



News from the Nevada County Superintendent of Schools office

September 2019

Scott W. Lay, Superintendent

Labor Day weekend is over and summer is a distant memory in our rearview mirrors. As I visit our schools in Nevada County I'm greatly thankful for the dedication and professionalism of our school site staff members. You all truly make an incredibly positive difference in your students' lives. I'm also seeing and hearing that we are up in student enrollment in our county. My hope is that we have turned the corner in declining enrollment and will see continued growth in our schools.

My office is currently fine-tuning our countywide Professional Development Day for September 23rd titled, "Cultivate Resilience". The educational services staff has put together an impactful day on helping educators become more aware about how ACEs (Adverse Childhood Experiences) impact teaching and learning. Attendees will learn how to incorporate instructional strategies to build resilience, promote growth mindset, and develop social-emotional skills in our students. We all know that very little learning will occur without these foundations in place.

I wish all of you a very successful academic year.

Sett W Say

Scott W. Lay



Meanwhile, in Educational Services...

Exploring Careers in Health Summer Institute 2019

Each summer, *Sierra Nevada Memorial Hospital Dignity Health, Nevada County Superintendent of Schools, and Sierra College* sponsor a program to give students entering grades 9-12 an opportunity to contemplate a career in the health care field.

This year's annual 4-day "Exploring Careers in Health Summer Institute" program occurred the week of June 17th, 2019 at Sierra Nevada Memorial Dignity Health Hospital.

The 25 high school students who attended this free program learned about a wide range of careers in the medical field. "They get to do a lot, including hands-on activities and receive CPR/First Aid Certification," says Sharyn Turner, NCSOS Coordinator of School Health. "It's a great way to be exposed to multiple career options in the Health Services field."

Having direct exposure to health care professionals and being given the opportunity to observe them in their work environment assists students in setting up his/her vocational goal. Each year's program is a little different. The course agenda is adjusted in response to the student questionnaire that lists the occupations they are most interested in.

One day was spent at Sierra College, Rocklin at the Allied Health Center and nursing clinical lab spending time with students with various career goals, such as certified nursing assistants, nutritionists and registered nurses. The students also spent time at lunch with various representatives and specialties in nursing and medicine.

The highlight of the week was the arrival of a CALSTAR air ambulance on the roof of Sierra Nevada Memorial Dignity Health Hospital. Students were thrilled to learn about being a paramedic, pilot, and flight nurse, with photos of them sitting in a helicopter, which circulated all over social media.



Cultivate Resilience

MONDAY, SEPTEMBER 23, 2019

Nevada County Superintendent of Schools is proud to offer the following:

AM Session (8:30AM-12:00PM):

BUILDING RESILIENCE IN STUDENTS

IMPACTED BY ADVERSE CHILDHOOD EXPERIENCES:

A WHOLE-STAFF APPROACH

Presenter: Co-Author Ricky Robertson

Summary: This workshop will help educators become more knowledgeable about how ACEs (Adverse Childhood Experiences) impact teaching and learning, incorporate instructional strategies that build resiliency, promote growth mindset, and develop social-emotional skills.

PM Session (For Special Ed Staff Only; 1:00PM-3:30PM):

IEP Basics, IEP Note Taking Tips, and LRE: A SELPA WORKSHOP

LOCATION: Grass Valley Vets Hall 255 S. Auburn St. Grass Valley





There are three *PARTNERS Family Resource Centers* located in Western Nevada County. Each resource center welcomes families of all ages. We offer playgroups, fun kid activities, tutoring, and have clothes closets and computers to use. We are there for your family for fun and support,

through thick or thin, rain or shine. We offer caring and confidential support when parenting and family life are challenging.

We know that family life has plenty of ups and downs and are available to help you find solutions to match your family's needs and values. Whether it is a visit to our clothes closet, a need to send an important fax, or if your child has a challenge that tests your limits, we are there for you. We can help you navigate referrals and learn about the many services in our community.

PARTNERS Family Resource Centers have been in our community since 2010 and are located in Penn Valley at Ready Springs School, Grass Valley next to Grass Valley Charter School, and San Juan Ridge on the Oak Tree School campus.

All centers have a clothes closet, lending library, playgroups or story times, parenting support, and housing support through CalWorks. The Ridge and the Penn Valley centers host summer activities or camps, and the San Juan Ridge Family Resource Center has laundry facilities and food resources. Grass Valley offers tutoring.

All sites have computers and printers for your use.

Support is available in Spanish through the Grass Valley site; the other centers can help make those introductions.

We can always use your help! Become a tutor, ESL educator, or help

with our clothes closets. Donations to purchase supplies or to fund our camps are always appreciated.

