The recent tragedy in Butte County from the Camp Fire makes us realize how easily such an event could happen here in Nevada County. Our county office and local schools have been working for the past several years to refine our safety plans. With the coordination from our School Safety and Climate Coordinator, Chris Espedal, we have been updating and rethinking our fire preparedness and evacuation plans throughout Nevada County. We are very lucky to have such a collaborative relationship with all our first responders in the county. (As I have found out over the past year, this is not the norm for other counties.) I am confident that we are as well prepared as we can be for such an event in our county and that we always look for ways to improve and refine our Safety Plans for the benefit of all our students and staff.

I would also like to share the amazing spirit and generosity of our local schools to help those impacted by the Camp Fire. We had students at Magnolia build sifting screens to help victims find personal items in the ashes. Cottage Hill School students put together over 200 backpacks for their fellow students in Paradise. Forest Charter School collected pet related items to help with the thousands of displaced pets in Butte County. Nevada Joint Union High School students, staff, and parents collected gift cards for the Paradise students. Twin Ridges Elementary School held a fundraiser for a staff member that lost everything in the fire. Ready Springs is holding a Toy Drive for fire victims. Bear River and Forest Lake Christian School will be holding a double header basketball game on December 14th that is raising money for the 1st responders in Butte County that lost everything in the Camp Fire as they worked to save others. We truly live in a special community that is ready to help anyone in need.

I wish you and your family a safe and wonderful Holiday Season.

Scott W. Lay
Nevada County Spelling Tournament
Grades 5/6
Wendy Baker, Volunteer

On November 14, 2018, fifty-four (54) top 5th-6th grade spellers from 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 Office coordinated the annual event which was graciously sponsored by the KNN Group at Stifel and the Miners Foundry. In her inaugural year, “Spellmaster” Linda Phelps, a local retired educator, volunteered her time and finesse, announcing spelling words for the group contest and 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 competition immediately following.

Seven Hills Middle School earned the first-place team award. Placing second was the Lyman Gilmore Middle School team. The third-place award was won by the Alta Sierra/Magnolia School team.

The following students participated in the 5th/6th Individual Spelling Bee:
😊 Baraka Anderson - Yuba River Charter School
😊 Stella Collins - Lyman Gilmore Middle School
😊 Ari Funk - Seven Hills Middle School
😊 Thomas Gruver - Seven Hills Middle School
😊 Amanda McBride - Seven Hills Middle School
😊 Kiara Najera - Mt. St. Mary Academy
😊 Alana Sauvageau - Alta Sierra School
😊 Jude Slater - Clear Creek School
😊 Erik VonRuden - Alta Sierra School

Baraka Anderson (6th grade) emerged as the first-place champ of the 5th & 6th grade solo competition, with Thomas Gruver (6th grade) scoring as the second-place winner.

Baraka and Thomas now qualify to attend the 2019 California State Elementary Spelling Bee, to be held May 11th in Stockton, CA.

Alana Sauvageau (5th grade) was the third-place winner.

A fourth-place tie went to Amanda McBride (6th grade) and Jude Slater (6th grade).

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

NOTE: The 7th – 8th grade Spelling Tournament was rescheduled and will take place on Wednesday, December 12th, 2018.

Time: 9am-2pm
Place: The Miners Foundry
STEAM Expo – April 6, 2019

Teena Corker, Associate Superintendent, Ed. Services
Andrea Marks, Director of Curriculum, Instruction & Accountability

Although STEAM Expo 2019 does not take place until April 6, now is the time for teachers and students to consider projects and activities for participation. There is plenty of opportunity to be involved as an individual or as part of a team. Areas of interest are science, technology/engineering, Art at the Expo, and math challenges. Students should be considering their science project focus at this time. Go to www.nevcoexpo.org to explore guidelines in each category. The STEAM EXPO 2019 Handbook was sent electronically to all administrators who then sent it out to all staff.

Next Generation Science Standards

Register Kindergarten - 5th Grades
Register 6th – 8th Grades
Second Step News
Susan Schreier, Second Step Trainer

It is clear to me, as a former Preschool Teacher, that preschoolers who learn to use their breath when strong feelings start arising, calm down quicker, help other kids relax when upset, and they feel empowered by that lifelong ability.

