

The Nugget



News from the Nevada County Superintendent of Schools office

January 2020

Scott W. Lay, Superintendent

Happy New Year! I hope you all had some quality time off over the holidays to visit with family and friends. The Superintendent of Schools office staff has several projects that we are excited to roll out in the New Year.

Over the past eight months our office has been developing solutions to promote work-based learning through strengthening the connection between local businesses and schools. During phase one of our Career Pathway Partners program launch, we are populating a directory with businesses and volunteers who would like to come to schools as a guest speaker, offer workplace tours or job shadowing, mentor students, and at the highest level of participation, host student interns. We are anticipating that by this spring, this database will offer a sufficient number of registered businesses and volunteers to share with school teachers, staff and administrators. To get involved, encourage local businesses to register at www.nevco.org/cpp.

We are also working in partnership with UC Davis and Sierra Streams to develop and run a community-based citizen science education program for 3rd-5th grade classes in Nevada County. This will be a four-year project that will have our students collecting data pertaining to community-identified resource management issues (such as forest management for fire and invasive species) at or near their campuses. Teachers will be trained to help lead their classes in this important work.

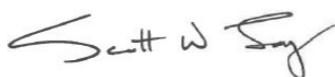
Our focus on providing professional development in social-emotional learning and trauma informed care will continue with additional trainings in February and March. These will be follow ups to the full-day workshops we offered in September and October of last year on this critical topic for both students and teachers. Please see the additional article in this Nugget on page 3.

Lastly, we are already gearing up for the STEAM Expo to be held on March 28th at the Fairgrounds. We are excited about the additional collaboration with Sierra College and local businesses to make this a “can’t miss” event. For more information on this tremendous event please go to <http://www.nevcoexpo.org>.

Those are just a few of the projects we’re working on here.



Wishing everyone a great 2020!



Scott W Lay



Bridgeport Bridge Restoration Project Student Art Competition

Nevada County Superintendent of Schools (NCSoS) is pleased to partner with the Bridgeport Restoration Celebration (BRC) Committee to help sponsor two student art competitions in celebra-

tion of the restoration and soon-to-be grand re-opening of the newly restored covered Bridgeport Bridge in Penn Valley. All students across the county are encouraged to participate in this exciting opportunity to celebrate this 158-year-old historical structure. Two challenges for students include an art, painting or collage for students in grades K-12 and the second is a short 1-3 minute YouTube video for students in grades 4-12. Students are challenged to creatively depict the history of the South Yuba River State Park and the Bridgeport Covered Bridge. One winner from every grade level will be presented with a cash award in April and all winners will be given the opportunity to be the first to walk across the bridge when it officially opens at the ribbon cutting ceremony in Fall 2020! All schools in the county have been sent the necessary information for teachers to help students submit their projects by the deadline of 5:00 pm, February 28, 2020. The link provided below will take you to the site for more details on the competitions along with multiple classroom resources for teachers and students from how to make YouTube videos, the history of covered bridges, to how to integrate bridge lessons across curriculum subject areas. For those interested, you may keep tabs on the progress of the restoration of the bridge by checking out the photo archive on the South Yuba River Park Association website (<http://www.southyubariverstatepark.org/>) and, under News, click on “**Save Our Bridge Restoration**”.

If you have any questions about the Bridgeport Bridge Restoration Project, contact the Save Our Bridge Campaign Committee at historicbridge.publicity@gmail.com.

For detailed information on the student competition, please visit our [Bridgeport Bridge Restoration Project Classroom Connection](#) and indicate your [intent to participate](#), or contact Teena Corker at tcorker@nevco.org.

Social Emotional Learning & Trauma-Informed Practices

Put “Your” Oxygen Mask on First...

Teena Corker

Associate Superintendent , Educational Services



Nevada County educators learned the importance of this symbolic gesture following day one of a two-day professional development training on trauma-informed practices. In December, two of three authors, Ricky Robertson and Amber Warner, came to facilitate two workshops based upon their book, *Building Resilience in Students Impacted by Adverse Childhood Experiences: A Whole-Staff Approach*. The authors believe that our educational systems must address the support educators receive in order for them to have a positive, informed capacity to support students. When educators can make connections with their own feelings of stress, and what the authors label, ‘compassion fatigue’ and behaviors in response to student behaviors, they can gain a deeper understanding of possible unintentional biased responses.

