
News & Notes

**Happy New Year to you and yours
from all of us at NCSOS!**



Nevada County Spelling Tournament

Grades 7/8

Wendy Baker, Volunteer

On December 12, 2018, forty-five (45) top 7/8th grade spellers from a total of ten local public, private and charter schools competed in the Nevada County Spelling Tournament, held at Miners Foundry Cultural Center. The Nevada County Superintendent of Schools coordinated the annual event which was generously sponsored by the KNN Group at Stifel, and the Miners Foundry.

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Lyman Gilmore Middle School 7/8 Team
with Coach Mr. Harmon

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In her inaugural year, "Spell Master" Linda Phelps, a local retired educator, volunteered her time and finesse, announcing spelling words for the group contest and conducting the individual oral spelling bee.

The day commenced with school teams consisting of up to five students, competing for the overall best team award. The individual students with the highest cumulative correct scores participated in the solo spelling bee, immediately following.

In the 7th and 8th grade team competition, Lyman Gilmore Middle School earned the first-place award. Placing second was the Magnolia Intermediate School team. The third-place award was won by the Union Hill Middle School team.

The following students participated in the 7th/8th grade Individual Spelling Bee:

- Grayson Allen-Shively- NC School of the Arts
- Aria Conte- NC School of the Arts
- Gina Genovese- Magnolia School
- Carlie Harwood- Magnolia School
- Molly Hope- Lyman Gilmore School
- Isaac Massam- Lyman Gilmore School
- Brittany McCullough- Mt. St. Mary School
- Maya Pedersen- Clear Creek School



Maya Pedersen (8th grade) emerged as the first-place champ of the 7th and 8th grade solo competition with Aria Conte (7th grade) scoring as the second-place winner. Maya and Aria now qualify to attend the 2019 California State Junior High Spelling Championship to be held May 5th in San Rafael, CA.



Maya Pederson & Aria Conte

Carlie Harwood (7th grade) was the third-place winner. Fourth-place went to Grayson Allen-Shively (7th grade) and Isaac Massam (7th grade) was the fifth place winner.

Congratulations to all student participants, teachers, and families. Many heartfelt thanks to our generous sponsors.

New Year's Resolutions – Quick Tips:

- **Be Specific – Make Resolutions Measurable & Achievable**
Zero in on a goal and keep it realistic. Build gradually.
- **Start Small**
Take the stairs vs. the elevator.
Add healthy, clean foods vs. cutting out all 'bad' trigger foods.
- **Avoid repeating mistakes**
If repeating a resolution that formerly failed, don't repeat it...instead find a new approach to accomplish the goal.
- **Use a support system**
Walk with a friend. Make a gym date. Talk about 'it'. Gain a new perspective.
- **Go easy on yourself**
Be a kind taskmaster. Forgive the mistakes. Each day, a new beginning.
- **Reward yourself**
Do something that supports your efforts. Celebrate each step. You Rock ☺

Trainings • Opportunities • Local News

Trainings & Classes



connecting point
community services central

Free Class:

Healthy & Delicious Meals on a Budget

Date: Fridays, January 18th & 25th

Time: 10:30am-12:30pm

**Location: Cedar Park Comm. Room
210 Sutton Way
Grass Valley, CA 95945**

[Register](#)

Trauma Informed Practices – March 8th

[View full flyer](#)

Trauma Informed Practices

Join us in learning to promote academic achievement and social & emotional success for students who have experienced toxic stress and trauma.

March 8 • 9:00am - 3:00pm
NICOSI - 888 Crown Pt. Circle
Grass Valley, CA

Presented by Kelly Rizzi
Director of School and District Support,
Sierra County

Trauma Informed Practices are the key to academic achievement and socioemotional success for students who've experienced toxic stress and trauma. Due to repeated triggering of the fight or flight system, the neurology of these students is different than their grade level counterparts, and taking in new knowledge can often be challenging. Fostering socioemotional success can also be difficult. Trauma Informed Practices help teachers and students to be better regulated, which decreases behavior issues, and prepares the brain for learning.

To Register, contact Melissa Harwood mharwood@sierrastreamsinstitute.org or call 530-478-6400 ext 2020

Workshop Topics

<p>Brain Breaks Short responses for students to bring calm to the mind and oxygen to the brain, increasing blood flow and enhancing learning.</p> <p>Self Regulation The importance of teachers being regulated and how to teach students the skills of self-regulation.</p> <p>Creating a Safe Environment Practical ideas for the school and classroom.</p>	<p>Adverse Childhood Experiences Study (ACEs) Science that lets the caregiver know how the developing brain is altered and why learning and socioemotional skills are especially difficult for students of trauma.</p> <p>Teaching Children about their Minds and about Growth Mindset Ideas and resources for working children about how their minds work.</p>	<p>The Science of the Brain Research and science about how the mind works, and how it relates to our students and their behavior in the classroom.</p> <p>Learning Targets Research to students where they will go in the lesson and when they will be expected to learn, providing predictability helping to calm students.</p> <p>Classroom Applications Classroom practices that work and how to apply them.</p>
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Nevada County

Monthly KinCare support group



For more information, contact:

Melissa Marcum

mmarcum@nevco.org

530-478-6400 ext. 2020



[View full flyer](#)

Spring 2019
California Naturalist Course

Learn about the natural history of our place from regional experts and get connected with your environmental science community.