Second Step is a social-emotional learning program implemented in Nevada County whereby preschool age children learn and apply skills, including their deep breathing, to manage emotions, have empathy, solve problems, maintain friendships, and communicate appropriately. Research shows that children with these skills feel more connected to school, do better academically, get along well with others and make responsible choices. I have seen that too!

This year, as the Second Step Trainer for the County, I am now able to offer this program to kindergarten classes as well. It is wonderful to bring these crucial relational skills to kindergarteners, as the concepts come very easily to them and it helps them feel successful and improves self-esteem. I am grateful for this opportunity to serve teachers and children in our wonderful county!

TUPE – Tobacco Use Prevention Education
Marlene Mahurin, TUPE Project Coordinator

Every day we get questions about Vaping: Is it really that bad? Isn’t it healthier than smoking? What about vaping nicotine-free or organic e-juice?

It’s not surprising that there is a lot of confusion surrounding this topic. Owned by “Big Tobacco”, vaping companies want us to feel confused. They spend billions of dollars on advertising, trying to gain new users and convince us it’s safe. Unfortunately, their strategy of targeting youth is working. We are in the midst of a vaping epidemic. A recent study found that teen vaping is up 80% and 1 in 5 teens has vaped in the past 30 days.

At TUPE, we are working hard to counter this epidemic by educating families. Since vaping was not around when today’s parents were growing up, many don’t know much about it. In an attempt to educate and support parents, TUPE produced a short video explaining the health risks of vaping and how parents can support their teens in making healthy choices.

VIDEO: Tobacco, Vaping and Marijuana: A Parent’s Guide to a New Epidemic is a short, 12-minute video, featuring interviews with local teens and is geared towards parents and educators of middle and high school students. We also have additional resources on the TUPE website.

If you have any questions, or would like additional information or support, please contact

Marlene Mahurin, TUPE Project Coordinator: 530-478-6400x2031 or mmahurin@nevco.org

Trainings • Field Trips • Opportunities for All

Nevada County Arts Programs

Music in the Mountains
Mark Vance, MIM Education Coordinator

Carnegie Link Up

Music in the Mountains is still offering a late sign up for the Carnegie Link Up program. This is a powerful singing and recorder based music education program from Carnegie Hall designed especially for 3rd, 4th and 5th graders. Students work on curriculum throughout the school year and then perform live with the MIM Orchestra in May.

We are excited that the final concert is scheduled at NU at the Don Baggett Theater, Friday May 10.

To learn more about Carnegie Link Up please visit: Music in The Schools or call: Mark Vance MIM Education Coordinator - 530 265-6173

- Continued on page 5
Take 5 for Music
MIM is offering its Take 5 for Music program free to K-6 teachers throughout Nevada County.
Take 5 is a non-directed music listening program. Teachers read a paragraph about a classical composer and/or composition and play the same composition daily for a week, each day sharing more about the work.
In addition to learning about iconic composers and their music, students learn many skills including listening, interpretation, and focus. Many teachers use it after recess or lunch as a transition tool. For more info about Take 5, visit the Music in The Schools website or call MIM Education Coordinator, Mark Vance, at 530 265-6173.

Music in the Mountains Youth Orchestra - MIMYO
MIMYO will be accepting new students playing strings, woodwinds, brass and percussion on Jan. 7, 2019.
Please call Marge Shasberger, MIM 530 265-6173

Poetry Out Loud
Kristanne Heaton, NCSOS Arts Coordinator
Poetry Out Loud is a National Recitation contest that, for us, begins right here in Nevada County classrooms.
Through Poetry Out Loud we help high school students master public speaking skills, build self-confidence, and learn about literary history and contemporary life. We work in schools across Nevada County to coach and mentor students in collaboration with California Poets in the Schools (CPITS) and our Literary Arts Committee. Participants in Poetry Out Loud are also offered an opportunity to recite their poems at the Sierra Poetry Festival which takes place during national poetry month each year.

