

News & Notes

Summer Institute: *Exploring Careers in Health*

Sharyn Turner, MA, RN
Coordinator of Student Health

Do you know a middle school student graduating from eighth grade or a high school student with an interest in learning about various health careers? Could you recommend a student with a strong interest in math, science, and health, who demonstrates leadership skills and responsibility? *Exploring Careers in Health* Summer Institute is for that individual. Do not overlook the resilient high risk student that may be interested and motivated, but may be struggling with direction and support in exploration of his/her vocational goals.

Western Nevada County high school students are being offered this program for a 12th year by NCSOS and Dignity Health/Sierra Nevada Memorial Hospital (SNMH). The program is an opportunity to learn firsthand, the challenges, opportunities, and rewards of various health professions. Health care practitioners and academic instructors who teach health care courses work with the students directly. Students spend time at community-based health care facilities.

Allied health careers are those professions that support health professionals such as doctors and nurses. They include a wide range of diagnostic, technical and other therapeutic patient care and support services critical to other health professionals. Introducing allied health careers will help students see a concrete connection between school and a brighter future, providing motivation to do well in school.

Students are selected to participate through an application process that includes a recommendation by an adult such as a teacher, coach, counselor or club advisor. Twenty-five applicants will be chosen to attend at no cost.

Participants must agree to attendance requirements without exception.

Highlights this year will include a field trip to Sierra College School of Nursing lab, learning how to give injections from Sierra College student nurses; having lunch and Q & A's with physicians and nurses; touring the SNMH facility and learning about its electronic medical record products and how they impact managing patient care; exploring allied professions such as a certified nursing assistant; and participating in a live video-conference that connects students with scientists, doctors, and other health care professionals in a two-way experience from Ohio's renowned COSI (Center of Science & Industry). Students also receive certification in CPR and First Aid. All of the activities culminate in a trauma simulation on the last day.

This year's *Exploring Careers in Health* Summer Institute will be held at SNMH, June 9-12, 2014 from 9:00-3:00 each day. Applications are available from school counselors, SNMH, or NCSOS on-line at www.nevco.org/exploring-health-careers. Applications must be postmarked by May 1, 2014.

For further info contact Sharyn Turner RN, MA, Coordinator of School Health at NCSOS 478-6400, x245 (Sharyn@nevco.k12.ca.us) or Debbie Wagner RN, Wellness Coordinator SNMH 271-1491 (dewagner2@chw.edu).

2014 Speech Tournament Results

Bonnie Smart

Countywide Tournaments Coordinator

Sixty-five of the top oration students from fifteen local public and private schools recently competed in the countywide Speech Tournament coordinated by the Nevada county Superintendent of Schools office and sponsored by Tri Counties Bank, Rotary Club of

Grass Valley, and the Nevada Theatre. This year's speech topic was "My One Wish for America".

The semi-finals competition, for students in grades four through eight, was held on March 6 at Calvary Bible Church and was conducted in a "round-robin" fashion with business members from the community serving as judges. The speeches were evaluated on content and delivery with a time limit of no less than two minutes and no more than three and a half minutes.

The student finalists presented their speeches at an evening program on March 18th in the Nevada Theatre to an audience containing a panel of judges from local Toastmaster groups. Holly Hermansen, Nevada County Superintendent of Schools; Anita Daniels, Vice President, Branch Manager of Tri Counties Bank; and, Steve Spiller, President-Elect of the Rotary Club of Grass Valley presented trophies and gift certificates for the Book Seller to the winners.

