

News & Notes ...

Safe Schools Healthy Students: Supporting Parents

By Project Director Marina Bernheimer

The Safe Schools Healthy Students (SSHS) grant is promoting a healthier community in Nevada County by providing evidence-based programs for students and children of all ages. We believe that in order to truly impact the healthy development of local youth, it is crucial that we support parents and caregivers to have the skills, knowledge and tools that will maximize their parenting abilities and improve relationships between caregivers and their children.

SSHS is funding multiple parenting classes in order to meet the varying needs of families. The following is a synopsis of each of the Parenting Classes that will be offered in our community with SSHS funds. Each of the classes below is classified as evidence-based; they have been rigorously evaluated by an independent professional evaluator and are known to have a strong impact on improving parenting skills and improving relationships between caregivers and children.

Triple P- Positive Parenting Paradigm

Triple P has five intervention levels of increasing intensity to meet each family's specific and unique needs. The program's multi-level framework aims to tailor information, advice and professional support to the needs of individual families. It recognizes that parents have differing needs and desires regarding the type, intensity and mode of assistance they may require.

Second Step Family Guide Workshop

The *Second Step* Family Guide is a dynamic and popular six-week workshop series that introduces parents and caregivers to those skills being taught to many students at local schools through the SSHS funded *Second Step* curriculum. Concepts taught by *Second Step* include empathy, problem solving, and anger management. Soon, dealing with emotions, resolving conflicts, and solving problems at home will become second nature to entire families!

Parent Project/Teen Project

This program is a 10 to 16 week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children.

Loving Solutions:

Loving Solutions is a guide for parents with difficult younger children, ages five to ten. Loving Solutions provides guidelines for parents to determine when they need a "rule," what issues are negotiable, when parents can negotiate with children, how to use time-outs properly to gain substantial behavior change, how to get children to cooperate with household chores, to get along better with siblings, and improve school success.

Loving Solutions also addresses the needs of children with Attention Deficit Disorder.

In order to promote access to these classes, all classes are free of charge and include free childcare and light snacks/dinner for all participants. Several classes have a \$25 fee for materials; however scholarships are available for those families who cannot afford this cost. Scholarship information is available from staff at the PARTNERS Family Resource Centers.

REGISTER for UPCOMING PARENTING CLASSES:

- Loving Solutions: Begins Jan. 18th, 3:30-5:30 p.m., PARTNERS FRC Ready Springs, contact Casey at 432-1118 x249
- Parent Project/Teen Project: Begins Jan. 19th 6:00-8:30 p.m., PARTNERS FRC Grass Valley, contact Karen at 273-4059
- Triple P Parenting: Begins Jan. 27th 5:30-8:00 p.m., PARTNERS FRC Ready Springs, contact Connie at 575-2373
- Second Step Parenting: Begins Mar. 1st 6:00-8:00 p.m. at PARTNERS FRC Grass Valley, contact Karen at 273-4059

Call any of the FRCs to check for other parenting class opportunities:

- PARTNERS Grass Valley 273-4059
- PARTNERS Ready Springs 432-1118 x249
- San Juan Ridge FRC at 292-3174

Go to www.nevco.k12.ca.us to read this article in its entirety.

The Nugget highlights aspects of the SSHS on a monthly basis.

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Tech Trek: Science Camp for 7th Grade Girls

The scholarship nomination process takes place this month, for Tech Trek, a one-week science and math camp for seventh grade girls. Seventh grade technology, science, and math teachers have the opportunity to nominate students for a life-enhancing scholarship.

Tech Trek is designed to develop interest, excitement, and self-confidence in young adults who will enter eighth grade in the fall of 2011. The annual camp features hands-on activities in math, science, technology, engineering, and related fields. Instructional, recreational, eating, and sleeping facilities are located on a university campus where the camps are held. Last summer, eight Nevada County seventh grade girls attended the camp. A total of fifty-eight Nevada County students have attended Trek Tech over the last decade. In the summer of 2011 Nevada County students will attend camp at U.C. Davis. "Tech Trek changed my life; I had never considered myself smart or even interested in science. Tech Trek changed that," says Vienna Saccomanno from Cedar Ridge. With a NASA grant Vienna has worked as a researcher and is currently working on her Bachelors in Biology and International Political Economics at the University of Puget Sound. "I believe Tech Trek was a catalyst to my success", says Vienna.

Nomination packets have been sent to all Nevada County middle school secretaries to copy and distribute to teachers. Seventh grade Science, Math, and Technology teachers nominate students to attend the camp. Students and teachers must submit the required nomination packet to their principal by February 1, 2011. Camp scholarships are available through the local branch of the American Association of University Women (AAUW). Nominated students are asked to pay a \$50 fee and the remainder of the camp fee is covered by the AAUW scholarship. For more information about Tech Trek, visit: <http://aauw-techtrek.org/> or contact Martha Rees, (530) 274-8177, mjkrees@yahoo.com.