Registration for schools and students is in December. See the newly renovated California Poetry Out Loud or to request more information by send an email to: director@nevadacountyarts.org
- 5 Questions about POL: 5 Questions
- View video about Poetry Out Loud

Student Voices Campaign
Kristanne Heaton, NCSOS Arts Coordinator
Each year, we encourage schools across the county to participate the Student Voices Campaign. In California, the Local Control Funding Formula guarantees students a voice in planning and budgeting for their school district.
The Student Voices Campaign is a creative way for young people in grades 7-12 to make their voices heard through creating short videos of no more than two minutes in length. In 2016, the

- Continued on page 6
California State First Prize went to Nevada County student, Aiden Conley, of Bear River High School. You can enjoy Aiden’s 2-minute video – View Aiden’s Video

The deadline to submit videos to the Campaign is March 1, 2019. Learn more about the Student Voices Campaign.

Opportunities for All

Sierra Harvest

Miriam Limov, Engagement Manager

“Amazing, awesome, yummy and good tasting.”

Tasting Days were a hit!

Looking for new ideas for holiday meals? Maybe try asking your kids! As Farm-to-School celebrates 10 years of serving students in Western Nevada County, there’s plenty to be grateful for and lots of seasonal inspiration for eating well. Last month, Sierra Harvest completed its 8th year doing one of the most well-loved parts of Farm-to-School “Tasting Days.”

Originally billed as “Tasting Week,” this popular part of Farm-to-School brought 19 real life chefs into 27 schools over the month of October. In past years, all of this happened in one crazy week, but this part of the program has grown to serve so many students (nearly 3,000!) that now it’s a whole delicious month.

Students participated in making and tasting so many different seasonal recipes, it’s hard to keep track! Some favorites were: Tuesday Tacos in a Jar, Beet Relish and Beet Brownies, Fresh Spring Rolls, Tomato Salsa Challenge and Massaged Kale Salad- all starring local produce!

Veteran Chef Shauna Schultz (who is also a Farm-to-School liaison) demonstrated at Seven Hills where 5th graders prepared and enjoyed Spaghetti Squash (from Posh Squash) with Cilantro Pesto.

Schultz, who is also a Registered Dietitian said, “The kids loved making 'noodles' from the squash and were quite adventurous with the pesto! My goal was to inspire kids to eat their veggies in a fun and creative way and overall, I would say it was a success as many kids were excited to make it at home!”

Her report is spot on. 5th grader Alex said, “Today I learned a lot. This was my first time trying squash and I am really thankful for this day. I really hope we get to do this again in 6th, 7th or 8th grade. Today I am going to ask my dad if we can have squash.”

Chef Bill Jensen also got some squash praise, “after students scooped out baked squash, mashed, carefully measured maple syrup and cinnamon, then spread their creations on crackers

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and enjoyed, one of the first grade students said with a broad smile, “I’m going to ask my mom to make this for my birthday party!”

To get inspired by more Tasting Days goodness (maybe you’ll find your next birthday party menu!), check out this recipe book from past years.

This year, like every year of Tasting Days, would not be possible without the volunteer efforts of each and every one of our amazing chefs! These generous culinary creators not only connected directly with local farmers to get the freshest seasonal fare to share with Nevada County students, but they also crafted recipes that kids from kindergarten all the way through high school could be involved in preparing in a hands on way. As one student from Clear Creek School said, “I actually like something that’s healthy for me!” Now that’s something to be thankful for.

Holiday Resources to help families in need:
Charlotte Peterson
NCSOS McKinney Vento School Liaison

Basic Needs Guide for Western Nevada County:
Visit 211 Nevada County or dial 2-1-1 for additional resources.

Interfaith Food Ministry
SPONSOR A FAMILY FOR THE HOLIDAYS
No one should be left out of the joy of a family holiday meal.
Sponsor a Family

Food Access Saturday – 2nd Saturday of each month
10:00am-12:00pm
Interfaith Food Ministry
440 Henderson Street, Grass Valley
Food Access Saturday

United Way of Nevada County - Project Warmth Collection Drive
United Way is holding a collection drive for new warm hats, gloves and socks for those in our community who are in need. Donate these much-needed items and help everyone in our community stay warm this winter.
If you are interested in finding out more about our collection drive, please call 274-8111 or email admin@uwncc.org.
Live “United” this holiday season and help us keep the community warm.

NEO – December Events For Youth
139 Joerschke Drive, Grass Valley
530-470-3869
NEO website

| December 7       | Theater Workshop |
| December 11     | Spoken Word Workshop |
| December 13     | Rainbow Social |
| December 14     | Open Mic Night |
| December 24     | Center Closed |

NEO Youth Drop-In hours:
Mon: 3:30-6:30pm - Grades 6-8
Tues: 3:30-6:30pm - Grades 9-12
Wed: 2:45-6:30pm - Grades 6-12
Thu: 3:30-6:30pm - Grades 9-12
Fri: 3:30-8:30pm - Ages 14-25
Trainings

Small changes, big differences.