To learn more, to volunteer, or donate, visit <u>partnersfamilyresourcecenters.org</u> for a link to the different FRC sites; or contact Laura Harter, Coordinator at NCSOS 530-478-6400 x2028.

Congratulations to the ten Classified School Employees of the Year (CSEY) for the 2018-19 school year! Superintendent Scott W. Lay, and NCSOS staff are proud of all of you and appreciate the hard work and dedi-

cation that ultimately impacts Nevada County students!

OFFICE & TECHNICAL:

Tammy Shurte* - Nevada Union High School Laura Pare - Chicago Park Elementary School Francie Campbell - Magnolia Intermediate School Sara Douglas - Williams Ranch Elementary School Bonnie Marques - Grizzly Hill School Debbie Valladao - Union Hill School District

PARA-EDUCATOR & INSTRUCTIONAL ASSISTANCE:

Elizabeth Collins* - Bell Hill Academy Kim Gilliland - Clear Creek School Yolanda Williges - Deer Creek School

MAINTENANCE, OPERATIONS & FACILITIES:

Similoni Filikitonga* - <u>Nevada County Superintendent of Schools</u>





Homeless Education Homeless Education

Quarterly Meeting Dates for 2019-2020

September 18 December 4 February 19 April 15

Time: 3:30pm-4:30pm

Location: NCSOS

380 Crown Point Circle Grass Valley, CA 95945

Contact: Melissa Parrett
Phone: 478-6400, ext. 2021
Fax: 478-6410
Email: mparrett@nevco.org
Or

Phone: 478-6400, ext. 2037 Email: cpeterson@nevco.org

Charlotte Peterson

Who is expected to attend?

School site and district level assigned homeless liaisons (as required by the McKinney-Vento Act). Those individuals working directly with identification of students in need and student support services.

What is the purpose of these meetings?

- To keep schools up-to-date on new requirements and legislation
- To increase awareness regarding available local resources
- To discuss best practices, policies & procedures

Email Melissa Parrett

Email Charlotte Peterson









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

Part I - <u>choose one</u>: October 3rd <u>or</u> 4th, 9:00am - 3:00pm Part II - <u>choose one</u>: February 27th <u>or</u> 28th, 9:00am - 3:00pm

Presented by Kelly Rizzi
Director of School and District Support
Shasta County

Location: NCSOS - 380 Crown Pt. Circle Grass Valley, CA

Trauma Informed Practices are the link to academic achievement and social/emotional 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. Navigating social/emotional situations 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 Balderston: mbalderston@nevco.org or call 530-478-6400 ext 2020

Brain Breaks

Short movements for students to bring calm to the mind and oxygen to the brain, increasing blood flow and enhancing learning

Self Regulation
The importance of teachers being regulated and how to teach students the skills of self regulation

Creating a Safe Environment Practical ideas for the school and classroom

Workshop Topics

Adverse Childhood Experiences Study [ACEs]

Science that sets the template for how the developing brain is altered and why learning and social/emotional tasks are especially difficult for students of trauma

Teaching Children about their Minds and about Growth Mindset Ideas and resources for teaching children about how their minds work 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

Learning Targets
Reveal to students where they will
go in the lesson and what they will
be expected to learn, providing
predictability helping to calm students

Classroom Applications Classroom practices that work and how to apply them

MORE INFO HERE



Teacher Induction—The North Coast Teacher Induction Program BTSA /CTIP

Susan Clarabut, Instructor

Working weekly with their mentors over the course of two years, teachers take a deep dive into California's 6 standards for the teaching profession to examine and reflect upon their own teaching practices. Teachers determine what their area for growth is and along with their mentors, what personalized professional development they will use to improve their teaching. Areas for professional development often include topics such as classroom management and set-up, social media, Universal Design for Learning (UDL), behavioral supports, best practices for teaching special populations and EL students, trauma based instruction, assumptions and equity, diversity, and teacher ethics. Most importantly, teachers have a mentor who is there to support, reassure and celebrate with them.

Mentors meet five times in the year at NCSOS, from 4:30-6:30 to take their own deep dive into best practices in mentoring.

Requirements for participation in the program include having a preliminary teaching credential and being employed as a teacher.

Additional information on induction can be found on the North Coast School of Education site www.ncsoe.org



Teacher Induction Program BTSA /CTIP

All seminars are 4:30-6:30PM, held in the Training Room at the NCSOS office: 380 Crown Point Cir., Grass Valley To learn more, visit

North Coast School of Ed.



