

CHOICES School Safety Department partners with Sheriff's Office to present *Run, Hide, Fight*



On December 6, the CHOICES School Safety Department will host a school safety training entitled *Run, Hide, Fight*. The training, conducted by members of the Tulare County Sheriff's Office, is designed to prepare school staff in the event of an active shooter incident on campus.

These incidents are often unpredictable and evolve quickly. Because they are usually over within 10 to 15 minutes – before law enforcement arrives on the scene – school officials and students must be prepared both mentally and physically to deal with an active shooter situation. “In the midst of the chaos, everyone can play an integral role in alleviating the impact of an active shooter incident,” said Tony Cavanagh, CHOICES School Safety program manager.

The Run, Hide, Fight training is limited to three participants per school site. To register for the event, scheduled for December 6 from 1:00 p.m. until 3:00 p.m. in TCOE's Redwood Conference Center, visit: <https://tulare.k12oms.org/159-227407>. For more information, contact Tony Cavanagh at tcavanag@tcoe.org or (559) 651-0155.

Visalia students recognized for Pursuing Victory with Honor



In partnership with the Downtown Visalia Kiwanis, TCOE's CHARACTER COUNTS! Program celebrated this fall's Pursuing Victory with Honor (PVWH) student-athletes at a lunch on Tuesday. The Downtown Visalia Kiwanis recognizes student-athletes, nominated by their coaches, each season for their sportsmanship. The awards included a certificate, a PVWH shirt and pin, and a lawn sign that reads "An Athlete of Character Lives Here." Below is a list of the Pursuing Victory with Honor award winners along with a quote from their coaches.

Central Valley Christian High School

Jayden Forsyth – boys cross country: Jayden has been a dedicated cross country member for the past three years. He has grown as an athlete and as a leader on the team while also keeping on top of his academic life. He is honest, full of integrity, and always willing to help others. He does not use his seniority on the team to get out of responsibilities, but rather shows how to put others before himself with his willingness

to help. His encouragement and positive attitude toward the younger members of the team has led to a healthy culture on the team as a whole and has helped inspire others to step up as leaders. He is a pleasure to coach, and I look forward to seeing his continued growth as he works toward his athletic and academic goals.

Jenna Reed – cheerleading: Throughout the season we have put Jenna in charge of various aspects of practices, like stretching, drills, reviewing routines, and many other things while we coaches have things to discuss. Even if there is something she disagrees with, or if there is an issue brought up in practice, Jenna strives to see both sides of the issue and works with coaches to resolve this without causing extra stress. Jenna is a leader and role model on and off the field in every aspect of a CVC athlete with her academics, other extracurricular activities, and more with her personal life. Jenna wants to make sure the cheerleaders are all safe, mentally, physically, and emotionally. She works to let us coaches know if a cheerleader is struggling or if she can help in any way. She wants to ensure a fun, safe, productive environment for our team to thrive.

El Diamante High School

Lauren Landin – girls water polo: Lauren Landin has demonstrated amazing character over the last two seasons of water polo. In the spring, she challenged herself by coming out to swim in order to improve and earn a spot on this year's varsity polo team. In our first weeks this year she was improving daily and then broke her finger in a preseason game. Instead of sitting out, she found a plastic cover to wear in the pool and continued to do whatever she could to stay in shape and support her team. Lauren could have withdrawn and felt sorry for herself and focused on how none of this was "fair." Instead, she demonstrated resilience and toughness, earning the respect of her teammates and coaches. Every day she continues to show up with the brightest smile and a positive attitude, demonstrating her amazing strength of character.

Rylan Montgomery – boys water polo: I have been Rylan's water polo coach for the last three years at El Diamante High School. It has been very clear since Rylan's freshmen year that he has innate skills in and out of the pool that have pushed him to an elite level amongst his peers. Rylan excels in the pool, helping lead our team to an undefeated league season while compiling the most points (goals & assists) in the state of California. Furthermore, he has held a multitude of ASB positions, is an active member of El Diamante's FFA, and has earned the top GPA for his senior class. Rylan is a driven young man with a vision for his life to help people, whether they be his teammates, schoolmates, his family, and beyond.

Golden West High School

Vianka Martinez – volleyball: Vianka Martinez is a student-athlete that exemplifies the definition of character. On the volleyball court there have been numerous times where she has displayed the six pillars of character. A true testament was during her team's

first round of league this season. Golden West was playing Monache in an intense back and forth set. The score, 23-23. A Monache attacker sent a ball out of bounds. The Trailblazers now had the game point. For most athletes, they would focus on the next point and not argue the call. Not for Vianka. She didn't hesitate to inform the official that she touched the ball as she blocked at the net. The call was overturned and Monache received the point. Golden West ended up losing the set, but the fairness that Vianka exemplified is what was remembered from that night. The opposing coach even made it a point to recognize her integrity.

