



**News from the Nevada County Superintendent of Schools Office**  
**Scott W. Lay, Superintendent**

**Foster Youth Services + Independent Living Program**

Happy New Year from your local Foster Youth Services Program staff. Returning from the break, we have a great training for foster parents. *"Let's Talk About Race"*, happening January 23, 2023, from 10am-12pm via zoom. This training provides an understanding of common myths of cultural competency and transracial parenting, knowledge of the challenges children in transracial family's face, strategies and ideas for supporting our children and community with sources from available resources. If you want to attend, please RSVP to:

[mbalderston@nevco.org](mailto:mbalderston@nevco.org).

FYS is planning the upcoming 2<sup>nd</sup> annual, "Raise Them Up Fair" where there will be evidence based, trauma informed care materials, local transition aged youth service vendors and fun activities. If you provide a service in Nevada County for youth and want to highlight your program, please reach out to the Foster Youth Services department at 530-478-6400 ex 2040.

The Independent Living Program had

A successful holiday party! With Court Appointed Special Advocates (CASA), Child Welfare Services (CWS), Sierra College counselors, EA Family Services, Childrens Behavioral Health, Twin Cities church staff and volunteers, ILP alumni, FYS mentors and ambassadors in attendance. There was a full afternoon of cookie decorating, ornament decorating, rock painting, story reading, gift giving and more. The true gift was being together and sharing another year of joy. ILP program resumes classes this month with financial wellness, tax assistance and domestic bliss classes to come.

The Transitional Housing Plus Program has been continuing to house young people in various types of living situations. While learning budgeting skills to cover bills, food and other necessities, there will be a focus on filing taxes. There is a need for vehicle donations for these young people since Nevada county is a rural area, mobility is crucial in employment options and longevity. If you or someone you know has a

vehicle they want to donate or sell for a low cost, please contact

Morgan Welty-Geisick at 530-478-6400 ext. 2040.



# NEVADA COUNTY STEAM EXPO

**SATURDAY, March 25, 2023**  
**Nevada County Fairgrounds**  
**9 AM - 3 PM**

Learn how to participate  
[www.nevcoexpo.org](http://www.nevcoexpo.org)

## -Important Competition Reminders-

Register 5th-8th grade math teams for Tech Test Jr. Math Competition by Tuesday, 1/31/23.  
Register student science and arts projects for competition by Wednesday, March 8, 2023 before 9 PM.

## Explore, Discover, & Learn

Nevada County schools are invited to submit their STEAM student projects, host an interactive exhibit, and/or compete for prizes in our annual STEAM showcase of learning!

Register STEAM projects on  
[nevcoexpo.org](http://nevcoexpo.org)  
by March 8th, 2023



## Showcase STEAM happening at your school!

Reserve a space to for your school STEAM exhibit. [Sign up now!](#)



## K-12 Competitions

Enter your science, arts, or math projects for recognition and prizes!

**NEW DIGITAL MEDIA ARTS CATEGORY!**  
[VIEW CA SCHOOL WINNERS 2022](#)



## Butterfly Playground

El Camino Creek Elementary



## Lonely Eleanor

Burbank High School



## Speech Tournament 2023

Nevada County Superintendent of Schools will be hosting the 2023 Speech Tournament on Friday, March 10, 2023 at Calvary Bible Church. The final competition will be hosted on Tuesday, March 14 at the historic Nevada Theatre.

The tournament is open to Grades 4-8. Each school is invited to enter no more than 2 students from each grade level.

The topic this year is “*What human quality do we need more of and why?*”.


**Registration and participant names are due by 5:00 pm on February 17th.**

If you are interested in participating or have tournament questions, please email [speech-tournament@nevco.org](mailto:speech-tournament@nevco.org) or call Olivia Carson at 530-478-6400 x. 2008.

We look forward to your participation!

A yellow poster for the Speech Tournament 2023. The title "SPEECH TOURNAMENT" is written vertically in large, bold, black letters. A black microphone with a blue ring is positioned diagonally across the center. In the top right, the text "WHAT HUMAN QUALITY DO WE NEED MORE OF AND WHY?" is written in bold, black, all-caps. Below this is a black speech bubble icon containing an exclamation mark. In the bottom left, the tournament schedule is listed in bold, black, all-caps: "PRELIMINARY • SEMI-FINALS FRIDAY, MARCH 10, 2023 8:30 AM - 12:15 PM & 12:45 - 3:45 PM CALVARY BIBLE CHURCH" and "FINALS COMPETITION TUESDAY, MARCH 14, 2023 6:30 - 8:30 PM THE HISTORIC NEVADA THEATRE". In the bottom right, there are three large, bold, black 'X' marks arranged vertically. At the top left, there are two thick, horizontal black bars.

# DO YOU KNOW A FAMILY OR STUDENT EXPERIENCING HOUSING TRANSITION\*?

 \*Housing Transition = Lacking a regular, fixed, & adequate nighttime residence; living in a shelter, motel, or hotel; unsheltered – such as a car or park; doubled-up or couch surfing due to economic hardship; unaccompanied children or youth



## HOMELESS EDUCATION CASE MANAGER

Katie Dyer

The Nevada County Superintendent of Schools Homeless Education Case Manager partners with Nevada County Schools and community agencies to provide resource connections, advocacy, linkages and comprehensive support to families and students experiencing homelessness and housing instability.

