



Inyo County Office of Education  
Barry D. Simpson, Superintendent

# The Inyo Insight

An Education Newsletter from the Inyo County Office of Education  
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February 2019



## Celebrating February *by Tiffany Randall*

Traditionally, February has been a time of celebrating love, kindness, empathy, and compassion. How do you celebrate February with your students? Teachers across the nation (including 50 teachers in Inyo County) are using Inner Explorer as a way to boost these important skills in their classrooms. The Inner Explorer program is a series of daily 5-10 minute audio-guided mindfulness practices. The program focuses on key areas of development, bringing mindfulness to education and helping students prepare for learning. Daily mindfulness practice is a trauma-informed approach to teaching kids practical techniques to appropriately handle negative emotions such as stress, anxiety and anger. Inner Explorer offers programs for PreK-12 students that help students with following themes: discovering breathing and relaxation exercises, learning awareness of senses, using thought and emotional regulation, developing compassion and connection, and promoting social emotional learning. Inner Explorer also integrates classical music and journal writing. One primary Inner Explorer strategy is the calming "sharkfin" breath. The students place their hand along their nose (see photos) and with their exhale, they release their hand downward. Students find these focused breathing techniques to be calming and helpful for learning. National research on the program indicates 28% higher grades, 60% decrease in behavioral issues and 43% decrease in teacher stress.

Here's what some of our teachers and students are saying:

"I use Inner Explorer to help my students deal with tough times. It calms and focuses them every day." Abby Sada, Bishop Elementary Teacher

"Since using Inner Explorer, I have noticed my students are better able to refocus and recharge when needed." Rory Winzenread, Round Valley Teacher

"I like to end our day with Inner Explorer, if we have time, so that we end on a nice, peaceful note." Trish Wallace, Bishop Elementary Teacher

"Inner Explorer is good for people and calming down and experiencing new things." 4th grade student

"I sent loving kindness thoughts to my cousin." 1st grade student

"I like when we think about kindness." 2nd grade student

"I like the quiet because if it's too loud it hurts my ears." 1st grade student

"It makes me happy." 2nd grade student

"I like how Inner Explorer is relaxing and you can calm down after recess." 4th grade student

For more information on Inner Explorer, please contact Tiffany Randall [trandall@inyocoe.org](mailto:trandall@inyocoe.org)



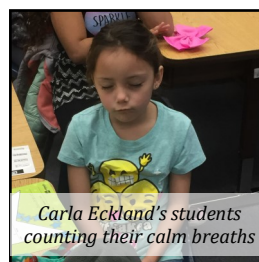
Melanie Buck's class calming down with Inner Explorer after lunch



Trisha Wallace's class practicing "sharkfin"



Jessica Sharkey's class having a mindful moment



Carla Eckland's students counting their calm breaths



Dallas Fredrick's students practicing "sharkfin"



Michelle Kubiak's students practicing "sharkfin"

## Spelling Bee Results

Twenty-six students from local elementary and middle schools participated in the 2018-19 countywide Spelling Bee at Jill Kinmont Boothe School. The winners were:

1st—Rose Bracken, HSMS

2nd—Ashley Fitt, HSMS

3rd—Sabino Palestino, Lo Inyo

After much competition with words like diaphanous, fuliginous, and mulligatawny, the winning word was: colloquialism.

Thank you coaches for working with students to prepare for the bee, and the local Altrusa Chapter for sponsoring the Spelling Bee competition.

Representing Inyo County at the Elementary State Bee in May will be Madison Benninger and Kevin Glenn. Rose Bracken and Ashley Fitt will represent Inyo county at the Junior High State Bee in May. Congratulations to all the student participants!



## March 4<sup>th</sup> Professional Development Schedule

Content	AM Session (8:00 - 11:30)	PM Session (12:00 - 3:00)
AVID	BES certificated - Tallman HSMS - Classroom at HSMS BUHS - Carl Lind BR	HSMS - Classroom at HSMS BUHS - Carl Lind BR
Active Crisis Training	BUSD Classified - BES LRC	BES certificated - BES LRC
CPI Training	BAC Classroom	BAC Classroom
Academic Spanish	BES Dual - Mammoth High, Trailer L	BES Dual - Mammoth High, Trailer L
Improvement Science	Pali - ICOE Conf. Room	Pali - ICOE Conf. Room
Multi-sensory strategies / NGSS	RV School	RV School
Positive Behavior Supports in MTSS		BES classified - Tallman
WASC & Instruction	OV School	OV School

Lunch will be served from 11:30am - 12:00pm in the BAC. For more information:

on CPI contact Heather Carr (hcarr@inyocoe.org)

on Active Crisis Training contact Kristin Carr (kcarr@bishopschools.org)

For any other questions, contact Ilissa Twomey (itwomey@inyocoe.org)

## Family Science Nights



Students are invited to explore the extreme environments in the Eastern Sierra through interactive science activities. Kids and their families will figure out why jackrabbits have big ears, get to try mountain driving, explore how clouds are formed, uncover archaeological artifacts, and much more! There are activities for all ages from painting native fish to exploring the chemistry of Mono Lake. All of the Family Science Nights are free and are held from 5:30-7:30pm at the school gym or cafeteria. Siblings are welcome and all students must be accompanied by an adult. For more information or to volunteer, contact your school office!

Feb 5 – Owens Valley

Feb 7 – Lone Pine

Feb 12 – Bishop

Feb 13 – Big Pine

Feb 21 – Round Valley



## 9<sup>th</sup> Annual INSPIRING STUDENTS POETRY OUT LOUD 2019 Inyo County Poetry Recitation Contest

**WHEN:**

**February 6, 2019 at 6pm**

**WHERE:**

**Inyo Council for the Arts**

**137 South Main Street, Bishop, CA**

**FEATURING STUDENTS FROM:**

**Bishop Union High School**

**Keith Bright School**

**Owens Valley High School**

**Palisade Glacier High School**

**WWW.INYO.ORG 760/873-8014**

**A FREE  
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EVENT  
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TO YOU BY:**

**Inyo Council  
for the Arts**



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## STEM Book Raffle

Congratulations to the individuals that entered that STEM book raffle (included in the January newsletter). Keep an eye out for more raffles or giveaways in upcoming newsletters!