What is the Cal Nat Program?
A 10 week certification program that gives focus to Sierra Nevada ecosystems and natural history. The course emphasizes field techniques and promoting community-level stewardship.

Weekly Lecture:
Wednesdays 6pm - 8:30pm
March 6 - May 15

Weekend Field Trips:
Saturdays
March 23, April 13, & May 4

Lecture Location:
13075 Woolman Lane
Nevada City, CA 95959

Contact Sol Henson or Cameron Wallenbrock for more information:
cnsi@sierrastreamsinstitute.org
530-477-1732 (x207 for California Naturalist)

Full Details at:
cnsi.wordpress.com

Course Registration
\$ 425 Early Bird (by 2/1/19)
\$ 475 Regular Registration

CALIFORNIA NATURALIST

Local News & Opportunities

Nevada County Sudoku Society

For the past two years, the Nevada County Sudoku Society has held a Children's Team Sudoku Tournament. In 2017 our first historical tournament attracted 71 students, 1st through 5th grades, on 20 teams from ten schools. The competition was held at Scotten Elementary School. In 2018, our second Children's Team Sudoku Tournament grew to 88 students on 24 teams from nine schools. This event was held at Nevada Union H.S.

We created team competition in Sudoku; nowhere else in the world are team competitions held. And, I believe, nowhere else in California, or anywhere in the US, are any Sudoku tournaments held for children. Here in Nevada County we are leading this new movement.

Entry is free; puzzle books are given to all students and prizes awarded to the first three teams to successfully complete two puzzles. We plan to hold another tournament next April, probably at NUHS.

For more information contact [Jerry Martin](#)



Bear Yuba Land Trust's Junior Conservationist: Stories in Nature 2019 Series

KNOW & GO

WHAT: Bear Yuba Land Trust's Junior Conservationist: Stories in Nature Series

WHEN: Second Saturday of the Month – February 9, March 9, April 13 & May 11

WHERE: TBA – Check the website for updates

TICKETS: \$10 suggested donation per family

INFO: Call (530) 272-5994 or sign up at

<https://www.bylt.org/events/>

Space is limited. Please register in advance to secure your spot.

Please wear sturdy shoes suitable for hiking, and comfortable clothing. Please bring plenty of water and snacks and leave dogs at home.



Join Bear Yuba Land Trust and Certified California Naturalists Steve Roddy and Linda Conklin every second Saturday of the month for the Junior Conservationist: Stories in Nature Series!

These unique, family-friendly nature outings weave plant and animal identification with the age-old art of storytelling. Each hike is designed for youth, ages 5 to 12, accompanied by a parent or caregiver, and shares a different story that is adapted to the locale and season.

“Our goal is for families to familiarize themselves with the resources of our local family-friendly trails,” explains Roddy, who along with Conklin taught at local schools for over thirty years. “We pre-scout our hikes, presenting the highlights of the seasons.”

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Nevada County Arts Programs

Music in the Mountains



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Studies show that kids who play outdoors are healthier, do better in school, have better social skills, a better self-image and lead more fulfilling lives. When kids spend time outside, they begin to foster a wonder of nature and a feeling of personal responsibility to help conserve the environment. Our natural landscapes need the support and protection of individuals with a strong connection to the outdoors.



About Bear Yuba Land Trust

Bear Yuba Land Trust (BYLT) exists to protect and defend the working and natural lands of the Bear and Yuba River watersheds. Since 1990, BYLT has saved more than 15,000 acres of critical Sierra Nevada habitats in addition to building and maintaining 30+ miles of public trails enjoyed by thousands of locals and visitors annually. Learn more at BYLT.org

[View Full Flyer](#)

**12th Annual
Daddy Daughter Dance
Saturday, February 2nd
GV Veterans Hall
255 South Auburn St.
Grass Valley
www.cbv.org**



Music in the Key of Science – Music in the Mountains' Young Composers Project Film Premiere & Midwinter Concert

Know & Go

WHAT: Music in the Mountains presents Young Composers Project – New Songs for Midwinter Concert

WHEN: Saturday, February 2, 2019, 2pm Matinee

WHERE: Peace Lutheran Church, 828 W. Main Street, Grass Valley

TICKETS: \$10/Adults, Youth free

INFO: www.musicinthemountains.org

Music in the Mountains cornerstone music education program Young Composers Project (YCP) will present its New Songs for Midwinter Concert, February 2, 2pm, at Peace Lutheran in Grass Valley.

