

Miss Indiana's Newsletter

imcdermott@trhs.us
(530) 264-6303



CLASSROOM NEWS

I am very excited to start enrichment this semester. We are swimming along in LP6 and I have almost seen all of you for our LP5 debriefs! The start of LP 7 is on February 27! Thank you all for your patience with me as I am integrating into the school and it's format. I am looking forward to the rest of our semester together!

TO-DO

- ✓ Are there any future medical professionals/scientists in this class? Message me for info on a scholarship opportunity!
- ✓ See additional pages of events and field trips! Newsletter is a total of 10 pages!
- ✓ Begin participating in daily zooms!

ENRICHMENT

- ✓ Wheatland enrichment begins Thursday, February 2nd!
- ✓ NC enrichment begins Tuesday, February 7th!

DAILY CLASS

This semester for our daily check ins we I will be holding a daily zoom (EVERY WEEKDAY) at 5 pm! During this 15 minute zoom we will have a daily activity or discussion. I would love to see all the kiddos at these meetings but please make the ones you can and that work for you!

EVENTS

Jan. 31

Please register and attend the Town Hall meeting discussing vaccinations if you would like to share and/or listen!

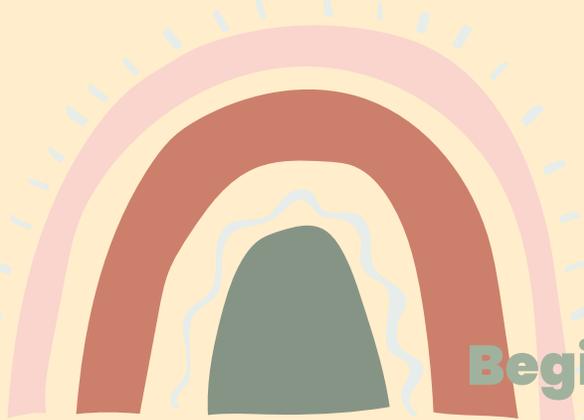
Feb. 1

5pm Zooms begin! Fish Hatchry Field Trip

April. 14

Wheatland Field Trip





Daily Zoom

Begins 5pm February 1!

Indiana McDermott is inviting you to a scheduled Zoom meeting.

Topic: Daily Check-Ins

Time: Jan 31, 2023 11:00 AM Pacific Time (US and Canada)

Every day, 20 occurrence(s)

Jan 31, 2023 11:00 AM

Feb 1, 2023 11:00 AM

Feb 2, 2023 11:00 AM

Feb 3, 2023 11:00 AM

Feb 4, 2023 11:00 AM

Feb 5, 2023 11:00 AM

Feb 6, 2023 11:00 AM

Feb 7, 2023 11:00 AM

Feb 8, 2023 11:00 AM

Feb 9, 2023 11:00 AM

Feb 10, 2023 11:00 AM

Feb 11, 2023 11:00 AM

Feb 12, 2023 11:00 AM

Feb 13, 2023 11:00 AM

Feb 14, 2023 11:00 AM

Feb 15, 2023 11:00 AM

Feb 16, 2023 11:00 AM

Feb 17, 2023 11:00 AM

Feb 18, 2023 11:00 AM

Feb 19, 2023 11:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

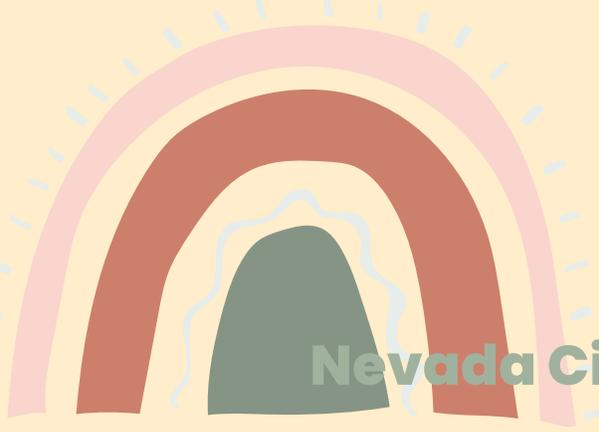
Daily: <https://us05web.zoom.us/meeting/tZ0qdeqpqjlvGN0bhYLY3z5ec-tI3AKkuoDp/ics?icsToken=98tyKuGhqTkpG9CctRuORpx5B4job-vwiFhYjY0NnhfcLxkAeFbzNa9WG-FeO9PF>

Join Zoom Meeting

<https://us05web.zoom.us/j/89723149529?pwd=NzIBak52WUhxV01tdk1SkFBZ00vQT09>

Meeting ID: 897 2314 9529

Passcode: x8v9vs



Field Trips!