First 5 Helps Kids *Step Up to Kindergarten: A Free Kindergarten Readiness Camp* **Lindsay Dunckel, Ph.D.**

Executive Director of First 5 Nevada County

Once again, First 5 reached out to Kindergarten teachers across the county to ask what needs they saw as most pressing for students entering school. We heard back from over 66% of local kindergarten teachers; a terrific return for a questionnaire! The overwhelming response was for three things that the teachers wish children had more experience with before starting school:

- Social emotional development (i.e. self-control, ability to delay gratification, ability to bounce back from a difficulty, ability to self-soothe)
- Group socialization (i.e. sitting at circle time, lining up, raising hand, waiting for your turn)
- Pre-literacy activities (i.e. being read to, learning songs, rhymes, finger plays)

This input was identical to the survey results two years ago. But this year, some academic skills also made the list; the next three highest-rated items were:

- Early literacy activities (i.e. letter recognition, sound-letter associations, writing)
- Pre-numeracy activities (i.e. sorting, classifying, matching, recognizing shapes)
- Numeracy activities (i.e. number recognition, one-to-one counting)

This information will be used as the First 5 Commission makes funding decisions in the coming year for the 2015 – 2018 funding cycle. But this information will be put to more immediate use in the ongoing First 5 program that was designed two years ago to address these needs— *Step Up to Kindergarten*. This is a free, 3-week summer program for those entering Kindergarten (or Transitional Kindergarten) with no preschool experience or those who

need a "boost" to be ready. Classes of up to 12 children will meet in Kindergarten classrooms at Bell Hill, Scotten, Union Hill, Deer Creek, and Ready Springs schools. Children will attend *Step Up to Kindergarten* for three hours a day, five days a week, June 25 - July 16, helping them to be more "ready" on that first day. Teachers and aids focus on self-regulation skills, group socialization skills, and early literacy and numeracy skills. They incorporate both *Second Step* and *Handwriting without Tears* curricula. Children will get important practice separating from their parents, getting to school on time, following the directions of a teacher, making transitions in their day and interacting with their peers in a classroom setting. Last year, children who participated in the program showed growth in an average of 6 skill areas of 18 assessed by teachers. I look forward to updating you about this exciting program as we watch to see how the children transition into the school year.

For more information about First 5, please visit the website www.first5nevco.org or contact Executive Director Lindsay Dunckel at Lindsay@first5nevco.org or 274-5361.

2014 GREAT Summer Youth Academy **Project Director Marina Bernheimer** *Safe Schools/Healthy Students*

The 2014 GREAT Summer Youth Academy (GSYA) will be held this June and July and is seeking campers (incoming grades 4-8) as well as high school student-volunteers. Applications for the GSYA are available now at www.greatsummeryouthacademy.com and at the GV PARTNERS Family Resource Center (235 S. Auburn St.). Deadline for applications is May 9th.

GSYA is a collaborative program operated by the Grass Valley Police Department in partnership with Safe Schools Healthy Students (SSHS). GREAT is staffed by Grass Valley Police Detective, Zack LaFerriere and Nevada County Probation Officer, Jim Amaral. The GREAT Academy incorporates curriculum centered on teaching life skills (good decision-making, communication, and refusal skills) and leadership tools, adding hands on experiences to enrich each lesson. Through games, role play, skits, field trips and community projects, students participating in the GSYA spend each day incorporating meaningful lessons into fun activities.

GSYA is seeking junior and senior high school student volunteers to support staff and campers this summer. Volunteers will lead group activities, serve as role models to campers, and assist staff with day to day operations and activities. Volunteers should have a passion for working with young people and are asked to make a one or two week commitment to the program. This is an opportunity

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for high school students to complete community service or senior projects. Potential volunteers and campers should contact Karen Wallack-Eisen at the Grass Valley PARTNERS Family Resource Center, located next door to Grass Valley Charter School. Phone (530) 273-4059 or go to www.greatsummersyouthacademy.com.

Poetry Out Loud Makes Nevada County History

Judy Nielsen

Nevada County Poetry Out Loud

Poetry Out Loud is a national program wherein students recite memorized poetry selected from a specific list of established poets. This year hundreds of Nevada County students participated in the preliminary process for semi-finalists to compete at Bear River High School in January. The competition is tough with scoring being somewhat akin to the Olympics. Students that placed were Felicia Van Hecke from Ghidotti – 3rd place, Shane Anderson from Bear River – 2nd place, and Wyatt Price from Nevada Union – 1st place.

