A message from Superintendent Scott W. Lay:

NEVADA COUNTY PUBLIC SCHOOLS ADVISORY

The safety and wellness of students, families, and school personnel are the highest priorities of all Nevada County schools. In recognition of the statewide COVID-19 situation and the potential impact in Nevada County, School District Superintendents, Charter School Directors, and County Superintendent of Schools Scott W. Lay, have decided to suspend starting distance learning this week and close all public Nevada County schools during the week of March 16-20, 2020. The reason for suspending distance learning at this time is the lack of clarity received from the State and federal governments on guidelines. We will reassess the ability to operate distance learning by March 20, 2020 in hopes of having distance learning operable for the weeks of March 23 - April 12, 2020.

Dr. Ken Cutler, the County’s Health Officer, has had regular discussions and consultation with the Superintendent of Schools Office. The Nevada County Public Health Department understands and supports the school administrators’ decision. Several counties in California and states across the country have made similar choices, including the counties of El Dorado, Placer, Sacramento, Santa Cruz, Santa Clara, and Ventura. The states of Michigan, Ohio, Pennsylvania, Washington, and Wisconsin have decided to close all public schools.

Continued on page 2
While we recognize this decision will pose challenges and hardship to many families in our county, the most effective way to slow and disrupt the transmission of this pandemic is by implementing social distancing practices. During the time of the school closure, we are asking that students and families follow the County Public Health Officer’s directive to stay home and minimize social contact to the extent possible.

Protecting public health requires a community-wide response, and we will need the help of families to help remain united in our response. Dr. Cutler emphasizes that, “while school dismissals are intended to protect students, teachers, and staff, we need everyone to take social distancing seriously if we are to achieve the greater benefit of protecting everyone in the County from COVID-19.” While children have not been shown to be a high-risk group for serious illness from COVID-19, they are still able to transmit the virus to populations who are most vulnerable to serious illness, such as older adults and those with compromised immune systems. To achieve the greatest effect in reducing COVID-19 transmission in Nevada County, please encourage students and their families during this time to:

- avoid large public gatherings such as malls, movie theaters, and other spaces, especially those that are indoors
- plan to spend the dismissal week with just their immediate family and a few friends
- use social media and phone to keep in touch with the rest of their family and friends
- postpone visits to older adult relatives and neighbors, and to people with compromised immune systems
- avoid traveling out of the county to other locations where COVID-19 is circulating more widely

We understand that implementing these changes with such limited notice is challenging and disruptive, and we appreciate your patience and cooperation. We are grateful to community members throughout our county for their tremendous efforts during these challenging times.

This is a dynamic situation where information and circumstances can evolve quickly.

Sincerely,

Scott W. Lay
Superintendent of Schools

For helpful resources regarding the virus, see page 12
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.

State of the Arts Broadcast 2/27/2020
LISTEN HERE

Tobacco Use Prevention Education
TUPE PODCASTS
LISTEN HERE
POSTPONED UNTIL 2021

www.nevcoexpo.org
Nevada County Reads & Writes is a countywide program with a target audience of 9th grade to 101 years old, sponsored by Nevada County Libraries and the Nevada County Superintendent of Schools. This is an annual event in which the community is encouraged to read the same book and then participate in subject-related events.

The 2020 book selection is “Station Eleven” by Emily St. John Mandel. For a full brochure of events: CLICK HERE
Nevada County Eric Rood Government Center
CELEBRATE THE VALUE OF ART FOR ALL STUDENTS

Sponsored by:
The County of Nevada
The Nevada County Superintendent of School
The Nevada County Arts Council

We welcome you to the annual Open Exhibition of Nevada County student artwork! This annual show is in conjunction with Youth Arts Month, a national event. For more information on Youth Arts Month: [https://councilforarteducation.org/youth-art-month/program-documents/](https://councilforarteducation.org/youth-art-month/program-documents/)

2020 theme: Take A Journey through Art.

For further information, contact: Kimberly Ewing, NCSOS Arts Coordinator kewing@nevco.org

ART DOCENT PROGRAM
It’s time to sign up for the 2020-2021 school year.
For more information please contact Kimberly Ewing kewing@nevco.org

NCSOS Summary of Arts Education Programs: 2019-2020
Here
Offering local, state, and national arts programs countywide, grades K-12.
Learn More Here
### 2019-2020 Student Art Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
<th>When to Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music in the Mountains Youth Orchestra</td>
<td><a href="mailto:marges@muscinthehmountains.org">marges@muscinthehmountains.org</a>, or call (530) 265-6173.</td>
<td>Open (Fall is best)</td>
</tr>
<tr>
<td>Poetry Out Loud</td>
<td>email NCAC <a href="mailto:info@nevadacountyarts.org">info@nevadacountyarts.org</a></td>
<td>Fall</td>
</tr>
<tr>
<td>Sierra Poetry Festival</td>
<td><a href="mailto:Poetry@nevadacountyarts.org">Poetry@nevadacountyarts.org</a></td>
<td>Fall</td>
</tr>
<tr>
<td>Wild &amp; Scenic Film Festival Art Exhibition</td>
<td>wildandscenicfilmfestival.org</td>
<td>Fall</td>
</tr>
<tr>
<td>Music in the Mountains Young Composers Project</td>
<td>Marge Shasberger, MIM Education Admin  <a href="mailto:marges@muscinthehmountains.org">marges@muscinthehmountains.org</a>  (530) 265-6177</td>
<td>Fall</td>
</tr>
<tr>
<td>California State Summer School for the Arts</td>
<td>cssa.ca.gov</td>
<td>Winter</td>
</tr>
<tr>
<td>Inconcert Sierra Music Scholarships (Vocal &amp; Instrumental)</td>
<td><a href="http://www.inconcertsierra.org/education-outreach/nevada-joint-union-district-scholarship/">http://www.inconcertsierra.org/education-outreach/nevada-joint-union-district-scholarship/</a></td>
<td>Winter</td>
</tr>
<tr>
<td>Music in the Mountains Young Musicians' Competition</td>
<td>muscinthehmountains.org/education</td>
<td>Winter</td>
</tr>
<tr>
<td>Congressional Art Competition</td>
<td>lamalfa.house.gov/services/art-competition</td>
<td>Spring</td>
</tr>
<tr>
<td>Alasdoir Fraser's Sierra Fiddle Camp</td>
<td><a href="http://www.sierrafldecamp.org/index.html">http://www.sierrafldecamp.org/index.html</a></td>
<td>Spring</td>
</tr>
<tr>
<td>Nevada County Steam Expo Da Vinci Awards</td>
<td>email Eliza Tudor; <a href="mailto:eliza@nevadacountyarts.org">eliza@nevadacountyarts.org</a></td>
<td>Spring</td>
</tr>
<tr>
<td>Student Voices Campaign</td>
<td>studentvoicescampaign.org</td>
<td>Spring</td>
</tr>
<tr>
<td>Young at Art Exhibition</td>
<td>Kimberly Ewing, NCSOS Arts Coordinator at <a href="mailto:kewing@nevco.org">kewing@nevco.org</a></td>
<td>Spring</td>
</tr>
<tr>
<td>Center for the Arts Summer Camps</td>
<td><a href="https://thecenteforthearts.org/summer-camps/">https://thecenteforthearts.org/summer-camps/</a></td>
<td>Summer</td>
</tr>
<tr>
<td>Sierra Jazz Camp</td>
<td>jazzcamp.sierrajazzsociety.com</td>
<td>Summer</td>
</tr>
<tr>
<td>The Arts in Our Schools</td>
<td><a href="https://sites.google.com/nevco.org/arts/home?authuser=0">https://sites.google.com/nevco.org/arts/home?authuser=0</a>  Kimberly Ewing, NCSOS Arts Coordinator at <a href="mailto:kewing@nevco.org">kewing@nevco.org</a></td>
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**MORE INFORMATION HERE**
Overcoming Sleep Battles

Perhaps the single hardest aspect of parenting is trying to be present for the child’s sleep experience - at precisely the time when the parent is most depleted. Impatience may take over. “I KNOW that you’re tired, so hurry up and go to sleep already!” While understandable, this attitude may convey anxiety and concern to the child.

Instead of anticipating a battle or projecting that it will be difficult, have confidence that the child will developmentally improve and sleep will come more easily.

How we talk about sleep - “fall” asleep, “go” to sleep, or “putting the child down” - doesn’t make sleep sound restful or peaceful at all. Instead, replace the word sleep with “rest.” You can say, “It’s time to rest now.” Rest will eventually lead to sleep.

A rested child copes better than a tired child. He plays for longer periods and is far more relaxed and focused. Here are some essential ideas to improve your child’s length of sleep:

Be a Curious Detective in the sleep arena. Protect against overstimulation. Look at the day in order to help with sleep at night. Determine if there is a good balance of active and calm experiences. Where can you create predictability and slow the pace? Do you have a calm, peaceful attitude or are you stressed and rushing? This transfers to your child.

Provide opportunities for lots of fresh air and free movement/play.

Continued on page 9
Parenting Tips...continued from page 8

Overtiredness can cause sleep resistance. Provide space for comfortable naps. An earlier bedtime may be helpful. It takes sleep to make sleep.

Night-time habits. Early on, many parents get into certain habits, perhaps touching or rocking the child to get them to sleep, tying the parent into the sleep process. Sometimes, the child does better if the parent leaves the room. If your child is not used to this, try sitting nearby in a chair that you move closer to the door each night.

Give the child a ritual parting phrase: "You are safe. You are loved. You are sleepy." Then let the child know that you will be nearby. Establish a healthy routine and habits that work for the whole family, not just the child.

Concern about sleep transfers to the child. How can you mitigate your concern? If the issues are common, take a parenting class or discuss with a parent you trust and admire. Seek out professional consultation if your reasons for concern continue.

akeeling@nevco.org * 530-268-5086

Consider becoming a CASA, a Court Appointed Special Advocate.

CASAs are screened and trained to work with children who have been victims of abuse and neglect and who have open cases in Dependency Court. A CASA befriends and supports the child, collaborates with other professionals involved, and gathers objective and factual information to help inform the court about the child's best interests and needs.

The 35-hour training starts in March.

For more info, visit www.considercasa.com or email Melinda@caofnc.org

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 past podcast:
Bio Kids Living With Foster Kids

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

Nevada County Superintendent of Schools
Food Access Saturday

Do you have a friend or neighbor who is having a hard time making ends meet? Food Access Saturday may be able to help. United Way of Nevada County and Interfaith Food Ministry distribute nutritious supplemental groceries on the second Saturday of each month. Bags of healthy food, including fresh fruit and vegetables, will be available for those in need. This dual agency collaboration was created for anyone who needs food but is unable to make it to other food distributions Monday through Friday.

Food Access Saturday takes place at 440 Henderson Street, in Grass Valley, from 10am-noon on the 2nd Saturday of each month. Since the program’s inception over 2 years ago, over 7,000 bags of food have been provided for more than 3,800 people in need.

United Way of Nevada County strives to assure individuals and families in Nevada County are able to meet their basic need for food, emergency shelter and access to health care. Interfaith Food Ministry works to reduce food insecurity in Western Nevada County. They feed the hungry, helping to sustain good health and human dignity.

For more information, contact United Way at 274-8111 or admin@uwnc.org.

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

SUDOKU TOURNAMENT

Wednesday, May 13th - 4:00-6:00
Nevada Union High School

Teams will be 3-4 students per team and a school can have as many teams as there are interested children. This year, we will have two separate divisions: Juniors are 2nd, 3rd and 4th graders; Seniors are 5th, 6th, 7th and 8th graders. All students will receive puzzle books and ribbons. The three winning teams in each division will receive additional prizes.

If you are interested but haven’t set up free coaching classes, or have any questions, please call Jerry Martin:

More info: 477-6282
or email jerrymartin1942@sbcglobal.net

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
Quick Reference Calendars

CPR/AED/First Aid Skills Demo Check Class

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS DESCRIPTION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, March 25, 2020—CANCELLED</td>
<td>CPR/AED/First Aid Skills Demo check</td>
<td>3:45 p.m. – 5:45 p.m.</td>
</tr>
<tr>
<td>Thur, April 2, 2020—CANCELLED</td>
<td>CPR/AED/First Aid Skills Demo check</td>
<td>3:45 p.m. – 5:45 p.m.</td>
</tr>
<tr>
<td>Wed, April 15, 2020—CANCELLED</td>
<td>CPR/AED/First Aid Skills Demo check</td>
<td>3:45 p.m. – 5:45 p.m.</td>
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</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/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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, April 14, 2020</td>
<td>BTSA /CTIP Sharecase—CANCELLED</td>
</tr>
<tr>
<td>Wed, April 15, 2020</td>
<td>BTSA /CTIP Sharecase—CANCELLED</td>
</tr>
<tr>
<td>Tue, April 21, 2020</td>
<td>BTSA /CTIP Sharecase</td>
</tr>
<tr>
<td>Wed, April 22, 2020</td>
<td>BTSA /CTIP Sharecase</td>
</tr>
</tbody>
</table>

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.
Coronavirus COVID-19

More information can be found about the coronavirus and appropriate safety precautions by clicking on attached links.
- CDC: https://www.cdc.gov/
- Nevada County Coronavirus link: https://www.mynevadacounty.com/2924/Coronavirus

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.