Nevada City Nimbus Fish Hatchery

Hello TRHS Families!

This is a reminder of our upcoming field trip this Wednesday February 1st!

Please arrive no later than 11:45 at:

Address: 2001 Nimbus Rd, Gold River, CA 95670

Phone: (916) 358-2884

The field trip will start at 12:00 and go until around 1:30.

**There are picnic benches for anyone who would like to bring a lunch for before/after the trip

**There is an indoor hands-on museum, please make sure to watch your children if they decide to enjoy it

**There will be a guide, a short video and a guided walk down the American River

Thanks!
Rachel

Why a Hatchery?

Before the dams were built and the rivers were tamed...

Before the increasing human use of the streams and their water...

Salmon and steelhead returned from the ocean to the river of their birth, to renew the cycle of life. In the ocean, they found a rich source of food. In the cool running streams of the American River, they found a safe habitat for their young.

The completion of Nimbus Dam (1955) and Folsom Dam (1956) prevented salmon and steelhead from reaching most of their historic spawning areas. The Bureau of Reclamation, which operates the dams, built and funds the Nimbus Fish Hatchery to mitigate (make up for) the loss of spawning habitat and help maintain salmon and steelhead populations.

The California Department of Fish and Game operates the hatchery, annually producing 4,000,000 Chinook salmon and 430,000 steelhead trout.

About Us

Visiting Hours

The Hatchery is open 8 a.m. to 3 p.m. daily, weekends and holidays included (except Christmas Day). The access to the river and river trail is open from sunrise to sunset.

Fish Ladder

Water runs in the fish ladder when conditions are appropriate for egg-taking. It usually opens around the first week of November for salmon and flows until the steelhead season ends (March). The gate at the base of the ladder is often closed to prevent overcrowding. Exact times when the gate will be open are not announced.

Egg-taking

You may watch the egg-taking process through the viewing windows in the Visitor Center. Call the information number below for details.

Guided School Tours

Guided school tours as well as self-guided tours are available all year. Call the information number below.

Naturalists and volunteers are on site to answer questions year round.

FOR INFORMATION: call 916-358-2884 or visit dfg.ca.gov/fish/hatcheries/nimbus/ or www.facebook.com/NimbusHatchery

A Visitor's Guide to the Nimbus Fish Hatchery

Chinook Salmon and Steelhead Trout



Welcome to Nimbus Fish Hatchery

No matter what time of year you visit, the Nimbus Fish Hatchery offers a glimpse into the unique world of salmon and steelhead.

Fall marks the return of powerful Chinook salmon and the opening of the fish ladder. Winter brings sleek steelhead trout.

Throughout the year you can explore the exhibits of the Visitor Center, stroll the River Discovery Trail, or feed the young fish at Nimbus or the adjacent American River Trout Hatchery.

This is a working hatchery, so chances are that you will see the staff involved in some of the many tasks needed to raise four million salmon each year. Enjoy!

Nimbus Fish Hatchery operated by
California Department of Fish and Game
Owned by Bureau of Reclamation



INFORMATION: 916-358-2884

VISITOR CENTER

Enjoy learning about the biology of salmon, hatchery operations and river conservation through interactive exhibits in the Visitor Center. Watch egg-taking on the Spawning Deck through the viewing window. Salmon eggs are collected several times a week, usually in the morning (early-November through mid-December). Steelhead egg-taking occurs once a week (late-December through March).

WEIR

This removable barrier prevents the salmon from swimming further upstream. Chinook salmon prefer to spawn in the main part of a river, and this barrier helps direct them into the hatchery. Steelhead are tributary spawners, actively seeking out smaller flows of water like the fish ladder. The weir is only in place during the salmon season.

RIVER DISCOVERY TRAIL

This fully accessible 1/4 mile trail follows the edge of the American River and provides opportunities to watch the seasonal spawning of salmon and steelhead. Look for migrating and resident birds. Deer, river otter and coyote also call this area home. Most of the remaining spawning beds are located within the 8 river miles below this area. Water conservation and your responsible use of the river protect salmon, steelhead and a wide array of river wildlife.

AMERICAN RIVER TROUT HATCHERY

This adjacent hatchery raises rainbow trout and kokanee salmon which are stocked in over 250 lakes and streams across northern and central California for recreational fishing. This hatchery is funded through the sales of fishing licenses and managed by the California Department of Fish and Game.