The county 1st place recipient goes on to compete on a statewide level. This is a two-day event that takes place in the State Capitol, with the final round of recitations taking place in the Senate chambers. It is with great excitement that the NUGGET reports the 2014 outcome of the California competition for Poetry Out Loud. With the insurmountable encouragement of Nevada Union teacher Steve Hansen (for all of his students) and coaching from local poets Tom Wilson & Chris Olander, Nevada County has produced a third place winner for California two years in a row. This is history in the making for Nevada County.

We would like to extend congratulations to Wyatt Price in his appreciation of the written word and ability to convey meaning and depth to the poems he chose to recite. Wyatt, a junior at NU said, “I came into it by accident. It was a school contest that allowed you to keep succeeding. It is a really cool experience and a great program for all kids in high school!” Wyatt plans on participating again next year. To access photos of Wyatt in the Senate chambers reciting, receiving his award, and photos with dignitaries go to www.cac.ca.gov/poetryoutloud

Nevada County Writes!

Judy Nielsen

Nevada County Reads & Writes! Committee Member

The culminating event for 2014 Nevada County Reads & Writes! was the Writing Competition Awards and Accolades event at the Center for the Arts on March 26. Writing was based on the prompt to write an epilogue to this year’s selection *The Fault in Our Stars* by John Green. Participation was excellent and the quality of the papers from both the public and high school students were outstanding. John Green would be delighted with the epilogues to his book!

Public competition winners were: Dian Schaffhauser ~1st place; Amy Ruten ~ 2nd place; Judie Rae ~ 3rd place. Student competition winners were: Jenna Segel ~ NU ~1st place; Davia Pratschner ~ Forest Charter ~ 2nd place; Sierra Halberstadt ~ Truckee High School ~ 3rd place. Winning papers were read at the event and are accessible on-line at <http://nevco.org/nevada-county-reads-writes-2014/> or www.nevadacountyreads.com. Until next year...

Trainings • Field Trips • Opportunities for All

Trainings

NCSOS Provides Common Core ELA Spring Workshop Series

Attention 3rd – 5th grade teachers needing assistance translating the CCSS shifts into instructional practice! NCSOS Director of Curriculum, Instruction and Accountability, Kathy Kiefer, will be leading teachers through Common

Core strategies related to evaluating text complexity, creating text dependent questions, and close reading. These short after-school workshops will take place on May 15, May 19, and May 22. With these three sessions teachers will have enough knowledge to design lessons for the 2014-2015 school year, using curriculum and materials already in their possession. RSVP to judy@nevco.k12.ca.us by May 2. Detailed information will be provided to your schools for distribution.

NCSOS Provides CCSS Summer Workshops in ELA, Math, and the NEW! Science Framework

NCSOS Director of Curriculum, Instruction and Accountability, Kathy Kiefer, and the team of Common Core Coaches will provide summer professional development

Trainings • Field Trips • Opportunities for All...

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for Common Core implementation in ELA, math and science. Three hour sessions will be offered throughout the week of August 4th - 8th in ELA and math (look for details in late May). On June 12th and 13th Phil Romig from SCOE will introduce high school teachers to the Nxt Generation Science Standards and help them modify lessons accordingly. He will return on August 4th and 5th to do the same for teachers of grades 4-8.

Sowing the Seeds of Neuroscience Project

The University of Washington offers a free one-week workshop August 4-8, 2014 for middle school science teachers. This kit-based curriculum is open to CA teachers. Pre and post test data is collected by participating teachers as the lessons are implemented in their classrooms in the following school year. Kits consisting of four storage bins are provided and contain supplies needed to implement lessons. Each participating teacher who completes the week receives a \$1000 stipend. Meals, transportation, and accommodations are not provided. In lieu of shipping costs an equipment supply list can be provided as a possibility to create your own kit. For more info link to www.neuroseeds.org and in the upper left column click on Neuroseeds Teacher Workshop. Applications accepted until May 1, 2014.