Nevada County Superintendent of Schools began the school year with a focus on providing professional development opportunities in social-emotional learning and trauma-informed care. In September and October, the county offered full-day workshops from Ricky Robertson (one of the authors listed above) and Kelly Rizzi from the Shasta County Office of Education. Both are experts on facilitating workshops on trauma-informed practices and building resilience in students and educators surrounding adverse childhood experiences. The workshops discussed the increase in the number of our students having experienced some kind of trauma in their lives such as poverty, divorce, neglect, homelessness, substance abuse, domestic violence and much more. Through various training workshops, educators have had the opportunity to build their capacity and deepen their understanding of the impact of trauma on students’ learning and behavior and expand their capacity to foster resilience and success for their students and themselves. These workshops introduce strategies for cultivating self-awareness, growth mindset and self-care.

Educators are reporting the value they receive in spending the time and going deeper into exploring why and how we can support the increased social-emotional and mental health needs of students countywide. We recognize that this important focus transcends beyond just one or two workshops and a one-year plan. As a result, we formed a Community of Practice for Social-Emotional Learning. It is comprised of a mix of approximately 120 educators, school psychologists, administrators, counselors and intervention specialists.

Working in such a collaborative format allows educators to connect with each other, share best practices, and develop multi-tiered strategies to support the behavioral, social-emotional and academic success of all students, especially those impacted by trauma.

Continued on page 3

Continued from page 3

Trainings continue to be offered in February and March to complete the work this year with our experts facilitating their work on building resilience, Adverse Childhood Experiences (ACEs) and trauma-informed care and how educators can make whole-school changes to address this growing need. While the training may end technically, the learning just begins when educators leave with action plans, ready to implement strategies within their classrooms, measure their effectiveness and report back on challenges and successes. The Community of Practice cohorts will continue meeting into next year and additional training, as the need arises, will occur as we believe the process of learning never ends and we continue to build resilience right along with our students.

For information on Trauma-Informed Practices, see flyer on page 8.

[Grass Valley
Flyer](#)

[Penn Valley
Flyer](#)



Nurturing Parenting
8-week seminar

WHO: Parents of Children Ages 2-12
SEMINAR DATES: Tuesday Nights
January 21st – March 10th, 2020 (8 weeks)
TIME: 5:30 PM to 7:30 PM
VENUE: Ready Springs School, 10862 Spenceville Rd.,
Penn Valley, CA 95946
MATERIALS FEE: \$35 (scholarships available)
PIZZA, CHILDCARE, & ACTIVITIES PROVIDED!

TO REGISTER & FOR FURTHER INFORMATION
CALL (530) 268-5086
(Space is limited, call now for registration!)

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Nurturing Parenting is one of the few parenting programs in the world that is based on evidence from clinical research. For more than 35 years, Nurturing Parenting's easy-to-understand, practical strategies have been shown to help families in all types of situations.

- Reduce family stress.
- Create a family routine with ground rules that everyone knows and follows.
- Become a more confident parent.
- Enjoy a more harmonious family environment.

Put some great new strategies in your parenting tool box with Nurturing Parenting!

PRESENTER: Annie Keeling, Parenting Specialist, Nevada County Supt of Schools
530-268-5086 – akeeling@nevco.org
www.nurturingparenting.com



Two classes—Grass Valley & Penn Valley.

PARENTING TIPS

By Annie Keeling
NCSOS Parenting Specialist

The Power of Music

Music is a joyful and sometimes unusual addition to your parenting. This tool can be used to enhance learning, create a pattern interrupt, or increase communication. Since children are hard-wired for music before language, you can use this to your advantage.

Whether it's a favorite song on Spotify or your singing a song from childhood, music can be used to transition, teach, and calm. Music can set the tone, change the mood, break up an altercation, give direction, calm high energy or bring up low energy – all in a loving and respectful way.

Try the following:

Pick an easy tune like “Skip to My Lou” – and use it throughout the day to give directions. “Wash, wash, wash your hands...” or “Climb, climb, in your car seat.”

Musical Concert — Invite all family members to participate. Instruments can range from store-bought shakers to pots and pans.

Parade —Wind through the house as you make music.

Music Appreciation Hour —Listen to a handful of songs from different eras, cultures, instrumentation, or styles.

Dance night — Everyone chooses a favorite dance tune. Move the coffee table and dance.

Lullabies —Singing to your child at bedtime is one of the most important rituals you can give your child. Children are like baby penguins. The sound of their parent's voice is truly magical music to their ears.

Educationally Speaking



Have something educational & exciting happening at your school?
In your classroom?
At your district?

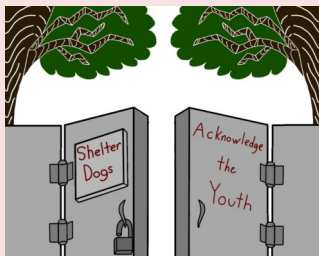
We want to share it ON THE AIR!!