This unique, singular music composition program is for students in junior high through college age. The project kicks off early in the school year with youth participating in both Saturday classes and private lessons with MIM Education Coordinator and composer/teacher Mark Vance. YCP curriculum includes: music software notation, melodic and rhythmic dictation, music theory and harmony, music history, conducting, public speaking and composition.

"Art does not exist in a vacuum. YCP students learn



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about important aspects of our community, becoming more informed and educated citizens. They then use their new found knowledge to create brilliant new music," said Vance.

Students present a mid-year recital of their original compositions for voice and one instrument of choice at the *New Songs for Midwinter concert*. Each year's program culminates with the *Young Composers Concerts*, where student works are premiered by professional instrumentalists as part of MIM's SummerFest.

"Music is a very important part of my life. It connects me with people, gives me goals to accomplish and provides relief from stress," said Simon Lacey, a student participating in YCP.



Each year YCP partners with a local non-profit organization. Last year, they collaborated with the South Yuba River Citizens League (SYRCL) and learned about the health and welfare of Nevada County watersheds including Yuba and Bear Rivers. Students volunteered at the Wild and Scenic Film Fest, traveled to Sacramento to attend the Sacramento Water Council's hearing on water storage, attended a protest rally against the proposed Centennial Dam project and learned about the CA water law and the importance of environmental advocacy.

Students wrote about their experiences and then, completely inspired, they composed original music based on their experiences. This musical journey is the subject of a short documentary *Music in the Key of Science*. It was recently selected to screen at the 17th annual Wild & Scenic Film Festival, January 17-21, 2019 in Nevada City and Grass Valley, CA. You can catch the film on Friday, January 18, 7pm at the Nevada City Elks Lodge, 518 HWY 49, Nevada City and Saturday, January 19, 1:30 pm at the Nevada City Veterans Hall, 415 North Pine Street, Nevada City.

Nevada Union High School Theatre Society
Presents

SCHOOL of ROCK

THE MUSICAL

Based on the Paramount movie by Mike White
Book by Julian Fellowes
Lyrics by Glenn Slater
New Music by Andrew Lloyd Webber

What: "School of Rock", Andrew Lloyd Webber's new hit musical, based on the much-loved film of the same name.
When: January 31st, Feb 1st, 2nd, 7th, 8th and 9th at 7pm.
Where: Nevada Union High School's Don Baggett Theatre, 11781 Ridge Rd. Grass Valley, CA
Admission: \$12/advance \$15/door. General admission seating begins at 8:30pm.
Advance sale tickets purchased online by visiting: <http://nuitheatre.spotyouself.biz>
Door tickets sales begin at 8:45pm before each performance.
Info @: www.nudrama.com or (530) 273-4431 x1033
Contact: Rob Metcalfe, NU Theatre Department (530) 273-4431 x2102 or rmetcalfe@nuhsd.com

**"You're not hardcore, unless you live hardcore!"
"So, stick it to the Man!"**

School of Rock is a two-hour, two-act musical, based on the hit movie starring Jack Black. The tuner follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. But can he get them to the Battle of the Bands without their parents and the school's headmistress finding out?

School of Rock, with its sensational live kids' rock band, is a loving testimony to the transforming power of music. May the spirit of rock be with those who pledge allegiance to Andrew Lloyd Webber's newest hit!

\$12 advance sale tickets can be purchased online by visiting <http://nuitheatre.spotyouself.biz>
\$15 door tickets can be purchased on each performance night beginning at 8:45pm.

January 31st, February 1st, 2nd include: Owen Mulero as Dewey Finn, Amber Bosse as Rosalind Wiseman, Morgan Plummer as Ned Schneebly, Lucy Gardner as Patti Di Marco, & Alle Rice as Tomika.
February 7th, 8th, 9th include: Tobias Farrell as Dewey Finn, Emily Fitzpatrick as Rosalind Wiseman, Seamus Maher as Ned Schneebly, Azura Blesz as Patti Di Marco, & Bailey Trent as Tomika.

All performances also include: Ben Fitzpatrick, Leo Capuano, Quinn Hewitt, Shelby Figueroa, Leah Groen, Jacken Lash, Weston Griffith, Skylar Moore, Hannah Owens, Paige Carlisle, Chelsea Hankins, Julian Jimenez, Darian Collins, Jasper Wilens, Emma Jensen, Sierra Nureick, Hume Helms, Hannah Plummer, Alec Howard, Cole Wood, & Ash Hudson.