RACEWAYS

Salmon grow in these ponds until they are ready to make the transition to ocean waters at about 6 months (4 to 5 inches long). Steelhead remain in the raceways for a year before they are released (8 to 10 inches long). The fish are then pumped into special tanker trucks and driven to their release sites. You can buy food to feed the fish for a quarter. The netting above protects them from fish-eating birds.

FISH LADDER

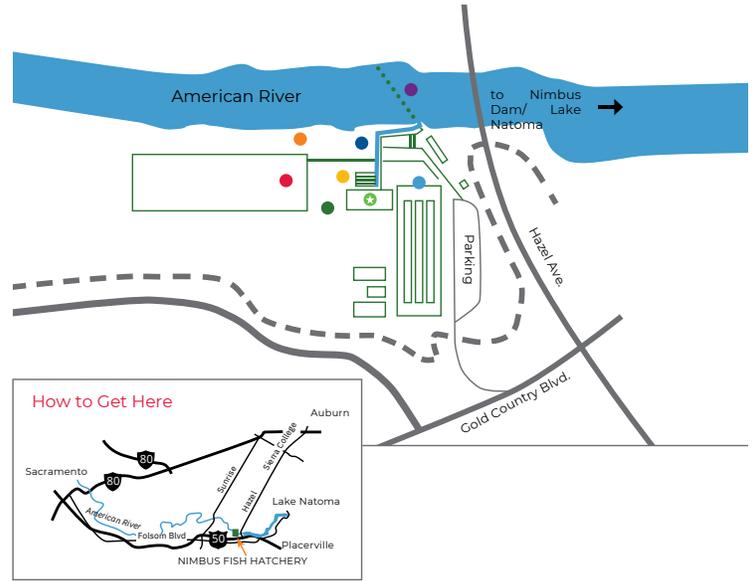
The instinct to swim upstream draws salmon and steelhead to the hatchery from the river by way of the fish ladder. Each step is a small jump for these powerful fish. Water flows in the ladder when conditions are right for spawning (usually early November through March). The gate at the ladder's base is often closed to prevent overcrowding in the holding pond. From the top of the stairs walk one step down; you are now standing at the high-water level of the February 1986 flood.

HOLDING PONDS

At the top of the ladder, fish push through a one-way gate to enter the holding ponds which offer visitors up-close views of these spectacular fish. The crowder, a metal gate on wheels, is used to move the fish into the tranquilizing tank in the Spawning Deck. Salmon with immature eggs and sperm are returned to the ponds parallel to the building until they are ready.

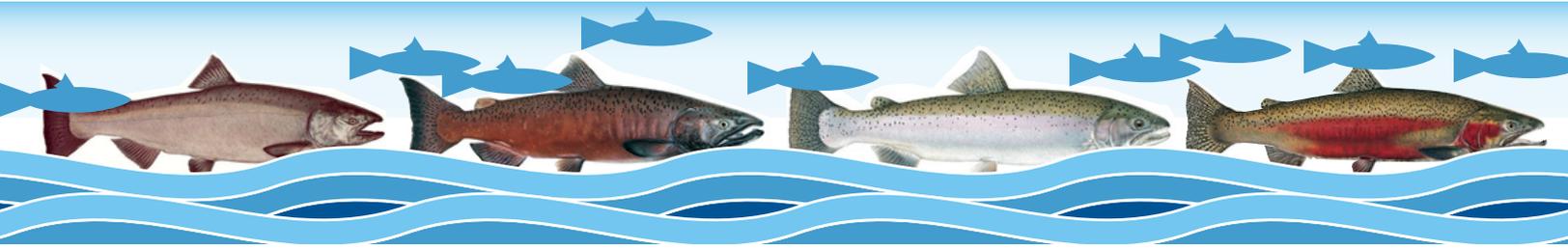
SUPER SALMON PLAYSCAPE

Designed especially for "small fry," this fully accessible play structure allows children to get up-close and personal with a salmon. Shade canopies and a river-themed bench make this a favorite spot for a rest or a picnic lunch.



Nimbus Fish Hatchery

BELOW LEFT TO RIGHT: FEMALE CHINOOK SALMON, MALE CHINOOK SALMON, FEMALE STEELHEAD, MALE STEELHEAD Illustrations © Joseph R. Tomelleri



Wheatland Families Birdwatching!



Who :The Wheatland group lead by Miss Mary!

