



DATE: March 16, 2022

TO: Board of Education

FROM: Mrs. Carmen Ghysels, Superintendent Chief Learning Officer

SUBJECT: Accept Donation from Heart of Gold Bike Ride for Teen Mental Wellness for the TTUSD Schools Located within Nevada County Boundaries

PRESENTED BY: Mrs. Carmen Ghysels, Superintendent Chief Learning Officer

ACTION REQUESTED

Accept Donation from Heart of Gold Bike Ride for Teen Mental Wellness for the TTUSD Schools located within Nevada County boundaries

BACKGROUND INFORMATION

The inaugural Heart of Gold gravel race, a 55-mile ride with a 31-mile timed segment, occurred November 8, 2021, and brought together over 200 riders to raise funds and awareness for teen mental wellness. Nevada County Supervisor Hardy Bullock serves as race event chair of The Heart of Gold and shared, “The Heart of Gold is an opportunity to compete against some of the best riders in the state while increasing awareness for mental wellness in Nevada County,”

Just some of the challenges facing youth in Nevada County:

- 83.6 per 1,000 children face abuse or neglect, higher than the statewide average of 52.9 per 1,000 children
- About 8% of children face abuse or neglect, higher than the statewide average
- Almost two of every five ninth-graders have feelings of depression, slightly higher than the statewide average
- One in 10 ninth-graders missed school during a recent 30 day-period because they felt sad, hopeless, anxious, stressed or angry.
- Food insecurity is a serious issue, with 30% of ninth-graders eligible for free or reduced meals.

Source: California Department of Education’s California Healthy Kids Survey, Nevada County 2019-2020 Main Report.

These funds are intended to support the teen mental wellness programs throughout the Tahoe Truckee Unified School District.

RESOURCES REQUIRED: Heart of Gold Ride - \$1,935.00

PREPARED BY: Lupita Vazquez, Executive Assistant

Attachment: Donation Form