Field Trips



Music in the Mountains

Classics 4 Kids, the annual countywide 4th grade concert, takes place on Thursday, May 22 at the Nevada Theatre. This year's concert will highlight the *Musical Arts Quintet*. This crossover string ensemble combines a fabulous mixture of classical, rock, tango and more. Concert times will be determined based on school sign-ups and bus availability. Buses are paid for by NCSOS. For more information or to sign up contact Judy Nielsen at 478-6400 x208 or judy@nevco.k12.ca.us.

Opportunities for All

Wildlife Rehabilitation & Release presents: Take a Walk on the Wild Side!

Wildlife Rehabilitation & Release offers educational programs for schools that focus on the natural history of local wildlife with the aim of fostering a deeper understanding for animals, their habitats, and conservation. Wildlife 'ambassadors' bring live animals for a compelling educational experience. Education programs are geared toward 1st-8th grade with emphasis on appropriate curriculum and standards. For more info or to schedule a presentation contact Laurel at 277-2121.

Dinosaur Day Science Fest

The Sierra College (Rocklin campus) annual science and technology fest is geared toward students 4-12 years of age. The event takes place on Sunday, May 4 from 9 a.m. - 4 p.m. Highlights include chemistry and physics shows, fossil preparation demonstration, planetarium show with solar telescopes,

and a GPS hunt. This is an excellent opportunity to engage students in science. For more info contact Kim Stevens at (916) 660-7955 or go to www.sierracollege.edu/dinoday.

CPR & First Aid Training

See the Quick Reference Calendar below for dates & times thru June 2014, including an EMSA class on June 7. CPR & First Aid Training is \$30 and the EMSA class is \$65. The EMSA class is especially designed to meet the requirement for child care providers and preschool employees. Reservations are first come, first serve. Fees must be prepaid to reserve a spot in the class. For further information call Faith at 478-6400 x201 or register on-line at www.nevco.org/register.

Finding Funding: Tip of the Month

- InConcert Sierra offers free youth tickets, accompanied by an adult, to the Boston Brass chamber concert taking place on April 20th. Call or contact InConcert Sierra at 273-3990 or www.inconcertsierra.org.
- *Exploring Careers in Health* Summer Institute: upon recommendation and submitting an application, free enrollment for 25 Western Nevada County high school students is being offered. See full article in **News & Notes**. Application postmark deadline is May 1, 2014.

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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 www.nevco.org/news-events.



The Cinderella Project ~ Prom & Graduation Attire

High School Juniors & Seniors	Saturdays	4/5 thru 5/10	9 a.m. – 4 p.m.
8 th Grade Graduation	Saturday	5/10	9 a.m. – 4 p.m.



Music in the Mountains

April 11-May 30 Peers Playing for Peers Program
 May 22 Classics 4 Kids county-wide 4th grade concert



The Al Jennings Nevada County Science Fair

April 11 Science Fair Open for Public Viewing

SPECIFIC ACTIVITIES on April 11

Date	Time	Activity
Friday April 11	8:30 a.m. – 3:00 p.m.	Open to the public & class field trips
Friday April 11	5:00 p.m. – 6:30 p.m.	Public viewing & dinner for sale by Lady Elks
Friday April 11	6:30 p.m. – 7:00 p.m.	Awards Ceremony
Friday April 11	7:15 p.m. – 9:00 p.m.	Project Removal



Upcoming CPR Class Dates

CPR & FIRST AID	Thurs. 4/17	3 p.m. – 7 p.m.
CPR & FIRST AID	Sat. 4/26	9 a.m. – 1 p.m.
CPR & FIRST AID	Thurs. 5/8	3 p.m. – 7 p.m.
CPR & FIRST AID	Wed. 5/14	5 p.m. – 9 p.m.
EMSA CPR & FIRST AID	Sat. 6/7	9 a.m. – 5 p.m.
CPR & FIRST AID	Mon. 6/16	5 p.m. – 9 p.m.
CPR & FIRST AID	Thurs. 6/19	3 p.m. – 7 p.m.



Art for Kids Sake ~ Benefit Art Auction for PARTNERS FRCs

April 23 3:30 p.m. – 4:30 p.m. Student Artists reception
 April 23 5:30 p.m. – 7:30 p.m. Adult auction to raise \$ for Nevada County families in need