. Be on the look out for Girl Scouts going door to door. Cookie booths start in late February. Girl Scout cookies has funded every one of our troop activities that you have read about over the years. Cookies teach the girls perseverance, goal setting, budgeting, business ethics, people skills and decision making. Every box is an investment in her potential.

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 with us!

Winooski Partnership for Prevention

By Kate Nugent, Executive Director

Youth Leadership

At the November 28 community dinner, 9 students from our Above The Influence afterschool program, a partnership with the 21st Century Learning at Winooski School District, presented some of the information and ideas they have learned in ATI. They designed their presentation, their brief speeches, and organized themselves to share these with a community audience.

We're so proud of them for taking their skills, knowledge, and passion and bringing it to the public, and we're also really grateful to their parents and guardians for giving them rides and supporting them in so many ways. Thank you, parents and youth!



In January, we'll resume the ATI program on Mondays afterschool, and in the next session, we'll be focusing on finding more venues for students to share their learning, and depending on student interest, may even work on putting on a very exciting play called Samantha Skunk (with costumes and all!) that ATI students can share with younger kids to show how important it is to appreciate ourselves for who we are, that we don't need to take anything, like someone else's prescription medication, in order to belong.

Resources for Parents

The Winooski Partnership for Prevention wants to keep ParentUp in the front of parents' minds (and anyone who's curious to know more). ParentUp is a Vermont-centered resource that includes both facts and information as well as talking points for having important conversations with our kids.

Resources for Everyone

Do you know about 802Quits? It is a fantastic resource for adults who want to know more about what's out there to help them quit tobacco. It also has great information for healthcare providers.



Want a brochure or a poster for your business or agency to help folks know where to go when they want to try to quit? Get in touch, we can help get these materials to you free of charge.

Get involved

There are lots of ways to help support substance abuse prevention in Winooski, and we'd love to hear and connect with you! Feel free to get in touch to find out more about ways to volunteer, learn, give. Check out our website at www.winooskiprevention.org for more information. Thank you!



Homework Help at the Winooski Memorial Library

By Julie Montera, Youth Services Coordinator

The Homework Help program at the Winooski Memorial Library is available to middle school and high school students! The drop-in program runs Monday-Thursday, from 6-9 pm at the Winooski Memorial Library, which is a great space for students to work on homework, projects, studying, and more with access to school supplies, computers, and printing. UVM education students are available during this time to support students with school work. Please let students and families know about this helpful program! We'll see you soon!



Meet Julie Montera, new Children's Librarian and Youth Services Coordinator at the Winooski Memorial Library!

Mindfulness Continues, Available Online, Too!

What: Guided Mindfulness Practice and Discussion

Where: Winooski Senior Center

When: Thursdays, 5:30-6:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor.

Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-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.

Happy 90+ Birthday!

By Barbara Pitfido, Winooski Senior Programs Manager

On Tuesday, January 22nd we will be hosting a birthday party for local folks and residents **over the age of 90**. Do you know someone who is 90+ or that will be 90 this year? We want to celebrate and honor our friends who are nonagenarians.

Let's join together and find these seniors in our community and throw them a group birthday party! This event is free for all 90 year olds and their guest.

Please call or email the Senior Center with folks names so we can invite them to join in on the fun or let us know if you'd like to volunteer at the event.

UPCOMING EVENTS & ACTIVITIES: Age Well Community Lunches:

(Please RSVP - \$5 by donation at the door)

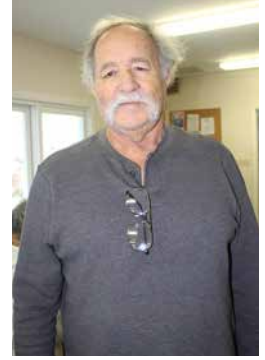
- 1/8 - Join us for an Open Mic session after the meal
- 1/22 - Join us for a 90+ Birthday Celebration Party!
- 2/12 - Join us for a CSWD presentation on Recycling
- 2/26 - Join us for a Dance Party after the meal

HANDS in the Kitchen (4 week workshop):

- Wednesdays, January 9, 16, 23 & 30 at 10am This FREE series includes cooking hints, nutrition tips, how to shop on a budget, cooking for one, and taste-testing. Get great cooking suggestions and lots of education about all of the wonderful fresh food that we can include in our own menus. There's a different theme each week so you will always leave with great tips. Call to reserve a seat!

International Lunch & Go RED for Women

- 2/1 - Join us for a FREE lunch created by WSD students and families. Wear red to raise awareness about cardiovascular disease. (Please call the Senior Center to reserve your meal. Seating is limited)



Open House Time:

- Wednesdays 1-3pm
Free Activities & Snacks (moves to Tuesdays, February-April)

Tech Buddies:

- Call for an appointment

AARP Tax Aide:

- Begins February 4th thru April 10th (Mondays & Wednesdays appointments)

Do Drop In - Coffee & Conversation:

- Mondays 9-11am (moves to Tuesdays, February-April)

Coffee Talk - Coffee & Sharing:

- Wednesdays 9-11am (moves to Tuesdays, February-April)

Senior Exercise:

- Tuesdays & Thursdays 10-11am

Brown Bag BINGO!

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

BINGO! Theme Days:

- January 17 - Squirrel Appreciation Day
- February 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:

- January 2
- February 6

NOTICE: We are closed on:

- January 1st for New Year's
- January 21st for MLK Day
- February 18th for President's Day

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 January

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, January 9th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, January 12th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, January 23rd	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, January 26th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

The volunteers at the Winooski Food Shelf gratefully acknowledge our many donors! We could not be helping over 200 Winooski families without all the amazing donors and volunteers. This holiday season we provided 130 families with Thanksgiving turkeys and a bag of fixings and again for December we provided these households with the fixings for a holiday meal. A healthy, substantial meal is a rarity for our clients. Since not all our clients cook, or even

have a stove, not everyone partakes of the meal fixings.