## Contact

To access these services contact your school's Homeless Liaison or Katie directly:

- [kdyer@nevco.org](mailto:kdyer@nevco.org)
- (530) 478-6400 x2051

## Student Supports

You make one phone call and we will help support your students!

### Money to purchase:

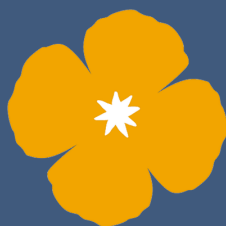
- Clothing and shoes
- School supplies
- Snacks
- Personal hygiene items

### Assistance with:

- Transportation
- Housing application
- Applications (housing, Driver's License, Social Security, employment, CalFresh, CalWORKs)
- Advocacy for families
- Access to community resources (Food pantries, housing, Booth Family Center, Hospitality House, AMI Housing, Regional Housing Authority, Behavioral Health, Victor Community Services, ect.)



a program of Nevada County Superintendent of Schools



# CalHOPE Schools Initiative

3 films available to school communities at no cost

<https://programs.calhopeschools.org>

NCSoS code: NEV30U4UGI

All It Takes Presents

## *A Trusted Space: Redirecting Grief to Growth*

A film and curriculum sharing why trusted relationships are the antidote to stress and trauma in the wake of the pandemic. 61 minutes. Subtitles in Spanish.

Intended audience: educators and other adults

Accompanying curriculum available.



impactful presents

## *Angst: Building Resilience*

A film and program that helps students develop coping skills and strategies for anxiety and encourages them to get support. 43 minutes. Subtitles in 8 languages.

Intended audience: middle and high school students, families, and educators

Discussion guide and SEL activities available.

Z-Cares presents

## *Stories of Hope*

A series following the stories of young people who found themselves in difficult times sharing how they found a way through to a more positive light.

Intended audience: middle and high school students, families, and educators

Format: series of 7-minute stories followed by discussion



*Stories of Hope*  
SHORTS



Questions about the Nevada County Social Emotional Learning Community of Practice?

Please contact Meghan Salter; [msalter@nevco.org](mailto:msalter@nevco.org) or 530-478-6400 ext. 2054.

# Replacing New Year's Resolutions With **GOAL SETTING**



## Why goal setting?

Studies in psychology, neurology, and education illustrate the importance of goal setting. Benefits include increases in focus and motivation, a sense of self-mastery and clarity, and better decision-making. Studies also suggest professional benefits such as improved performance and higher salaries.

## UDL and Goal Setting

Checkpoint 8.1: Heighten salience of goals and objectives

Students increase their ability to sustain effort and persistence by remembering the goal and maintaining progress toward reaching it.

How to support students:

- Prompt students to restate the goal.
- Display the goal in multiple ways.
- Encourage division of a long-term goal into short-term objectives.

## SEL and Goal Setting

Self-management is one of the five core competencies on the CASEL wheel. Capacity in this area increases with setting personal and collective goals.

How to support students:

Explicitly teach skills like:

- Goal setting
- Planning and organization skills
- Taking initiative

This helps learners develop confidence and a sense of self-agency.



## Setting SMART Goals

SMART goals are Specific, Measurable, Attainable, Relevant, and Time-bound. To support students in developing SMART goals, ask:

1. What is your "big picture" goal?
2. What specifically will you accomplish?
3. How will you measure your success?
4. Why is this goal relevant/meaningful?
5. What is your timeline for accomplishing this goal?
6. What actions will help you reach this goal?
7. What "goal" busters could prevent you from reaching it? How can you avoid them?

## Other ways to help develop goal-setting behaviors

- Rubrics and checklists
- Visual cue cards
- Opportunities for reflection
- 1:1 check-ins and conferences
- Low pressure, high engagement games

*The new year is an opportunity for growth. Target change by helping students develop specific goals, setting them up for future success.*





| DATE                       | DESCRIPTION  | TIME           |
|----------------------------|--|----------------|
| Tuesday, January 10, 2023  | Arts Lead Training   | 4:00—5:15 PM   |
| Monday, January 16, 2023   | Martin Luther King Jr., Holiday  |                |
| Monday, January 23, 2023   | “Let’s Talk About Race”<br>Please RSVP: <a href="mailto:mbalderston@nevco.org">mbalderston@nevco.org</a> | 10:00—12:00 PM |
| Tuesday, January 24, 2023  | HSI Adult First CPR, AED, Adult<br><a href="#">Register here</a>   | 3:45 —5:45 PM  |
| Thursday, January 26, 2023 | HSI Pediatric Infant & Adult CPR and<br>First Aid<br><a href="#">Register here</a>                       | 3:45 —6:45 PM  |

**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](mailto:ocarson@nevco.org) Prior issues of *The Nugget* can be found [here](#).