Richard C. Davis Scholarship Program 2019 Richard C. Davis Scholarships

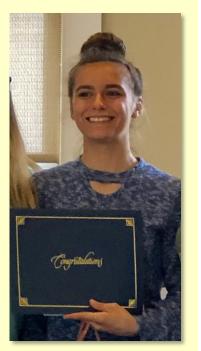
The Delta Sierra Executive Board was pleased to honor two outstanding graduates and one returning recipient who were recognized for their resiliency to overcome personal obstacles to graduate from high school and continue their education.

Through learning, these students have been able to accomplish what they never thought they would be able to do. We will continue to value our students and support them in all ways possible to ensure each and every student's success through learning.

Information on the 2020 scholarship program will be posted on the CASCWA website during the 2019-20 school year. If you work with, or are aware of, a student who has overcome adversity and is now on a path to go forward with his/her education, please submit a scholarship application to the Delta Sierra Scholarship Committee for consideration.

To access our website, click on the link below:

CASCWA Home Page CASCWA Delta Sierra Home Page



Nevada County's own Alyssa Laney 2019 recipient

The Arts



NCSOS Arts Coordinator, Kimberly Ewing

NCSOS is happy to introduce our new Arts Coordinator, Kimberly Ewing.

A classroom teacher by day, Kim enjoys a well rounded performing arts career in local theater, dance, and improvisational comedy. She is also a broadcaster on the local radio station KVMR and co-hosts a bi-monthly educational talk show called *Educationally Speaking* with Superintendent Scott W. Lay. Kim has written a memoir of her solo travels abroad and is now dabbling in podcasting and digital media arts for local non-profit organizations like Bear Yuba Land Trust. Kim is currently an active member of

the Nevada County Arts Council's Education Committee. Welcome, Kim!

Please share your newsworthy arts info with Kim: kewing@nevco.org



Learn more about National Arts in Education Week here



To All Art Docent Leads and Volunteers:

All Art Docent Leads and Volunteers: Please come and join our "Meet & Greet" gathering on Wednesday, September 25 from 9am-11am in NCSoS Board Meeting Room. We will share a sample visual arts lesson from the Art Docent Program, collaborate and give refresher tips and offer NEW expanded strategies to further engage and deepen students' learning through the visual arts lessons.

Please RSVP to NCSoS Art Coordinator, Kimberly Ewing at kewing@nevco.org. Hope to see you there!





10 Important Things to Know About Arts Education in California

For the past thirty years, arts education in California's schools has been disappearing at an alarming rate. Only 11% of the public schools are meeting state goals for arts instruction. The state's recent fiscal crisis has resulted in still more dramatic cuts to visual and performing arts education programs.

MORE INFO HERE

NCSOS Summary of Arts Education Programs: 2019-2020

Offering local, state, and national arts programs countywide, grades K-12.

Learn More Here

There's Music in the Air



InConcert Sierra:

grades 3 & up



Music in the Mountains/MIM grades K - 12

Link Up Carnegie Hall: grades 3-5. Music recorder & lesson plans with push-in music teacher. Participants will play with Sacramento Philharmonic Symphony on March 31, 2020. https://www.musicinthemountains.org/ or please email marges@musicinthemountains.org for details.

MIM Youth Orchestra: grades 3 - 12. Meets Mondays after school. All ability levels. Conducted by Richard Altenbach. First session starts September 9th.

Email <u>marges@musicinthemountains.org</u> for details.

MIM Youth Choir: grades 9-12. Inviting teens to sing in advanced ensemble on Monday evenings. Conducted by Ryan Murray. First session starts September 9th. Email ryan@musicinthemountains.org for details.

Take 5 for Music (prev. Brummett Taylor Classical music): grades K-6. Powerful yet easy classical music listening CDS with composer backstories.

Email <u>marges@musicinthemountains.org</u> for details.

Free in school concerts: In the spring of 2020, the MIM Youth Orchestra will perform 6 free concerts. First come, first served. To sign up email marges@musicinthemountains.org.

Scholarships: MIM has several scholarship programs for young musicians, including a scholarship to help with the costs associated with learning to play an instrument. For more details visit. https://www.musicinthemountains.org/education/scholarships-and-awards/

Annual Third-grade Education Concerts:

InConcert Sierra (ICS) presents educational programs yearly to Nevada County's youth through visiting concert artists. The annual springtime educational kids concerts are for third-grade students countywide. If you are interested in helping by volunteering or supporting our educational and scholarship programs, please contact the InConcert Sierra office at 530-273-3990 or info@inconcertsierra.org

Composers Project with Mark Vance:

This is a comprehensive school-year long course to learn about and enjoy hands-on experience composing your own works and having them performed by professional musicians. In addition, you will meet influential people who may be instrumental in your pursuit of your musical goals and igniting your passion, while attending concerts with a new ear and meeting the musicians – understanding their perspective. An experience of a lifetime!