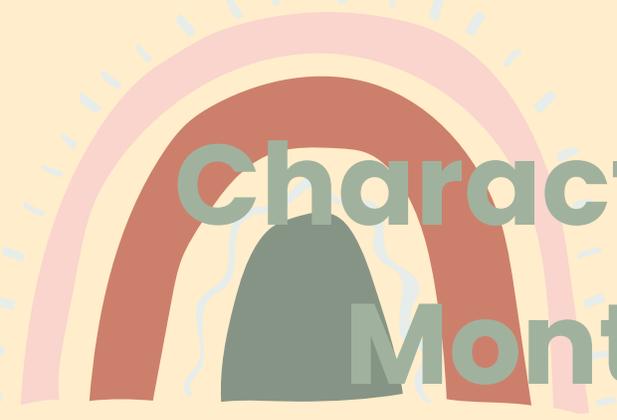
When:Friday, April 14th from 9am-12pm!

Where:The Bobelane Audubon Sanctuary
15 Laurel Ave. Yuba City, CA.

What:We will be taking a scenic walk/
hike to see the birds and wildlife.
Please wear close toed shoes
and bring water!

<https://www.sacramentoaudubon.org/bobelaine-audubon-sanctuary>

**Email me by March 14 to let me
know you are coming!**



Character Trait of The Month February

Kindness



Character Trait of the Month February: Kindness

**The below article was originally published by PARENTS. To be linked to the original article, please click [here](#).*

7 Random Acts of Kindness Ideas for Kids

"Be nice, and don't be a bully." Chances are your kids hear that phrase all the time—at home, at school, or during their extracurricular activities. Instead of making kindness just another rule, what if we showed kids that it's a superpower that makes both themselves and others feel good? Indeed, research shows that [being kind boostshappiness and well-being](#), and that [kindness leads to an increase in peer acceptance](#).

To get started, consider doing these seven random acts of kindness for kids. Each idea will help your little one become confident in their abilities to impact the world around them.

1. Share a Kind Note

This idea stresses the importance of positive words. Ask your child what kindness means to them, and encourage them to write a pleasant note to someone special—a new classmate, a friend, or a teacher's aide are all great choices. Feel free to get creative with the note; it can be a homemade card, a handwritten letter, or a collection of drawings.

2. Demonstrate the Power of Encouragement

Grab some colorful sticky notes and pens, and ask your child to fill them with encouraging compliments like "You're awesome," "You can do this," or "You're a good friend." Tell them you're collecting the notes for someone special. When your child isn't looking, add their name to the notes and hide them around the house for them to discover.

3. Pick Up Litter Together

During your next neighborhood stroll, collect a few pieces of litter with your child. Then have a conversation about how everyone has the power to make the world more beautiful. You can also do this random act of kindness in many other places, from the playground to the parking lot to the beach.



Character Trait of the Month February: Kindness

4. Find Someone to Thank

Kind words go a long way, and it's never a bad time to express gratitude. Encourage your child to say thanks to a teacher, a grocery store cashier, or someone holding the door for them. You can even make a game out of finding people to thank together.

5. Add Gratitude to Your Evening Routine

Discussing gratefulness can be an eye-opening (and profound) experience for a child. Every night before bed, ask your kid what made them happy that day. Kindness.org co-founder and chief strategist Melissa Burmester shares, "I've started doing this with my 2-year-old and it's become one of my favorite times of the day. Yesterday she was grateful for sunshine, fig bars, and Grandma. The day before that it was puddles to jump in."

6. Play "I Spy Kindness"

Kindness exists all around us—we just need to start looking. When you're out with your child, point out unexpected smiles, people helping strangers carry shopping bags, someone giving up their seat on the bus, etc. The more kind acts that your kid witnesses, the more ideas they'll have for spreading cheer on their own!

7. See Something, Do Something

Kids pay attention more than we think. The next time your child asks a question about someone experiencing homelessness, or about an issue on the news like immigration, do one small thing about it together as a family. For example, give gently used clothing to a shelter for families, make a donation, or volunteer together.

Jaclyn Lindsey, CEO and co-founder of Kindness.org, reminds us that while children may have trouble understanding the complexity of these issues, doing an act as a family empowers them to feel like they can help. "As a mom to 9-month-old Abel, I hope when he's old enough to perceive these challenges, my husband and I have led by example," she says. "We want him to instinctively treat all people with dignity, never jump to conclusions about someone because of their circumstances, and to never look down on someone unless he is helping them up."

Every act, no matter how small, makes a difference. (That goes for you, too!) Help your child engage their kindness superpowers today!



Character Trait of the Month February: Kindness

For more information and resources on kindness, you can check out the below resources.

Additional Articles:

- [How to be a Kindness Role Model for Your Kids](#)

Videos:

- [The Science of Kindness](#)

- [Train Your Brain to Be Kinder](#)

Lesson Plans and Activities

- [Kindness Scavenger Hunt](#)

- [Kindness Activities for Middle School Students](#)