Educationally Speaking is a talk show on our local community radio station KVMR 89.5 FM & 105.1 FM. The show shares all things educational happening in Nevada County.

Show hosts Superintendent of Schools' Scott W. Lay and Nevada City School District teacher Kimberly Ewing are always looking for topics, leaders, and students to be on the show, highlighting all of the amazing programs and services Nevada County schools provide for our youth.

Email Kimberly at

kewing@nevco.org and share.



Nevada County Foster Youth Podcast

"SHELTER DOGS 2020"

We are happy to release our first podcast created, produced and led by our very own foster youth community.

This group of motivated young individuals decided to take action into their own hands and educate our community on the realities of foster care.

These are stories of hardships and successes that they share with us, as well as suggestions so we can open the door for change and growth.

The group is called "Shelter Dogs"

Check out our Facebook page:

[Foster Advocates - Shelter Dogs 2020](#)



Listen to: [Holiday Podcast](#)

Listen to: [Bio Kids Living With Foster Kids](#)

Please email your comments, topic suggestions and success stories to the group at:
shelterdogs2020@gmail.com.

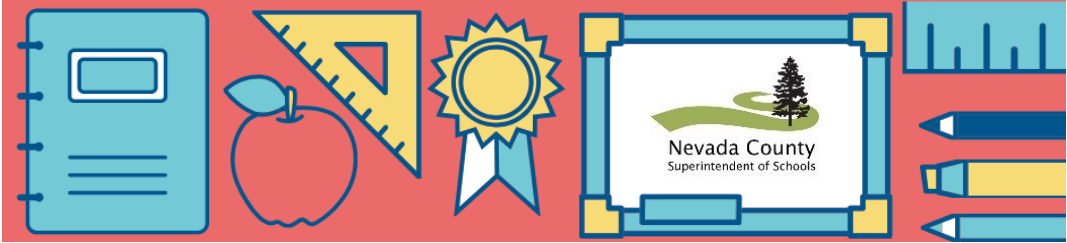
SAVE THE DATE!

Schools Job Fair

MARCH 21, 2020

10 AM - 2 PM

380 CROWN POINT CIRCLE



STEAM EXPO 2020 IS COMING !!

The Nevada County Superintendent of Schools is pleased to announce the 5th annual Nevada County STEAM Expo 2020 to be held in the Main Street Center and the Northern Mines Building at the Nevada County Fairgrounds March 28, 2020 from 9:00 a.m. to 3:00 p.m. STEAM Expo 2020 combines science, technology, engineering, art, and math into a stimulating experience that will engage the entire family and other visitors taking part in this important event.

This event promotes 21st Century educational goals and links to local career opportunities and resources. In the Northern Mines building, we'll have an increased showing this year of local industries and post-secondary education demonstrating to students and families the connection between STEAM areas and successful career opportunities in our county! K-12 students, their families, and community members are encouraged to view student projects and investigate plenty of hands-on fun. Past entries have included: robotics demonstrations and on-the-spot team competitions, a virtual reality experience, music, science/art related video shorts, programming a Sphero, making a bike-powered smoothie, and much more. In addition, there have been hands-on opportunities for creating art, touching and playing musical instruments and getting your bicycle serviced and repaired by the Seven Hills Bicycle Recycle Project. Awards for science projects, math challenges, robotics, and arts incorporation will take place from 2:00 p.m. – 3:00 p.m. in the main exhibit hall.



Continued on Page 8

The Arts

The Arts in Our Schools

[Learn More Here](#)



[Music](#)



[Visual Arts & Media Arts](#)



[Drama](#)



[Dance](#)



[Reading and Writing Programs](#)



[STEAM Expo 2020](#)

NEVADA
COUNTY
arts
COUNCIL

[HOME](#) [ARTS CALENDAR](#) [CULTURAL DISTRICTS](#) [CALL TO ARTISTS](#) [ARTIST DIRECTORY](#) [PROGRAMS](#) [ARTS ORGANIZATIONS](#) [ABOUT US](#)
[ARTS IN EDUCATION](#) [ARTS AND ECONOMIC PROSPERITY](#) [CULTURAL ASSET MAP](#) [GET INVOLVED](#)

Registration begins in November

[Email for more info](#)

sierra
POETRY
FESTIVAL

APRIL 18
2020

MINERS
FOUNDRY
CULTURAL CENTER

[JUMP TO THE NEW SIERRA POETRY FESTIVAL PAGES](#)

NCSOS
Summary of Arts
Education

Programs:
2019-2020
[Here](#)

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

INSPIRING
STUDENTS
**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.
See timeline and calendar of events on page 9.