The Power Of Positive Parenting
For Parents of Children Ages 2-12

SEMINAR DATES: Thursday Nights, January 17 – March 7, 2018 (6 weeks)
TIME: 6:30 PM to 7:30 PM
VENUE: Ready Sargent School
1992 Sinnamon Rd., Nevada Valley

PRESENTERS: Mary Lou, LMFT, LCSW
Nevada County Department of Social Services
MATERIALS FEE: $10 (scholarships available)
PIZZA & CHILD-CARE ACTIVITIES PROVIDED!

TO REGISTER & FOR FURTHER INFORMATION CALL (530) 913-2745
(Space is limited, call now for registration!)

Kids don’t come with an instruction manual! Many typical parenting problems have very simple solutions that can be applied with some effort and focus. Triple P is one of the few parenting programs in the world that’s based on evidence from clinical research. For over 15 years, Triple P’s easy-to-remember and practical strategies have been shown to help families in all types of situations. That’s why Triple P can help.
- Reduce family stress.
- Create an organized, orderly family routine with greater sense that everyone knows and follows.
- Enjoy a more harmonious family environment.

Put some great new tools in your parenting tool box with Triple P Parenting!

www.triplep.net

View full size Triple P Parenting flyer

Holiday Happenings

Victorian Christmas – Nevada City
- Sundays: December 9, 16, 23
  - 1:30-6:00pm
- Wednesdays: December 12 & 19
  - 5:00-9:00pm
All ages – crafts, live entertainment, activities, food and merriment

Cornish Christmas – Grass Valley
- Fridays: December 7, 14, 21
  - 6:00-9:00pm
All ages – crafts, carolers, jugglers, live music, food and good cheer

Nevada Union Chamber Choir
Madrigal Dinner
Friday 12/7 and Saturday 12/8
For more information & tickets

Know and Go:
Go Nevada County
Monthly Calendar

Happy Holidays One and All!
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

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

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](#).
Tournament Schedule for the remainder of the School Year 2018-19

<table>
<thead>
<tr>
<th>EVENT</th>
<th>GRADE</th>
<th>DATE</th>
<th>TIME</th>
<th>REGISTRATION DUE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spelling – rescheduled*</td>
<td>7th-8th</td>
<td>*12/12/18</td>
<td>9-2</td>
<td>10/31/18</td>
<td>Miners Foundry</td>
</tr>
<tr>
<td>Writing</td>
<td>7th – 8th</td>
<td>1/8/19</td>
<td>9-2</td>
<td>12/13/18</td>
<td>Miners Foundry</td>
</tr>
<tr>
<td>TechTest Jr.</td>
<td>7th – 8th</td>
<td>3/5/19</td>
<td>9-1:15</td>
<td>2/15/19</td>
<td>Telestream</td>
</tr>
<tr>
<td>TechTest Jr.</td>
<td>5th – 6th</td>
<td>3/6/19</td>
<td>9-1:15</td>
<td>2/15/19</td>
<td>AJA Video</td>
</tr>
<tr>
<td>Speech Prelims</td>
<td>4th – 8th</td>
<td>3/7/19</td>
<td>9 - 12:30</td>
<td>2/21/19</td>
<td>Calvary Bible Church</td>
</tr>
<tr>
<td>Speech Finals</td>
<td>4th – 8th</td>
<td>3/12/19</td>
<td>6:30 - 8:30</td>
<td>n/a</td>
<td>Nevada Theatre</td>
</tr>
<tr>
<td>STEAM Expo 2019</td>
<td>K-12th</td>
<td>4/6/19</td>
<td>9am-3pm</td>
<td>3/15/19</td>
<td>Nevada County Fairgrounds</td>
</tr>
</tbody>
</table>

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@njuhsd.com or Coordinator and Coach, Julie Valin at juleree_99@yahoo.com or go to Poetry Out Loud.

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

CA Alliance for Arts Education Student Voices Campaign

2-minute video program for 7th-12th Grade Students – see article on page 4

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