January is toothbrush giveaway.

We are seeking donations of toothbrushes. Dental health is very important to overall health and the Winooski Food Shelf provides free toothbrushes in January and July.

We are always in need of food donations. Some of the most popular items: canned beef stew, canned hash, canned fruit packed in water or light

syrup, clam chowder and other hearty chunky style soups with meat, garbanzo beans, pasta sauce, and children's cereal (one third of our clients are children).

Toiletries in demand include: deodorant, shampoo, razors, soap, toothpaste and toothbrushes, toilet paper, and feminine hygiene products. Laundry detergent and dish detergent are also in high demand. We are always in need of cat and dog food.

Tooth Tutor

By Tracy Towers RDH, Dental Hygienist

I have been busy this fall reaching out to students (families) to make sure each of our students has a dental "home" and has seen the dentist within the past year.

School-Linked Dental Program

Did you know that we have a collaboration with Vermont Dental Care

in Winooski to provide comprehensive dental care to our students? If your child needs a dental visit, we can help schedule that. Forms are available in the nurse's office. Just sign up and return the completed paperwork.

Students who participate in this program (over 200 so far) are transported

to their dental appointments during the school day by SSTA and then returned back to school after their dental visit.

Fluoride update: Many dental offices are now using SDF to treat dental decay. The only side effect is that it turns the cavity black. It does NOT turn the tooth black, JUST the area of decay.



HEALTH CORNER

By Katharine Monje, RN, School Nurse,
Health Office Coordinator

Happy New Year from the Health Office!

Flu Season is upon us! Here are some ways to prevent catching the flu and what symptoms to watch for.

Flu symptoms often mimic cold symptoms with nasal congestion, cough, aches, and malaise. The common cold rarely has symptoms of fever above 101 degrees.

With flu symptoms, you will probably have a fever initially and you will feel miserable. Body and muscle aches are also more common with the flu.

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.






If you haven't already, **get your flu shot** and please do not hesitate to call the health office if you have questions.

7 Tips To Keep You Healthy in the New Year







- Eat healthy, balanced meals. Well-balanced meals will help you feel full, which is essential if you want to resist unhealthy party food.
- Stay hydrated. You might feel hungry when you're merely dehydrated.
- Eat regularly — and often.
- Avoid late-night eating.
- Exercise early.
- Try mindful eating.
- Relax and enjoy!

ELEMENTARY SCHOOL MENUS — JANUARY

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
 1 NO SCHOOL!	1  NO SCHOOL!	2  NO SCHOOL!	3 Breakfast Round Assorted Cereal String Cheese	4 Blueberry Bread Assorted Cereal String Cheese
7 Iced Honey Bun Assorted Cereal String Cheese	8 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	9 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	10 Breakfast Round Assorted Cereal String Cheese	11 Blueberry Bread Assorted Cereal String Cheese
14 Iced Honey Bun Assorted Cereal String Cheese	15 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	16 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers 	17 Breakfast Round Assorted Cereal String Cheese	18 Blueberry Bread Assorted Cereal String Cheese
21  NO SCHOOL!	22 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	23 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	24 Breakfast Round Assorted Cereal String Cheese	25 Blueberry Bread Assorted Cereal String Cheese
28 Iced Honey Bun Assorted Cereal String Cheese	29 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	30 Assorted Cereal Honey Roasted Sunflower seeds Danimals Yogurt w/Graham Crackers	31 Breakfast Round Assorted Cereal String Cheese	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
 1 No School!	 No School!	 No School!	3 Chicken Patty Sandwich Crinkle Cut French Fries Steamed Broccoli	4 Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Creamy Coleslaw Dinner Roll
7 Oven Baked Fish Sticks Oven Crisp Tater Tots Steamed Broccoli Dinner Roll	8 Taco Bar w/ The Works Rice Pilaf Flavorful Salsa Baked Beans	9 Pepperoni Pizza Cheese Pizza Vegetable Pizza Steamed Corn Fresh Carrot Sticks	10 Spaghetti w/Meat Sauce Caesar Salad Garlic Breadsticks	11 Pancakes Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
14 Dress Your Own Hot Dog Roasted Sweet Potato Wedges Baked Beans	15 Chicken & Cheese Fajita Rice Pilaf Flavorful Salsa Magenta Slaw Roasted Parsnip Chips Creamy Coleslaw	16 Pepperoni Pizza Cheese Pizza Vegetable Pizza Broccoli Salad Fresh Carrot Sticks 	17 Cheesy Ravioli Bake Caesar Salad Garlic Breadsticks	18 Hot Turkey Sandwich Chef's Mashed Potato Steamed Carrots
21  No School!	22 Beef Nachos Supreme Rice Pilaf Flavorful Salsa Baked Beans	23 Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Celery Sticks	24 Macaroni and Cheese Caesar Salad Roasted Beets Honey Parsnips Sautéed Cabbage Homemade Cornbread	25 Oven Baked BBQ Chicken Three Herb Potato Salad Creamy Coleslaw Dinner Roll Patriot Pop Winter Beach Party
28 Oven Baked Chicken Nuggets Roasted Sweet Potato Wedges Roasted Zucchini Dinner Roll	29 Taco Bar w/ The Works Rice Pilaf Flavorful Salsa Baked Beans	30 Pepperoni Pizza Cheese Pizza Vegetable Pizza Chopped Green Salad	31 Shepherd's Pie Fresh Celery Sticks Dinner Roll	Taste Test Event Thursday, January 10, 2019  Harvest of the Month: Beets

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
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Winooski, VT 05404

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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