

OYSTER RIDGE

VOLUME 17, ISSUE 1

January 1, 2025

OUTLOOK



Building a foundation through community education and skill sets.



UPCOMING BOCES COMMUNITY CLASSES

MARK YOUR CALENDARS

January 7- FAFSA Night
January 7, 14, 21, 28
- Base Camp Basics
Tentative January 16
- QuickBooks

CONTACT US

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WHO WE ARE

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Base Camp Basics

Date & Time: Tuesdays starting January 7, 14, 21, 28 @ 6:00pm
Cost: \$20 per session or \$60 for all four
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. Call the BOCES today to sign up (307) 877-6958.



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

Spring Tumbling

January Session: Jan 7-30,
(4 weeks) \$45

February Session: Feb 4-27,
(4 weeks) \$45


March Session: 4-20,
No Tumbling the week of Spring
Break (3 weeks) \$35

April Session: 1- 24, (4 weeks) \$45
May Session: April 29-May 22,
(4 weeks) \$45

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

Register online at
KemmererOutreach.com

FAFSA Night

Calling all high school seniors!
 **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. Bring your FSA ID, if you do not have one we can help.

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 Spring Classes start January 13, 2025.
- 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:

