



UPCOMING IMPORTANT DATES - (Every Monday is Early Dismissal at 1:56 pm)

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| February | 13 | Sacramento State's Academic Talent Search Testing |
| | 19 – 23 | PRESIDENT'S WEEK – NO SCHOOL |
| March | 16 | Career Day |
| | | End of 3 rd Quarter |
| | 26-30 | SPRING BREAK – NO SCHOOL |

Dress Code

As the weather gets warmer, it is important to once again remind students and their families that the following clothing is prohibited as they are not conducive to a positive learning environment:

- Pajamas
- Skirts or shorts worn shorter than mid-thigh
- Tank tops, off the shoulder shirts, tube tops, halter tops and see through blouses (tank tops must have straps wider than 2 inches)
- Crop tops and any shirt that shows the stomach (even when hands are raised)
- Visible undergarments (including straps from lace bralettes, bandeaus, and sports bras)
- Frayed, holed or torn clothing which is revealing

Students who violate the student dress code shall be required to change and, depending on the number of violations, can be subject to detention and/or merit loss. Students who refuse to change may be subject to disciplinary consequences. Please review pages 18-19 of the student handbook with your child for more detailed information using your Aeries Parent Portal access.

Academic Talent Search (ATS) Program

Students from Granite Oaks Middle School are invited to participate in Sacramento State's Academic Talent Search (ATS) Program, which provides current 4th - 9th graders the opportunity to attend challenging, unique, and fun summer courses in a collegiate environment.

ATS is a non-profit program that offers over 100 courses each summer in both traditional and non traditional subjects. A variety of subjects are available for students in grades 6-9, including computer science, engineering, law, mathematics, performing arts, and the sciences.

This year the ATS Qualifying Exam is scheduled on: **TUESDAY, FEBRUARY 13, 2018 @ 1:30 p.m, Granite Oaks Library**

To automatically qualify to apply to the ATS program, students simply take the ATS Qualifying Exam (College Ability Test). Testing gives students the opportunity to attend classes in a wide range of subject areas they enjoy. Information and sign up paperwork are available in Student Services.

For additional information, visit the ATS website at: www.csus.edu/coe/ats

OR

Find ATS on Facebook at: www.facebook.com/academictalentsearch

Granite Oaks is looking for someone to coach Boys Volleyball in the Spring. The season is from early March to early May. This is a paid position. Anyone interested can contact Mr. Ryan at iryan@rocklinusd.org



Purchase your yearbook for \$55.

ORDER YOUR YEARBOOK ONLINE at: <http://jostensyearbooks.com/?REF=A01005442>

Parents - If your GOMS student participated in or attended any of these events this year, we would LOVE to have a photo for the upcoming yearbook: International travel, Quarry Bowl/ Quarry Cup, GOMS dance Team
Please send the photos to: cwillson@rocklinusd.org

AERIES PARENT PORTAL - PRINTING A REPORT CARD

You can now print your student's report card by going onto your Aeries Parent Portal Account. To login, click on the link below:

<https://parent.rocklinusd.org/parent/LoginParent.aspx?page=default.aspx>

If you need step by step directions on how to print your student's report card, please click on the link below:

<https://drive.google.com/file/d/15ktZ0gFgzFvQ-uo2mho6p8GbgxvrfYJm/view?usp=sharing>



JOIN GRANITE OAKS STUDENTS, STAFF AND FAMILIES IN A MORNING OF EXERCISE AND FUN

Granite Oaks Physical Education has another big "TEAM" participating in the annual RUN ROCKLIN. This event takes place Sunday, April 8th, 2018. Proceeds benefit the Matt Redding Memorial Scholarship- serving Rocklin students.

ANYONE can join our "Team" – students, staff, parents, siblings... anyone! There are no meetings or practices, but you do get a shirt with our team name printed on the back. Just Click Register Now, View Teams and Search Granite Oaks Phys Ed on the following link: <http://www.runrocklin.com> RUNNERS AND WALKERS OF ALL SPEEDS WELCOME!

We would like to take this opportunity to invite you to be a presenter for our **CAREER DAY** scheduled for Friday, March 16, 2018 at Granite Oaks Middle School.

PLEASE NOTE THAT CAREER DAY HAS BEEN CHANGED TO FRIDAY, MARCH 16, 2018.

Here is a quick overview of what Career Day is like. We begin the morning at 8:00am with a continental breakfast. Presentations will start at 8:45am and end at 11:30am. Speakers will give their presentations to four consecutive classes, each class lasting about 30 minutes (20 minutes of prepared presentation and 5-10 min of Q & A). Lunch will be provided for all guests/speakers starting at 11:30am. Spots fill up rather quickly, so if this is something you are interested in being apart of, please let me know as soon as you can so I can reserve your spot.

If you know of someone else that would be interested in volunteering, please feel free to send this email to them and have them contact Julie Kilkeny directly at: jkilkenny@rocklinusd.org

Counselor Corner February 2018

Granite Oaks Middle School Falcons have soared into the new year with enthusiasm! Now that we have successfully transitioned into the spring semester, we are preparing for an eventful 2018!

February and March are exciting months for the 8th grade class at Granite Oaks. The following are very important dates for our outgoing 8th graders:

February 16 – Granite Oaks counselors will be presenting an overview of the high school registration process to all of the 8th grade students. The counselors will give an orientation on the Rocklin and Whitney High School Freshman Course Request Form that students will use to select their courses. There will also be an overview of the high school graduation requirements, as well as college entrance requirements.

February 27 – Counselors from Rocklin and Whitney High Schools will be at Granite Oaks to present the registration process to 8th grade students

March 5 – Showcase night for incoming 9th grade students and parents at Rocklin and Whitney High Schools

March 6 – High School online registration portal open

March 16 – High School online registration portal closed

March 16 - Career Day at Granite Oaks Middle School

Although there are many fun experiences in the middle school years, some students may be feeling the stress that comes with balancing homework, studying for tests, participating in clubs and sports, spending time with family, and navigating issues with peers. In January, Granite Oaks Counselors attended an event hosted by Rocklin Unified School District featuring a presentation by Dr. Lucy Vezzuto: SOS Stressed Out Students and What to Do About It. She offered these Seven Stress Tips for Teens written by teens participating in the Sutter Health Summer Wellness Programs:

1. Allow plenty of time. Being too busy is a big source of stress.
2. Exercise. It is a great stress buster.
3. Get plenty of rest and eat well. You will be able to handle stress better.
4. Discuss your problems with a friend or family member.
5. When stress hits big, take a time-out. A few minutes away from the problem can help.
6. Breathe deeply – slowly in, slowly out. Think of something pleasant.
7. Ask for help. If you feel like your stress is just too much, talk with your family, friend, or a counselor.

The counselors at Granite Oaks are here to help students who may be experiencing the effects of stress or are struggling academically, personally, or socially.

