Happy New Year to you and yours from all of us at NCSOS!

Nevada County Spelling Tournament
Grades 7/8
Wendy Baker, Volunteer

On December 12, 2018, forty-five (45) top 7/8th grade spellers from a total of ten 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 coordinated the annual event which was generously sponsored by the KNN Group at Stifel, and the Miners Foundry.

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Lyman Gilmore Middle School 7/8 Team with Coach Mr. Harmon
In her inaugural year, “Spell Master” Linda Phelps, a local retired educator, volunteered her time and finesse, announcing spelling words for the group contest and conducting 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, immediately following.

In the 7th and 8th grade team competition, Lyman Gilmore Middle School earned the first-place award. Placing second was the Magnolia Intermediate School team. The third-place award was won by the Union Hill Middle School team.

The following students participated in the 7th/8th grade Individual Spelling Bee:

- Grayson Allen-Shively- NC School of the Arts
- Aria Conte- NC School of the Arts
- Gina Genovese- Magnolia School
- Carlie Harwood- Magnolia School
- Molly Hope- Lyman Gilmore School
- Isaac Massam- Lyman Gilmore School
- Brittany McCullough- Mt. St. Mary School
- Maya Pedersen- Clear Creek School

Maya Pedersen (8th grade) emerged as the first-place champ of the 7th and 8th grade solo competition with Aria Conte (7th grade) scoring as the second-place winner. Maya and Aria now qualify to attend the 2019 California State Junior High Spelling Championship to be held May 5th in San Rafael, CA.

Carlie Harwood (7th grade) was the third-place winner. Fourth-place went to Grayson Allen-Shively (7th grade) and Isaac Massam (7th grade) was the fifth place winner.

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

New Year’s Resolutions – Quick Tips:

- **Be Specific – Make Resolutions Measurable & Achievable**
  Zero in on a goal and keep it realistic. Build gradually.

- **Start Small**
  Take the stairs vs. the elevator.
  Add healthy, clean foods vs. cutting out all ‘bad’ trigger foods.

- **Avoid repeating mistakes**
  If repeating a resolution that formerly failed, don’t repeat it...instead find a new approach to accomplish the goal.

- **Use a support system**
  Walk with a friend. Make a gym date. Talk about ‘it’. Gain a new perspective.

- **Go easy on yourself**
  Be a kind taskmaster. Forgive the mistakes. Each day, a new beginning.

- **Reward yourself**
  Do something that supports your efforts. Celebrate each step. You Rock 😊
Trainings & Classes

Free Class:
Healthy & Delicious Meals on a Budget

Date: Fridays, January 18th & 25th
Time: 10:30am-12:30pm
Location: Cedar Park Comm. Room
210 Sutton Way
Grass Valley, CA 95945

Register

Monthly KinCare support group

For more information, contact:
Melissa Marcum
mmarcum@nevco.org
530-478-6400 ext. 2020

Trauma Informed Practices – March 8th

View full flyer
Local News & Opportunities

Nevada County Sudoku Society
For the past two years, the Nevada County Sudoku Society has held a Children’s Team Sudoku Tournament. In 2017 our first historical tournament attracted 71 students, 1st through 5th grades, on 20 teams from ten schools. The competition was held at Scotten Elementary School. In 2018, our second Children's Team Sudoku Tournament grew to 88 students on 24 teams from nine schools. This event was held at Nevada Union H.S. We created team competition in Sudoku; nowhere else in the world are team competitions held. And, I believe, nowhere else in California, or anywhere in the US, are any Sudoku tournaments held for children. Here in Nevada County we are leading this new movement. Entry is free; puzzle books are given to all students and prizes awarded to the first three teams to successfully complete two puzzles. We plan to hold another tournament next April, probably at NUHS.

For more information contact Jerry Martin

Bear Yuba Land Trust’s Junior Conservationist: Stories in Nature 2019 Series

KNOW & GO
WHAT: Bear Yuba Land Trust’s Junior Conservationist: Stories in Nature Series WHEN: Second Saturday of the Month – February 9, March 9, April 13 & May 11 WHERE: TBA – Check the website for updates TICKETS: $10 suggested donation per family INFO: Call (530) 272-5994 or sign up at https://www.bylt.org/events/
Space is limited. Please register in advance to secure your spot.
Please wear sturdy shoes suitable for hiking, and comfortable clothing. Please bring plenty of water and snacks and leave dogs at home.

Join Bear Yuba Land Trust and Certified California Naturalists Steve Roddy and Linda Conklin every second Saturday of the month for the Junior Conservationist: Stories in Nature Series! These unique, family-friendly nature outings weave plant and animal identification with the age-old art of storytelling. Each hike is designed for youth, ages 5 to 12, accompanied by a parent or caregiver, and shares a different story that is adapted to the locale and season.

“Our goal is for families to familiarize themselves with the resources of our local family-friendly trails,” explains Roddy, who along with Conklin taught at local schools for over thirty years. “We pre-scout our hikes, presenting the highlights of the seasons.”

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Studies show that kids who play outdoors are healthier, do better in school, have better social skills, a better self-image and lead more fulfilling lives. When kids spend time outside, they begin to foster a wonder of nature and a feeling of personal responsibility to help conserve the environment. Our natural landscapes need the support and protection of individuals with a strong connection to the outdoors.

About Bear Yuba Land Trust
Bear Yuba Land Trust (BYLT) exists to protect and defend the working and natural lands of the Bear and Yuba River watersheds. Since 1990, BYLT has saved more than 15,000 acres of critical Sierra Nevada habitats in addition to building and maintaining 30+ miles of public trails enjoyed by thousands of locals and visitors annually. Learn more at BYLT.org

Nevada County Arts Programs

Music in the Mountains

Music in the Key of Science – Music in the Mountains’ Young Composers Project Film Premiere & Midwinter Concert

Know & Go
WHAT: Music in the Mountains presents Young Composers Project – New Songs for Midwinter Concert
WHEN: Saturday, February 2, 2019, 2pm Matinee
WHERE: Peace Lutheran Church, 828 W. Main Street, Grass Valley
TICKETS: $10/Adults, Youth free
INFO: www.musicinthemountains.org

Music in the Mountains cornerstone music education program Young Composers Project (YCP) will present its New Songs for Midwinter Concert, February 2, 2pm, at Peace Lutheran in Grass Valley.

This unique, singular music composition program is for students in junior high through college age. The project kicks off early in the school year with youth participating in both Saturday classes and private lessons with MIM Education Coordinator and composer/teacher Mark Vance. YCP curriculum includes: music software notation, melodic and rhythmic dictation, music theory and harmony, music history, conducting, public speaking and composition.

"Art does not exist in a vacuum. YCP students learn

12th Annual Daddy Daughter Dance
Saturday, February 2nd
GV Veterans Hall
255 South Auburn St.
Grass Valley
www.cbv.org

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about important aspects of our community, becoming more informed and educated citizens. They then use their new found knowledge to create brilliant new music,” said Vance.

Students present a mid-year recital of their original compositions for voice and one instrument of choice at the New Songs for Midwinter concert. Each year’s program culminates with the Young Composers Concerts, where student works are premiered by professional instrumentalists as part of MIM’s SummerFest.

“Music is a very important part of my life. It connects me with people, gives me goals to accomplish and provides relief from stress,” said Simon Lace, a student participating in YCP.

Each year YCP partners with a local non-profit organization. Last year, they collaborated with the South Yuba River Citizens League (SYRCL) and learned about the health and welfare of Nevada County watersheds including Yuba and Bear Rivers. Students volunteered at the Wild and Scenic Film Fest, traveled to Sacramento to attend the Sacramento Water Council’s hearing on water storage, attended a protest rally against the proposed Centennial Dam project and learned about the CA water law and the importance of environmental advocacy.

Students wrote about their experiences and then, completely inspired, they composed original music based on their experiences. This musical journey is the subject of a short documentary Music in the Key of Science. It was recently selected to screen at the 17th annual Wild & Scenic Film Festival, January 17-21, 2019 in Nevada City and Grass Valley, CA. You can catch the film on Friday, January 18, 7pm at the Nevada City Elks Lodge, 518 HWY 49, Nevada City and Saturday, January 19, 1:30 pm at the Nevada City Veterans Hall, 415 North Pine Street, Nevada City.

View full flyer and purchase tickets

Special daytime performances for school trips! February 5th & 6th
10:00am – 12:15pm
$5/student – Chaperones are free
Seating per performance is limited to 475.
Contact Rob Metcalfe
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](mailto: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](#).
**Countywide 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>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>

STEAM Expo registrations are open!  
STEAM Expo website here

**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>
</tr>
</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 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

- 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