Scholarship/grant programs:

Our Music Matters Grant Program is going strong. Grants of up to \$750 may be awarded to Nevada County music students (Nevada County residents), ages 10-22, who submit an application and successfully pass a selection process.

Nevada Joint Union High School District Scholarship

InConcert Sierra is proud to be part of the annual NJUHSD Outgoing Seniors Scholarship Program. The scholarships are awarded in June of each season and presented at the NJUHSD scholarship award ceremonies.

<u>Instrument Loan & Grant Program</u> — ICS accepts donations of quality musical instruments that can be loaned or gifted to deserving young musicians. We currently are working on locating new homes for several instruments.

Adult Programs:

Adult Education Seminars — The adult seminars are similar to our house concerts, providing an hour-long indepth and informative presentation about varied topics relating to classical music, followed by great conversation and refreshments. Past seminars have featured informative classes on conducting, movie music, and a variety of instruments such as the harp, piano, and reed instruments.

Spoken Word and more...



LEARN MORE HERE

ABOUT THE COMPETITION

The National Endowment for the Arts and the Poetry Foundation have partnered with the California Arts Council to support 2020 Poetry Out Loud, a FREE high school program which encourages the nation's youth to learn about great poetry through memorization and recitation. This dynamic program helps high school students master public speaking skills, build self-confidence, learn about their literary heritage, and compete for more than \$100,000 in awards.



HOW TO GET MY STUDENTS INVOLVED

In order to compete, schools must register through the state contact listed below. All materials and resources will be provided. Competitions will begin in fall 2019 at the school or classroom level to identify one student winner to represent their school at the regional or state finals. The state finals competition will be held on March 15 & 16, 2020, to determine the state winner representing California at the National Finals in Washington, DC.

Each winner at the state level will receive:

- A \$200 cash prize and an all-expense-paid trip to Washington, DC
- A \$500 cash stipend for their school to purchase poetry materials
- An opportunity to compete at the 2020 National Finals for the title of National Champion and a \$20,000 prize

Interested schools, teachers, students, or parents should contact their Poetry Out Loud county partner for questions on how to participate.

Additional questions can be directed to: Josy Miller, Arts Education Program Specialist, josy.miller@arts.ca.gov (916) 322-6385 or visit capoetryoutloud.org & poetryoutloud.org





















You Are What You Eat...



Every second Saturday ~ 10am—12 @ Interfaith Food Ministry 440 Henderson St., Grass Valley

Nevada County residents who can't make it to food distributions during the week are welcome to get food at Food Access Saturday!

Upcoming dates: 9/14, 10/12, 11/9, 12/14, 1/11/20

Food Access Saturday is a partnership between United Way of Nevada County and Interfaith Food Ministry

For more information contact:

United Way: 274-8111 or IFM: 273-8132



Did you know...

that families can use their EBT dollars at local Farmers' Markets?



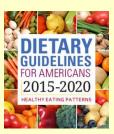
Grass Valley School District

Child Nutrition Program

Monthly Updates

School Lunch Menus

Nutrition + Education Information





More Information



Did you know...dryos make \$4,04 a month or less for a family of foer, you could qualify for up to \$642 a month in California DDT dollars through Newada Count Social Services? You can buy healthy, nutritious, fresh, local, and organic foods with Califriesh at grocery stores, fermers markets, and select U-pick ferms. You can also buy vegetable seeds and starts for your garden.

Apply for CalFresh today!

- ma Harvest: (by appointment) Call 530-265-2343 to schedule.
- Isterfaith Food Missisty: Drop-in Honday, Wednesday and Fridays of the month, 10 arm-lpm: 640 Henderson St., Grass Valley
 The Friesdahlp Clubs (by appointment) Call 530-265-6311 to schedule.
- Big Drothers Big Sistem of Hewads County: (by appointment) Call 530-955-9059 o info@bigsofncorg to schedule.
- Alliance For Workforce Development: H-F, Barn-Sprrr, Brighton Greens Resource Center, 988 McCountriey Rd., Green Valley, 530-955-7088.
- 211 Nevada County: Call 211 Nevada County for Application Assistance.

If you have any questions about the CalFresh program, contact your eligibility team at the Neveda County Department of Social Services, or call their main number at (\$30) 285-1340.



More Information Más información





STEM for Kids (BR)

Tuesday, September 10, 4:00 p.m.
We will be making a Penny Spinner and learning about physics and motion.