Anders Hagen – boys cross country: Throughout his high school career, Anders has been involved in a variety of activities. Athletically, he was selected as a captain for both track and cross country. He is not only a great leader, but his athletic achievements speak for themselves with a successful resume too long to put into a short bio. Anders is the ideal student-athlete. He is often the first to arrive, and last to leave. Anders is dedicated personally and encourages his teammates to put in extra work, often doubling his workout to help a teammate complete theirs. Despite the time given to athletics, Anders also maintains above a 4.0 GPA and is in the top 10 of his graduating class. Anders is trustworthy, reliable, and is incredibly well liked on campus by staff, students, and opposing teams. It is my pleasure to recognize Anders for his commitment to displaying sportsmanship in action.

Mt. Whitney High School

Avery Cline – volleyball: It is a pleasure to write this letter of acknowledgement for Avery Cline. She has been in the Mt. Whitney volleyball program for the past four years. She also plays softball and is a part of our Mt. Whitney band. Avery is in our Academy of Health Science Pathway and is in the top 20 of her senior class. As her volleyball coach, it astounds me how she is actively involved in all the above activities and maintains a positive attitude on and off the court. Avery has found a way to manage her time and excel at what she does. I know that every teacher and coach would agree that Avery is always a great example of character! I will miss coaching this young lady. Avery Cline, know that you have left your mark! I am so proud of you!

Drew Evans – boys cross country: Drew is very conscientious about doing things to a high standard, not unlike his athletic abilities, he also maintains an outstanding 4.50 grade point average. He's very coachable, respectful, and self-motivated. Drew also treats his peers with respect and is helpful to the younger student-athletes and all fellow competitors. With all these attributes, Drew will have no problem attaining his goals in education, athletics, and of course, his future. Thank you Drew. You truly deserve this honor.

Redwood High School

Hazel Green – volleyball: It is an honor to nominate Hazel Green for the Kiwanis Pursuing Victory with Honor recognition program. Hazel is a 4.0 varsity volleyball

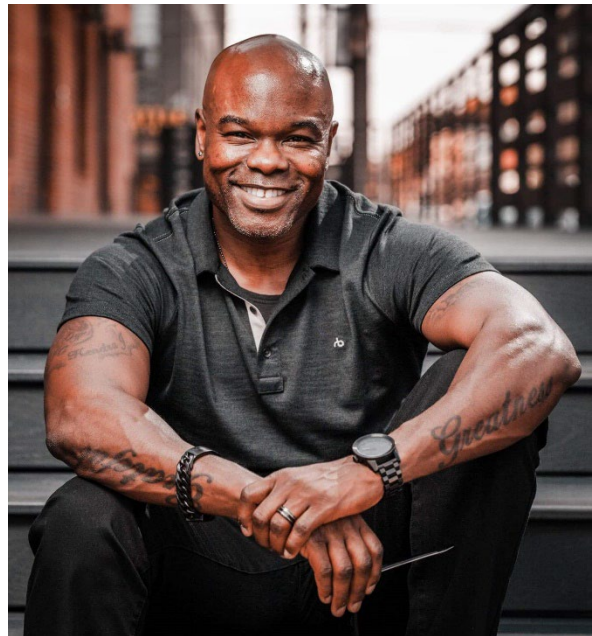
student-athlete at Redwood High School, and she brings a high level of integrity to our program. Hazel exemplifies this by being committed, being a good teammate, and being incredibly coachable. She hustles and puts in effort in everything she does. She is full of enthusiasm regardless of if she is on the court at the time or not. Through her example, she brings out the best from everyone around her. What a joy it is to have her in our program.

Joseph Ross – boys water polo: Joseph Ross is a young man of few words. The power within this characteristic is, when he does use words, they are followed by action and they carry the weight of a true leader. Which is why this four-year varsity participant is respected and revered by his teammates and peers. He routinely makes his coaches and family very proud of him. Redwood High is lucky to have him.

CHOICES Programs to host Anti-Bullying Symposium in January, registration closes November 17

Middle and high school teachers are encouraged to register today for the 2022-23 “Building Bridges” Anti-Bullying Symposium, planned for Thursday, January 19 at Neighborhood Church in Visalia.