Saluting New Readers Creator Receives Highly Acclaimed Mensa Foundation Award

The 2010 Mensa Education & Research Foundation is proud to award Jerry Martin, of Grass Valley, with the Copper Black

Award for Creativity for his 'Saluting New Readers' (SNR) reading program. Martin's SNR program helps motivate K-5 elementary students to be excited about reading, while raising genuine self-esteem and having fun, without competition. A former classroom teacher with a master's degree in television production, Martin has successfully done this program as a volunteer for 13 years with approximately 1,600 children in 100 classes, in Nevada County! In 2008, Martin won the annual 'With Our Youth!' award from the National Retired Teachers Association for the SNR program. This award is given annually to 4 individuals in the U.S.A. who volunteer with children.

"I'm so excited about this recognition from the Mensa Foundation," said Jerry Martin, inventor of the SNR program. "This project has been a labor of love for me and something I truly believe in. In its next phase, I'm hoping to partner with non-profits so children across the nation can benefit from this program." In the meantime, Jerry continues to offer SNR to Nevada County schools. This program is a new way to motivate K-5 students to read. The program involves videotaping students reading their favorite books and creates a TV show that makes kids the stars. After practicing reading for several weeks prior to taping, students read for the camera and then view themselves on TV. The program creates intrinsic motivation to read and builds children's self-esteem. For more information about the SNR program, or to read local teacher testimonials and FAQ log on to www.saluting-new-readers.org or contact Jerry Martin at 477-6282.

"Awarding the Copper Black is Mensa Foundation's way of recognizing research, education, and creativity in our society, which is why we are honoring Jerry Martin for his invention of the SNR program," said Greg Timmers, President of the Mensa Education and Research Foundation.

Poetry Out Loud: National Recitation Contest

The National Endowment for the Arts & Poetry Foundation sponsors Poetry Out Loud, a national recitation contest that Nevada County high school students have participated in, four years out of the six years of this program. Visit www.poetryoutloud.org for an inspiring overview of the program. January 31 is the deadline for local high schools to select three finalists to compete in the county-wide competition. For local information and guidelines contact Penel Curtis at penelcurtis@gmail.com or phone 798-5955.

Trainings • Field Trips • Opportunities for All

Trainings & Collaboration Meetings

Special Education Parents Advisory Committee (SEPAC) 2010-11 Presentation Series:

• Nuts 'n Bolts of IEP's

Workshop takes place on Tuesday, January 18, from 9:30 a.m. – 12:30 p.m. at the NCSOS Annex, 117 New Mohawk Road, Nevada City. RSVP to Randy McKean at 265-0611 x203.

• Sensory Processing Disorders: The Out of Synchron Child

DVD screening will take place on Tuesday, February 15 with informal discussion to follow. Two viewings, 9:30-11:30 a.m. & 6:30-8:30 p.m. in the Houser Room at NCSOS, 112 Nevada City Highway, Nevada City. RSVP to Randy McKean at (530) 265-0611 x203.

• The Motivation Breakthrough

DVD screening will take place on Tuesday, March 29 with informal discussion to follow. Two viewings, 9:30-11:30 a.m. & 6:30-8:30 p.m. in the Houser Room at NCSOS, 112 Nevada City Highway, Nevada City. RSVP to Randy McKean at (530) 265-0611 x203.

Countywide 4th Grade Math Collaboration



The second in a series of four 4th grade math collaboration sessions is **January 27, 12:30 p.m. – 3:30 p.m.** The second 4th grade collaboration will focus on division. One-half day substitute expenditures may be billed to NCSOS. All 4th grade teachers have received a flier and registration form via e-mail. Although there is no fee, it is necessary to register. For more information call Judy at (530) 478-6400 ext. 208.

Fourth grade teachers can also save the dates of Thursday, February 17 and Thursday, March 24. The third topic is 'Fractions'. The fourth topic is

'Additional Strategies, Pacing, & Benchmark Assessments'.

EMSA Training Offered Jan. 29, 9:00 a.m. – 5:00 p.m.

This class, designed for child care providers and preschool employees, is required by law. Pre-register by calling (530)478-6400 x201 or amcmillen@nevco.k12.ca.us. \$65 fee must be prepaid.

2010-11 CPR & First Aid Training

The Nevada County Superintendent of Schools office continues to offer CPR and first aid training January thru June, 2011. Class details and a complete list of classes can be found on the NCSOS website at www.nevco.k12.ca.us/teachers. Reservations can be made by calling or e-mailing Anna McMillen at (530)478-6400 x201 or amcmillen@nevco.k12.ca.us. \$30 fee must be prepaid. Upcoming CPR/First Aid classes:

- January 6, 2011, Thursday, 3-7 p.m.
- February 12, 2011, Saturday, 9 a.m.–1 p.m.
- February 24, 2011, Thursday, 3-7 p.m.