Tech Kids (TR)

Wednesday, September 25, 2:00 p.m. Let's learn about technology! We'll program robots, find out about coding, and use the cool equipment from our Tech Lending Library.

STEM for Kids (MH)

Tuesday, September 17, 3:30 p.m.

Come make a robot that draws, and take it home!

Ages 5 and up

STEM for Kids (GV)

Wednesday, September 18, 4:00 p.m.
Come see chemical reactions and try your hand at making your own! All attendees will get a chance to participate in a hands on activity.

TEENS

Crafternoon (BR)

Tuesday, September 3, 17 & 24, 4:00 p.m.
Teens and Tweens, meet up for a make and take craft activity. For this session we will be making Emoji Locker Magnets!

Art Attack (TR)

Thursday, September 19 & 26, 3:30 p.m.
Truckee Library Teens, let's get artsy and crafty! Each
week, we'll do something different, trying out lots of
ways of being creative. Ages 12-18.

MORE INFO ON CLASSES

Table Top Games (GV)

Friday, September 20 & 27, 4:00 p.m.
Games include Dungeons and Dragons, Magic the
Gathering, Settlers of Catan, Flux, Ticket to Ride, and
more. Snacks will be provided.

24-hour 360 Degree Film

Challenge (MH)

Saturday, September 21, 1:00 to 3:00 p.m. Participants are given 24 hours to completely produce a film – writing, shooting, editing – everything! Films must also incorporate the prompt that is announced at the start of the competition.

What is Discover & Go

Discover & Go is a program provided by your library that offers free and low-cost passes for museums, science centers, zoos, theatres, and other cultural destinations. You must meet your library's minimum age requirement and live within your library's service area to use the Discover & Go Service.

How do I get a Pass?

Log in with your library card credentials and browse for passes by date or attractions. Make your reservation and print or download your pass shortly before your visit. You can have two active reservations per library card. If you reserve a pass and do not use it or cancel the reservation, the unused pass will count towards your limit. Remember that once you print or download your pass you cannot cancel your reservation. Pass is non-transferable. Valid ID is required.

MORE INFO HERE



United Way of Nevada County is in the planning stages of the Grass Valley Free 2-day Health Care Clinic which will take place on Jan. 11th and 12th of 2020. Organized in conjunction with the Roseville-based nonprofit California CareForce, United Way of Nevada County will be hosting the event, which will take place at the Nevada County Fairgrounds for the first time. The cost of such a huge event is quite substantial, however, through the kindness of people like Una Kobrin, who recently contacted United Way to share her story, it will all come together.

United Way is still in need of donors (sponsors) to help with everything needed to make the clinic happen. Also needed are general volunteers and medical professionals to volunteer their time during the 2020 clinic. There is also a need for volunteers to help set up and tear down two days before, and on Monday after the clinic. Anyone interested in volunteering during the two-day clinic, or donating to help bring it to fruition, is encouraged to call United Way at 530-274-8111, email admin@uwnc.org or visit http://www.uwnc.org.

Quick Reference Guide

CPR/AED/First Aid Skills Demo Check Class



DATE	CLASS DESCRIPTION	TIME
Wednesday, Sept. 25, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Thursday, October 10, 2019	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Monday, October 28, 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.

Clothes Closet Donations Needed: Please bring new, and/or clean used kids clothes to the Family Resource Center.



Volunteer tutors needed!

MORE INFO

Submissions for future Nugget 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

Previous editions of *The Nugget* and are listed in chronological order.

Back issues of *The Nugget* be found at <u>The Nugget Back Issues</u>.

CHECK OUT THE BOOK LENDING LIBRARY!
SOMETHING FOR ALL AGES.

Dates to remember in September 2019

Labor Day: September 2

Brazil Independence Day (1822): September 7

• Grandparents Day: September 8

• Patriot Day and National Day of Service and Remembrance: September 11

National Hispanic Heritage Month: September 15-October 15

• National Stepfamily Day: September 16

Mexico Independence Day (1810): September 16

Unmarried and Single Americans Week: September 16-22

• National Staffing Employee Week: September 16-22

Constitution Day and Citizenship Day: September 17

National Dance Day: September 21

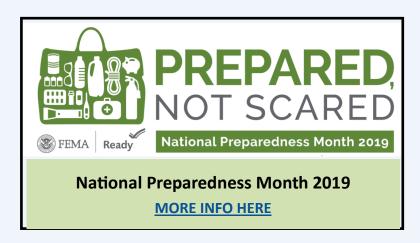
• 71st Emmy Awards (television): September 22

• World Tourism Day: September27

Ancestor Appreciation Day: September 27

National Coffee Day: September 29







MORE INFO HERE



