

# OYSTER RIDGE

VOLUME 16, ISSUE 11

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# OUTLOOK



Building a foundation through community education and skill sets.



## UPCOMING BOCES COMMUNITY CLASSES

### MARK YOUR CALENDARS

**December 3** – Tumbling Starts

**January 7**- FAFSA Night



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

**January TBA** - QuickBooks

### CONTACT US

(307) 877-6958

OysterRidgeBoces@gmail.com

20 Adaville Dr.  
Diamondville, WY 83116

PO BOX 423  
Kemmerer, WY 83101

### WHO WE ARE

**Executive Director:**  
Bridget Stewart

**Assistant Director:**  
Traci Countryman

**Tech Center Supervisor:**  
Katie Covolo

**Education Specialist:**  
KeriAnne Swasey



### 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



Please join J&A Wellness for a 4 week installment of education and instruction in 4 different areas of wellness through the month of January! Each 60 minute class, held Tuesdays at 6 pm, is \$20 or you can sign up for all 4 for \$60. We are excited to offer general advice to the community and give opportunities to ask more detailed questions on the given topics!

#### 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](http://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.

## Tumbling

No Tumbling Thanksgiving Week  
**December Session:** 3-19, (3 weeks)  
\$35

**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](http://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.

## 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.



*Merry  
Christmas*



- 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:

