Nevada County Superintendent of Schools (NCSOS) successfully kicked off, in-person, the first Academic Tournament of the 2022-2023 school year! Five local schools participated on Thursday, October 27th for the annual 7th grade Geography Tournament. Schools nominated teams of three-students who gathered at the county office to collaborate on a proctored multiple choice 100-point test covering local, state, U.S., and world geography. The tests were then scored by the Geography Tournament Committee and the winners were recognized.

Following the team tournament, was the Individual Geography Bee, where each school selected one student to represent them in a triple elimination format competition. It was a close match as the competition was fierce!

Congratulations to the winning teams:

- **Magnolia** - 1st place (Andrew Johnston, Carsten Duffey, Grace Trevethick)
- **Seven Hills** – 2nd place (Clay Rodgers, Margauz Prouty, Oscar Thomas)
- **Ready Springs** – 3rd place (Aiden Pollock, Donovan Xander Stahlman, Tyden Shupe)

Individual Geography Bee winners:

- **Oscar Thomas** from Seven Hills – 1st place
- **Andrew Johnston** from Magnolia – 2nd place
- **Cody Ficarra** from Nevada City School of the Arts – 3rd place

Special thanks to KNN Wealth Management Group at Stifel for sponsoring this year’s NCSOS Academic Tournaments. KNN has been a valued supporter of the academic tournaments and their continued contribution has been a blessing to the students of Nevada county.
On October 5, 57 members of the Social Emotional Learning Community of Practice attended Session 2 of NCSoS’s “Designing for Equity and Inclusion” series with facilitator Nicole Tucker-Smith. This session focused on “Engagement with an Anti-Bias Mindset.”

At the start of the session, teams shared out their action period work, including makeovers of common areas at their sites, creating Padlets, developing and providing staff PD, and creating materials for use with students, such as closure prompts and exit formats (NCSD).

Diving into the content, team members discussed hospitality as something “not to change people, but to offer them space where change can take place...Hospitality is not a subtle invitation to adopt the life of the host, but the gift of a chance for the guest to find [their] own” (Henri J. Nouwen). From there, members collaborated around routines, practices, and protocols that can be used to foster a hospitable and welcoming classroom space.

Teams also reflected on the progression of “Being Anti-biased in Education,” recognizing microaggressions, and “calling out” versus “calling in.” “Calling out” behaviors is uncomfortable and challenging but sometimes necessary to prevent future harm. “Calling in” people focuses on reflection, provides for multiple perspectives, and leads to deeper learning and paradigm shifts. This approach accepts intent (someone may not have intended to cause harm) while still addressing the impact. The goal of this awareness and application is to create safe and welcoming spaces for all learners.

As another piece of the CalHOPE Student Support Program, four SEL partner school teams met on October 11 for an initial planning session. Arete/Magnolia (PRUSD), Lyman Gilmore (GVSD), Silver Springs High School (NJUHSD), and Union Hill Middle School (UHSD) completed CASEL’s Schoolwide SEL rubric, selected an area of focus, and drafted implementation plans for 2022-23. Over the course of the year, teams will collect baseline data, implement change ideas, collect and analyze data, and make adjustments based on their findings. Partner schools focus on deeper SEL implementation at the site level; look for shared learnings and best practices in the months to come!
November is National Gratitude Month

The research behind gratitude:
"How Gratitude Changes You and Your Brain"
by Joshua Brown and Joel Wong, Greater Good Science Center
"The Neuroscience of Gratitude and Effects on the Brain"
by Madhuleena Roy Chowdhury, Positive Psychology
"An Experiment in Gratitude"
from The Science of Happiness (video)
"The 34 Best TED Talks and Videos on the Power of Gratitude"
by Joaquin Selva, Positive Psychology

Bringing gratitude into the classroom:
- Gratitude practices from the Greater Good in Action
- Nurturing Gratitude From the Inside Out: 30 Activities for Grades K-8 from the Greater Good Science Center
- 15 Gratitude Activities from the GGSC
- Gratitude logs - a variety of templates to use
- 13 Most Popular Gratitude Exercises & Activities from Positive Psychology

Additional resources:
- The Greater Good Gratitude webpage
- Students react to being called important - video
- Students surprise teachers with gratitude - video
- Students Tell Their Teachers What They Really Think
- Kid President's 25 Reasons to Be Thankful - video
- The Thankful Song by Juicebox Kids (TK-3rd)

Questions about the Nevada County Social Emotional Learning Community of Practice?
Please contact Meghan Salter: msalter@nevco.org, (530) 478-6400 ext. 2054.
The Foster Youth Services Coordinating Program is hosting a Nurtured Heart Approach training free to all.

http://nevco.k12oms.org/2029-227172.

The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy. It is a philosophy for creating healthy relationships with the people in your life. Originally created by Howard Glasser in 1992, NHA is being successfully implemented through families, classrooms, foster care, health care professionals, social workers and criminal justice organizations that are seeking successful, early intervention techniques.

The class on Saturday, November 5th will be held via zoom from 9am to 3pm.

The Independent Living Program hosted classes the previous month highlighting the Teen Talk class that set up multiple topics to be discussed in the group for the current school year. The FAFSA/College Exploration class that was held led to several students signing up for the current school year.

The FAFSA/College Exploration class that was held led to several students signing up for the Fall break college tours that included: Sacramento State University, Yuba City College, Sierra College Rocklin campus & Sierra College Nevada County campus.

One of the ILP mentors participated in the setup of Pride days at the Sierra College Nevada County campus in October. The Safe Space was full of love, laughter and community.

The John Burton’s Advocates for Youth Blueprint conference was a success. The event was sold out and had over 700 participants. Plenty of good information was shared out, exchanged in breakout sessions and will make an appearance in our home-based Nevada County programs.

The Transitional Housing Plus Program case manager has been accepted to a community of practice that focuses on using housing choice vouchers in the process of housing young people. This has been an area of focus for the last couple of years with new laws, new names and new resources; we feel excited to be part of a community that will focus on sustainable housing.

There is a continuous need for landlords who are willing to rent to young people and those who are willing to accept vouchers. If you would like more information about this, please reach out to Morgan Welty-Geisick at 530-478-6400 ex 2040.

3rd annual pumpkin carving contest. Winners announced in next month’s newsletter.
Learn why conventional methods of behavior management often backfire with the intense child. Learn how "The 3 Stands" can help you transform your intense child. Learn techniques to actively recognize children for positive behaviors to reshape the child's inner wealth.

The Nurtured Heart Approach® is an innovative set of strategies developed specifically to focus energy on positive behaviors. This relationship focused approach has proven effective in creating amazing transformation in children with intense behaviors. It not only shapes how you interact with your child, but will also build inner wealth and change how your child feels about themself. Today, the Nurtured Heart Approach fosters positive and desired outcomes with all children. The approach is actively used worldwide in family homes, therapeutic settings for children and adults, classrooms, school districts, and businesses.

- Learn why conventional methods of behavior management often backfire with the intense child.
- Learn how "The 3 Stands" can help you transform your intense child.
- Learn techniques to actively recognize children for positive behaviors to reshape the child's inner wealth.

IF YOU ARE STRUGGLING WITH INTENSE BEHAVIORS OR WANT TO SUPERCHARGE YOUR RELATIONSHIP WITH YOUR CHILD, NHA IS FOR YOU!

Free Workshop
Join us via Zoom
Saturday, Nov. 5th - 9 am- 3:00 pm
To Register:
http://nevco.k12oms.org/2029-227172

For More Information: Morgan Welty * mwelty@nevco.org
The NCSOS Homeless Education Team is gearing up for a month full of activities to bring awareness to the issue of youth homelessness in our community. Green is the color that has been chosen to represent Homeless Youth Awareness Month. Be on the look out for the list of activities we will be hosting in November & get your color green ready!

FALL HOMELESS EDUCATION COORDINATORS’ MEETING

The NCSOS Homeless Education Team attended the California Department of Education Fall Homeless Education Coordinators’ meeting in Sacramento on October 11th and 12th. It was a gathering of educators from all over the state who serve homeless students. This opportunity to sit with like minded individuals and glean from their wealth of knowledge was very helpful. Needless to say we all came back inspired and ready to serve our homeless students to a greater capacity.

The above photo was part of the group that attended.

In 21/22
251 Homeless Students were identified

“Unfortunately, it isn’t always easy to see the evidence of harm that instability and toxic stress associated with homelessness inflict on children because it isn’t always easy to see homeless children at all.”

– Carrie Bires, Policy Manager, Ounce of Prevention Fund, Chicago, IL
PLAYGROUPS
For families and kids ages 0 to 5

SAN JUAN RIDGE PLAYGROUP
TUESDAYS & THURSDAYS
10 AM TO NOON
ALL FAMILIES WITH CHILDREN AGES 0 TO 5 WELCOME!
18847 OAK TREE ROAD, NC
(530) 292-3174

COMMUNITY PLAYGROUP IN PENN VALLEY
WEDNESDAYS & THURSDAYS
10AM TO 11:30AM
CALL FOR MORE INFO.
FAMILIES WITH TODDLERS AND PRESCHOOLERS WELCOME!
10862 SPENCERVILLE ROAD, PV
(530) 432-1118 X2249

GRASS VALLEY PLAYGROUP
MONDAYS, TUESDAYS & WEDNESDAYS
10 AM TO 11:30AM
REGISTRATION REQUIRED, CALL TO REGISTER
235 S. AUBURN ST., GV
(530) 273-4059

VISIT OUR WEBSITE AT
PARTNERSFAMILYRESOURCECENTERS.ORG
The **Art Docent Program** is in full swing at six Nevada County school sites. Hundreds of our students are experiencing an enriched Arts curriculum.

Exciting things are happening at **Cottage Hill Elementary School**. The fifth graders recently experienced an environmental art project with the ADP Art Docents and worked in their school's garden to create temporary and permanent works of art.

Additionally, the Cottage Hill Head Art Docents found a creative way to raise money for the program fees and art supplies. They send student work to Original Works for their Fall & Spring fundraisers.

**Direct any questions or requests for professional development in English Language Arts or the Arts to Nancy Jackson**, NCSoS Continuous Improvement Instructional Specialist for ELA & the Arts njackson@nevco.org
Hey, Nevada County Fourth Graders!
Are you ready for an ADVENTURE?

Sign up for the California Adventure Pass & explore 19 participating State Parks including Empire Mine State Historic Park in Grass Valley for FREE!

Applying for the FREE pass is EASY!
Have your parent or guardian apply at ReserveCalifornia.com, calling 800-444-7272 or by visiting a State Parks pass office.

Get your free pass & start planning your adventure today!
More info: parks.ca.gov/AdventurePass

Nevada County Reads 2023
High School Logo Design Contest

Nevada County Library is calling on all Nevada County High School students to create a logo based on the Nevada County Reads 2023 book, Interior Chinatown by Charles Yu.
Submit your design to your art teacher or to Sydney.Joyce@nevadacountyca.gov. The winning entry will be used in marketing for NCR 2023.

- Entries will be accepted by November 10th at the latest.
- All designs must be submitted as a high quality picture or scan of the original artwork that is 2.5” x 2.5” in size.
- Open to all currently enrolled Nevada County high school students.
- All artwork must be original, previously unpublished and free of copyright restrictions.
- It must be based on or inspired by the NCR book Interior Chinatown.
- One entry per person.
- The winning logo will be determined by a committee of library staff, educational staff and community members.

NCSOS Nevada County
STEAM EXPO 2023
Save the Date - Notice & Wonder Nevada County!
STEAM Student Showcase & Competitions
STEAM Community & School Exhibits
Saturday, March 25, 2023 From 9AM to 3PM at the Nevada County Fairgrounds - IN PERSON!
For more information visit: www.nevexpo.org
## SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
<th>DESCRIPTION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, November 2, 2022</td>
<td>Spelling Tournament— Grades 5/6 Miners Foundry</td>
<td>8:30—1:00 PM</td>
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<tr>
<td>Thursday, November 3, 2022</td>
<td>Spelling Tournament—Grades 7/8 Miners Foundry</td>
<td>8:30—1:00 PM</td>
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<tr>
<td>Thursday, November 10, 2022</td>
<td>HSI Adult First CPR, AED, Adult [Click to register]</td>
<td>3:45 —5:45 PM</td>
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<tr>
<td>Friday, November 11, 2022</td>
<td>Veterans Day Holiday</td>
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<tr>
<td>November 24—25 2022</td>
<td>Thanksgiving Holiday (Nov. Break)</td>
<td></td>
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<tr>
<td>Wednesday, November 29, 2022</td>
<td>Pediatric Plus CPR, AED, First Aid for Child/Infant/Adult [Click to register]</td>
<td>3:45 —5:45 PM</td>
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**Submissions for future Nugget issues:**

Please submit your request by the 15th of the preceding month. Not all content received will be published as approval will be required for publication.

Email: ocarson@nevco.org  Prior issues of The Nugget can be found here.