The symposium will feature keynote speaker Kevin Bracy. A motivational entertainer, executive producer, speaking coach, author, husband, and father, Bracy is one of the state’s top anti-bullying speakers. For the past 10 years, he has actively partnered with California schools to positively shift their cultures with his “Each One REACH One” message.



Additionally, the Anti-Bullying Symposium will feature a variety of breakout sessions covering topics such as cyberbullying, making healthy choices, upstanders versus bystanders, and more.

The purpose of the event is to develop campus change agents who understand inclusion, community, empathy, and teamwork. The symposium is open to teams of middle and high school students but limited to one teacher and eight students per school.

Register for the Anti-Bullying Symposium today at bit.ly/XB-2022.

Hundreds of young women attend annual Expanding Your Horizons event to learn about STEM careers



Utilizing crayon shavings, young women at the annual Expanding Your Horizons (EYH) event learned how the Earth makes rocks in a hands-on session entitled *Rocking the Rock Cycle*. The mother/daughter team of Kerry Workman Ford and Kiersti Ford showed participants – who had shaved the crayons into small piles – how sedimentary, metamorphic, and igneous rocks are made with increasing amounts of pressure and heat.

This year, nearly 550 young women from 31 schools enjoyed dozens of hands-on activities at the 23th annual EYH Conference on Saturday at College of the Sequoias. The young women explored STEM careers through the hands-on sessions conducted by women currently working in the fields of science, technology, engineering, and mathematics.

Prior to the event, students were asked to consider how STEM inspired them. After watching a short video about women in STEM, they were tasked with writing a 140-character tweet for the Women in STEM – “Tweet All About It!” competition. At the conclusion of the event, top tweets were awarded STEM kits donated by American Association of University Women, the Arconic Foundation, and the TCOE Foundation.



One top tweet from Janelli Hernandez of Belleview Elementary in Porterville read, "This is the girl who will be educated in the present to create a positive change in the future #tularecoe. This is the girl who will come up with ideas and make it happen #girlsinSTEM. #girlpower"

"We appreciate the College of the Sequoias for being our partner in hosting this event," said Tim Hire, Tulare County Superintendent of Schools. "We are also grateful to the women and men who conducted the activity sessions that will surely spark the imaginations of our future scientists, physicians and engineers!"

For more information about Expanding Your Horizons, visit tcoe.org/EYH.

Photos above:

Top - Young women attending the annual Expanding Your Horizons event at College of the Sequoias participated in dozens of hands-on science, technology, engineering, and mathematics (STEM) activities to increase their awareness of careers in those fields.

Lower - Prior to the event, many young women participated in a social media competition entitled "Tweet All About It!" After watching a film about women in STEM, participants were challenged to develop a tweet about what STEM means to them. Students who developed the top tweets received STEM kits as prizes.

Provident-Salierno Family Foundation Awards honors Kids of Character



The outstanding character of thousands of students in Tulare County was recognized in late October, culminating in the 2022 Kids of Character Provident-Salierno Family Foundation Awards last Wednesday. The event recognized the top six students and 24 finalists featured during the Tulare County CHARACTER COUNTS! Week Celebration held October 17-22.

Each honoree received a certificate, a t-shirt, and a scholarship provided by long-time character education supporters Tony and Mary Salierno. Students were also able to take pictures in front of CHARACTER COUNTS! backdrops with their families and nominators.

Since 2012, the Saliernos have partnered with the CHARACTER COUNTS! Program to provide annual scholarships for the top students and finalists representing each of the Pillars of Character – Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. The honorees and finalists were chosen from nearly 4,800 Kids of Character nominations received from 154 schools.

“Thank you to everyone who helped us recognize the finest students of character in Tulare County last week,” said CHARACTER COUNTS! coordinator Kelley Petty. “We

are thankful to the over 1,100 nominators who took the time to share the good acts they witnessed from students. And to Tony and Mary Salierno and the Visalia TimesDelta/Tulare Advance-Register, thank you all for your continued support in recognizing all of these incredible students."

Throughout CHARACTER COUNTS! Week, the top six students and 24 finalists were also recognized daily in the Visalia Times-Delta/Tulare Advance-Register. In Saturday, October 22's paper, a four-page ad also showcased 154 Kids of Character from across the county. To view a complete list of the 2022 Kids of Character, visit tcoe.org/KidsOfCharacter.

Photo above:

~ Responsibility finalists from left to right, Luna Guzman, Daleyza Melendez, Mallory Munger, Bailey Robb, and top honoree Diego Mora.

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To receive the News Gallery Week, sign up [here](#), or contact Jennifer Fisher at jenniferf@tcoe.org or (559) 733-6172.