Student Director: Luann Yellin, Student Stage Management: Sherrin Cheung, Student Technical Director: Isiah Duarte
Band Conductor: Ken Carter, Pit Band: Matt Siggel, Dan Farrell, Ben Grove, Jeff Pearson
NU Theatre Manager/tech Director: Jason Swartz

[View full flyer and purchase tickets](#)

Special daytime performances for school trips!
February 5th & 6th
10:00am – 12:15pm
\$5/student – Chaperones are free
Seating per performance is limited to 475.
Contact [Rob Metcalfe](#)

[The Arts in Our Schools](#) – check us out!



Quick Reference Calendar...

Calendar events have been highlighted in previous editions of *The Nugget* and are listed in chronological order. Back issues of *The Nugget*, with additional information, can be found at [The Nugget Back Issues](#).



CPR/AED/First Aid Skills Demo Check Class Schedule

DATE	CLASS DESCRIPTION	TIME
Wed, January 16, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Thurs, January 31, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Wed, February 13, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Thurs, February 28, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Thurs, March 7, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Wed, March 20, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.

The cost of the class is \$45.00 and must be paid PRIOR to us sending you a link to the on-line course – we accept exact cash or check only. NOTE: the fee is non-refundable.

You can either stop by our office to pay or mail the check - payable to NCSOS. Please do not mail cash.

Mail checks to: NCSOS 380 Crown Point Circle, Grass Valley, CA 95945 ATTN: CPR.

[Register online](#). For more information contact Faith Yamamoto at fyamamoto@nevco.org.



BTSA Teacher Induction Program

All seminars are 4:00-7:00PM, held in the Training Room at the NCSOS office:

380 Crown Point Circle, Grass Valley

To learn more, visit [North Coast School of Ed](#).

DATE	GROUP
Tues, January 8, 2019	BTSA/CTIP Year 1
Wed, January 9, 2019	BTSA/CTIP Year 2
Tues, February 5, 2019	BTSA/CTIP Year 1
Tues, March 5, 2019	BTSA/CTIP Mentors
Tues, April 2, 2019	BTSA/CTIP Year 1
Wed, April 3, 2019	BTSA/CTIP Year 2



Countywide Tournament Schedule for the remainder of the School Year 2018-19

EVENT	GRADE	DATE	TIME	REGISTRATION DUE	LOCATION
TechTest Jr.	7 th – 8 th	3/5/19	9-1:15	2/15/19	Telestream
TechTest Jr.	5 th – 6 th	3/6/19	9-1:15	2/15/19	AJA Video
Speech Prelims	4 th – 8 th	3/7/19	9 - 12:30 1 - 4:30	2/21/19	Calvary Bible Church
Speech Finals	4 th – 8 th	3/12/19	6:30 - 8:30	n/a	Nevada Theatre
STEAM Expo 2019	K-12 th	4/6/19	9am-3pm	3/15/19	Nevada County Fairgrounds



STEAM Expo registrations are open!
[STEAM Expo website here](#)



Poetry Out Loud

Poetry Out Loud encourages students to learn about great poetry through memorization and recitation. This program helps students master public speaking skills, build self-confidence, and learn about literary history and contemporary life. For more information contact: Lead Teacher Liaison, Steve Hansen at shansen@njuhdsd.com or Coordinator and Coach, Julie Valin at juleree_99@yahoo.com or go to [Poetry Out Loud](#).

DATE	DESCRIPTION
Jan 28 – Feb 1, 2019	Nevada County School Competitions
Feb 20, 2019	Nevada Countywide Competitions
March 3-4, 2019	State Finals competition
April - all month	National Poetry Month
Throughout April	Sierra Poetry (Fringe) Festival – Pop-Up Poetry Events
April 6, 2019	Nevada County STEAM Expo (for Poetry Out Loud Nevada County finalists whose poetry choices associate to STEM subject matter)
April 27, 2019	Sierra Poetry Festival (for Poetry Out Loud Nevada County finalists)
April 29 – May 1, 2019	Poetry Out Loud National Finals

CA Alliance for Arts Education Student Voices Campaign

2-minute video program for 7th-12th Grade Students



- March 1, 2019 Deadline to submit to NC Arts for viewing at STEAM Expo 2019
- March 22, 2019 Deadline to submit to CA Alliance for Arts Education
- April 6, 2019 STEAM Expo 2019 viewing of selected videos

Submissions for future issues:

Have you something to share in future issues of The Nugget?
Please submit your request by the 15th of the preceding month for inclusion in the following issue.
Email: sshafran@nevco.org