For more information contact:

Lead Teacher Liaison, Steve Hansen at shansen@njuhsd.com or Coordinator and Coach, Julie Valin at juleree_99@yahoo.com, or go to www.poetryoutloud.org

Continued from page 6

We are planning a few new exhibits this year from outside organizations and hope to see many students and schools enter projects and exhibits! Let the registration begin!

Food and beverages will be available for purchase from local vendors and school non-profits.

For more information check us out on our website: www.nevco.expo.org



Trauma Informed Practices

Parts I & II

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

Part I - choose one: October 3rd or 4th, 9:00am - 3:00pm

Part II - choose one: February 27th or 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

Workshop Topics

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

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](#)



Take 5 For Music

Take 5 for Music is a powerful and yet easy method to expose school children to the world's greatest music. Teachers "take five" minutes each day to read a paragraph about a composer and composition and play the same piece every day for a week—each day reading a little more to the children about the work. By the end of the week, the students become educated listeners.

Take 5 kits (valued at \$325) are distributed free to K-8 teachers.



[MORE INFO](#)



Nevada Union High School presents :
Be More Chill

[MORE INFO HERE](#)

Opening: **Jan 23, 2020**
Closing: **Feb 01, 2020**

Number of performances: **6**

Organization: [Nevada Union High School](#)
Country: **United States**
Website: [Nudrama.com](#)

SUDOKU TOURNAMENT

Coming in April 2020

Starting in January: free weekly training of students, teaching beginners the basics of Sudoku solving, and teaching more advanced skills.

More info: 477-6282
or email

jerrymartin1942@sbcglobal.net

NAMI Nevada County Family Support



Find Help. Find Hope.

CRISIS HELP INFO

Basic Needs Guide for Western Nevada County:

[Visit 211 Nevada County](#)

or dial **2-1-1** for additional resources.

Connect to Your Community



FOOD

Access Saturday

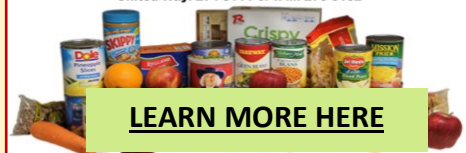
Every second Saturday ~ 10am-12
@ Interfaith Food Ministry
440 Henderson St., Grass Valley

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 : 11/9, 12/14, 2020: 1/11, 2/8, 3/14

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



LEARN MORE HERE



Hospitality House

INFO

NEO Youth Center

NEO

New Events & Opportunities

More Info

NEO Youth Drop-In Hours:

Mon: 3:30-6:30 Grades 6-8

Tues: 3:30-6:30 Grades 9-12

Wed: 2:45-6:30 Grades 6-12

Thu: 3:30-6:30 Grades 9-12

Fri: 3:30-8:30 Ages 14-25

Nevada County
Reads & Writes



nevadacountyreads.com



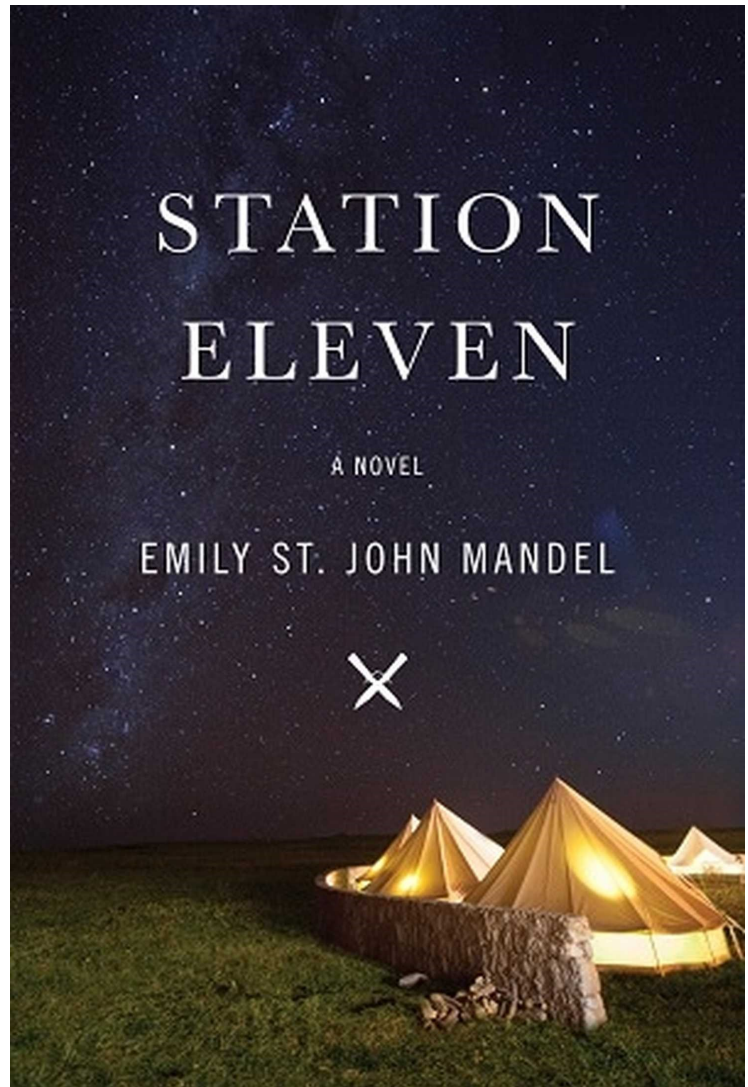
Managed by Aris Midwest



**Nevada County Community
Library**

980 Helling Way
Nevada City, California 95959
530-265-7050

mynevadacounty.com/library



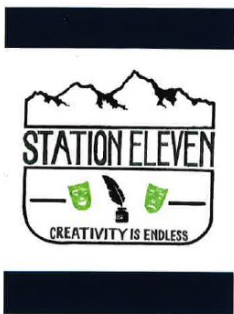
STATION ELEVEN

A NOVEL

EMILY ST. JOHN MANDEL



**MORE
INFO
HERE**



Announcing

Emily St. John Mandel's *Station Eleven* is an audacious, darkly glittering novel set in the eerie days of civilization's collapse, and tells the spellbinding story of a Hollywood star, his would-be savior, and a nomadic group of actors roaming the scattered outposts of the Great Lakes region, risking everything for art and humanity.

Visit mynevadacounty.com/library for more information about programs in March and April.

Nevada County Community Library
980 Helling Way
Nevada City, California 95959 | 530-265-7050
mynevadacounty.com/library

Quick Reference Calendars

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



DATE	CLASS DESCRIPTION	TIME
Wed, January 22, 2020	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Thurs, February 6, 2020	CPR/AED/First Aid Skills Demo check	3:45 p.m. – 5:45 p.m.
Wed, February 19, 2020	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/CTIP Teacher Induction Program



All seminars are 4:30-6:30PM, 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
Tue, February 4, 2020	CSTP 6 Collaborating W/ Community
Wed, February 5, 2020	Mentor Academy, Supporting Collaboration
Tue, March 3, 2020	CSTP 3—Curriculum & Instruction
Wed, March 4, 2020	Legal/Ethical Issues in Teaching
Tue, April 14, 2020	BTSA /CTIP Sharecase
Wed, April 15, 2020	BTSA /CTIP Sharecase

Quick Reference Guide



DATE	POETRY OUT LOUD 2019—2020 Schedule of Events
Available now	Online Anthology of poems — HERE
Jan 10–24, 2020	Nevada Co. School Competitions—January 24th school competitions completed
February 4, 2020	Nevada County Countywide Competitions—Rood Center
February 14, 2020	Deadline to register students for State Finals
March 15-16, 2020	State Finals competition
April - all month	National Poetry Month
Throughout April	Sierra Poetry (Fringe) Festival – Pop-Up Poetry Events
March 28, 2020	Nevada County STEAM Expo—for Poetry Out Loud Nevada County finalists whose poetry choices associate to STEM subject matter
April 18, 2020	Sierra Poetry Festival—for Poetry Out Loud Nevada County finalists
April 27-29, 2020	Poetry Out Loud National Finals

CA Alliance for Arts Education Student Voices Campaign:

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

TBD - Deadline to submit to NC Arts for viewing at STEAM Expo 2020
 March 1, 2020 Deadline to submit to CA Alliance for Arts Education
 March 28, 2020 T STEAM Expo 2020 viewing of selected videos

[More Information Here](#)

PARTNERS
Family Resource Centers
partnersfamilyresourcecenters.org

A PLACE WHERE NEVADA
COUNTY FAMILIES GATHER FOR
SUPPORT, INFORMATION, & FUN!

FREE SUPPORT FOR FAMILIES

[MORE INFO](#)

Grass Valley
235 S. Auburn St.
530-279-4059

Penn Valley
10862 Spenceville Rd.
530-432-1118 x249

San Juan Ridge
18847 Oak Tree Rd.
530-292-3174

Grass Valley School District

Child Nutrition Program

Monthly Updates

School Lunch Menus

Nutrition + Education

Information

[More Information](#)

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 [The Nugget Back Issues.](#)