# OYSTER RIDGE

VOLUME 16, ISSUE 11 December 1, 2024

# **OUTLOOK**



Building a foundation through community education and skill sets.



## MARK YOUR CALENDARS

December 3 - Tumbling Starts

January 7- FAFSA Night



January 7, 14, 21, 28 - Base Camp Basics

January TBA - QuickBooks

### **CONTACT US**

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### **WHO WE ARE**

## **Executive Director:**

**Bridget Stewart** 



Traci Countryman



Katie Covolo

#### **Education Specialist:**

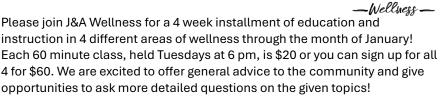
KeriAnne Swasey

# UPCOMING BOCES COMMUNITY CLASSES

# **Base Camp Basics**

Date & Time: Tuesdays starting January 7,14, 21, 28 @ 6:00pm

Cost: \$20 per session or \$60 for all Instructor: Alec & Jenee Rudy Location: BOCES Media Center



#### January 7-Parents of student athletes

Clarification on what/how your kids should be eating. Right/wrong
ways to lose weight (wrestling moms!). How to optimize results in the
weight room so it translates to athleticism in their given sport.
Answer questions about the "Iron Ranger" program from over the
summer. Discussion of our new program "The Elevated Athlete" and
what it entails.

#### January 14- Healthy Eating

 How to read a food label & what to look for. Explanation of Macronutrients and why calorie counting isn't enough. Your metabolism can be manipulated and improved without the use of drugs! Losing weight vs gaining weight.

#### January 21- Proper lifting form & what's involved in a movement routine

Weightlifting form to reduce injury & optimize muscle activation.
 What is HIIT training and other ways to "workout" without going to a gym.

#### January 28- Mental tools for success

 The most overlooked aspect of wellness. The real reason behind cravings & how to control them. Fight/Flight response and what it does to the body, even in small amounts! Your thoughts create your life, and your brain can be trained.

You can sign up for all 4 sessions for \$60 online, if you want an individual session, please call the BOCES (307)877-6958.



# QuickBooks Classes...

The BOCES is working with the Fossil Basin Chamber of Commerce to bring a QuickBooks series of classes here to Kemmerer. We are hoping to have some in person classes along with Zoom classes. Keep an eye out for more information!



# **Oyster Ridge Outlook continued...**

## ED2GO

### **ED2GO Classes**

ED2GO Non-Credit Classes: Update your skills, discover a new talent, or chart a new career path at your own pace and at your convenience! Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. All courses run for six weeks (with a two-week grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more.

#### **How to Get Started:**

- 1. Visit our Online Instruction Center at: www.ed2go.com/kemmoutreach
- 2. Click the Orientation link and follow the instructions to enroll and pay for your course. You will also be provided an opportunity to choose the name and password you will use to access your online course. This step is critical! You cannot access your course until you complete orientation.
- 3. When your course starts, return to our Online Instruction Center and click the classroom link. To begin your studies, simply log in with the name and password you provided during orientation.

# Adult Basic Education / HiSET(GED Equivalent)

- Registration and materials only \$20!
- Reach your education goals on your time.
- Increase your earning potential.
- Call (307) 877-6958 to schedule an appointment.



## **Tumbling**

No Tumbling Thanksgiving Week **December Session:** 3-19, (3 weeks)

Tuesdays: Pre-K-Kindergarten 4:30-5:30pm: 1st-2nd Grades 5:30-6:30pm Wednesdays: 3rd-4th Grades 5:00-6:00pm; Youth Boys 6:00-7:00pm Thursdays: Advanced Youth (5th Grade & Up) 6:00-7:00pm

Register online at KemmererOutreach.com



# **FAFSA Night**

Calling all high school seniors!

Mark your Calendars...

January 7 @ 6:00pm

KJSHS Tech Center

Come get support in filling out the 2025/2026 FAFSA (financial aid). This is for high school seniors attending any college in the country. Bring a parent or two!

We hope the magic of Christmas fills every corner of your heart and home with joy, now and always.





## **REMINDERS**

- Have a skill? Interested in teaching a class?
   Contact BOCES about becoming an instructor.
- Register for any of our community education classes online at KemmererOutreach.com
- Want help with a
   resume or need to
   brush up on
   interviewing skills?
   Want to do some
   career exploration? Set
   up an appointment for
   1 on 1 help with a
   BOCES expert.
- Like the Oyster Ridge BOCES page on Facebook for more

Find the mistake in our newsletter and win a prize! Come to BOCES to collect.



- Registration is open for Western's Spring 2025 classes!
- Western Wyoming Community College and Oyster Ridge BOCES will be closed on November 27-29 for Thanksgiving Break.
- If you need help filling out the FAFSA, come and see us starting January 6, 2025.
- Contact the BOCES to make an advising appointment for Spring
   2025: ☐ □ □ □ □ □ □