Collaboration Meeting for Algebra Teachers

January 20, 12:30–3:30 p.m., NCSOS Houser Room, there will be a meeting for all middle school, high school, private, and charter school teachers who teach algebra. Meeting moderator Gordon Sakaue will be e-mailing a survey to teachers which will then drive the agenda for the meeting.

Collaboration Meeting for Technology Teachers

Save the date of February 10, 12:30 a.m.–4:00 p.m. Submit suggestions for topics and agenda items to Stan Miller at smiller@nevco.k12.ca.us.

Field Trips

Seussical the Musical

The Nevada Union Drama Department is staging *Seussical the Musical*, a fantastical, magical, musical extravaganza that brings to life everyone's favorite Dr. Seuss characters. Nevada Union's exemplary band will provide full orchestral accompaniment.

One student matinee will be offered February 2, 10:00 a.m., \$5 per ticket to school groups. Contact Rob Metcalfe for more information at 273-4431 x2102

Opportunities for All

Nevada County Reads! Nevada County Writes!

Nevada County Reads! is an annual event wherein the community, including age-appropriate grades, is encouraged to all read the same book simultaneously and then participate in subject related school and community events.

This year the selection is "*The Book Thief*" by Markus Zusak. It is an exciting choice, as the book was written for young adults in mind, but has been extremely popular with adults. Activities and events will be geared to 9th grade students through adult. A full schedule of events, to take place in March, will be included in the February edition of the Nugget, but now is the time for everyone to read the book.

This year a new component has been added for high school students: Nevada County Writes! There will be a guided writing competition for 9th-12th grade students, with awards and a public reading of the winning papers. Guidelines for students and teachers will be available January 10 on the Nevada County Reads! and NCSOS websites:

www.nevadacountylibrary.com and www.nevco.k12.ca.us. The deadline date for Nevada County Writes! student submissions will be Friday, February 11.

Moms are Mathletes!

This free teleseminar is to provide positive tools for parents who help their children learn math. The seminar takes place Tuesday, January 11, 9-10 a.m. To sign-up or for more information go to <http://meggin.com/Moms.php>.

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SYRCL's Wild & Scenic Film Festival: Saturday Morning Cartoons

SYRCL's environmental film festival runs January 14-16. Kids of all ages are invited to attend Saturday morning cartoons, featuring fun, entertaining, and inspiring children's films from around the globe. Cartoons take place January 15, 9:30a.m.-noon, at the Nevada Theatre, \$7 in advance at www.wildandscenicfilmfestival.org.

California State Summer School for the Arts

Talented and motivated high school students are invited to attend the 25th annual four-week CSSSA program. Disciplines covered are animation, creative writing, dance, film & video, music, theater, and visual arts. The application deadline is February 28. Nearly 40% of students who attend CSSSA each year qualify for full or partial tuition assistance. For more information visit www.csssa.ca.gov.

Finding Funding: Tip of the Month

<http://www.goodsearch.com/default.aspx> is a web search page powered by Yahoo. Once registered, it can earn your school or non-profit a penny each time one of your supporters does a search using this site. Plus there are

tons of online shopping sites that donate a certain percentage of each purchase to your designated organization if you go

through Good Search. As long as you have a tax identification number, it is simple to register. To learn more visit the site above, click on the 'How it Works' tab, and then spread the word!

The Nugget hopes to provide a monthly suggestion for funding opportunities. If you have an opportunity to share, contact Nugget Editor Judy Nielsen at 478-6400 x208 or e-mail judy@nevco.k12.ca.us.

MUSIC in the MOUNTAINS presents...

Music Live

Music Live brings live classical music performances to Nevada County's K-8 schools, free of charge. *Music Live* is offered January thru May. The NCSOS office coordinates scheduling between MIM and the schools. This process is now taking place. For inquiries contact Judy Nielsen at 478-6400 x208.

Peers Performing 4 Peers

Music in the Mountains *Young Musicians* goes directly into Nevada County K-6 classrooms to perform January thru May, free of charge. To schedule a classroom visit call Mark Vance at 265-6173 x20



AL JENNINGS NEVADA COUNTY SCIENCE FAIR

DATES TO REMEMBER:

January: Begin process of investigations with students; each school should have a science fair coordinator

March 25: School site coordinator reports number of students working on projects to Coordinator Dan Dummett; site coordinators will receive allotment for their site

April 1: each school is encouraged to have its own science fair before this date

April 8: deadline to submit 4th-12th grade entry forms

April 11: project set-up and judging

April 12: judging

April 13: open to public and class field trips; public viewing; dinner for sale by lady Elks; awards ceremony; project removal

April 14: project removal by noon

2010-2011 ACADEMIC TOURNAMENT

Writing: January 12 (Miners Foundry)
Math-Grades 5/6: January 26 (Miners Foundry)
Math-Grades 7/8: January 27 (Miners Foundry)
Speech: March 10 (Calvary Bible Church)
Speech Topic: "The Best Event in American History"



SCHEDULE