



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

September	2	LABOR DAY - NO SCHOOL
	4	<a href="#">Parent Falcon Club "Step It Up Kids - Day of Awesomeness" Fundraiser Kickoff</a>
	11	Picture Retakes 7th Grade Parent Information Night - Health/Sex Education Curriculum, 6-7 pm
	18	Parent Falcon Club "Step It Up Kids - Day of Awesomeness" Fundraiser Turn In Day
	25	Site Council Meeting, 3:30 pm, Library Conference Room
October	9	Champions for Kindness Rally (Bullyproofing) for Students
	11	End of 1st Quarter

**Principal's Message**

GOMS would like to thank Alex Wride for her presentations to all GOMS students regarding the dangers of vaping. Ms. Wride is a Health Educator for the Placer County Tobacco Control Program. Every student at GOMS was able to attend and learn about how vaping negatively affects the human body. Alex also presented to our parents about the negative impacts of vaping. We have attached her student and parent presentations to enable you to see what your student learned regarding vaping this week. We hope that you find this information useful in keeping your student safe from vaping.

[STUDENT PRESENTATION ABOUT VAPING](#)

[PARENT PRESENTATION ABOUT STUDENT VAPING](#)

Granite Oaks Middle School will be hosting an annual **GOMS Health/Sex Education Information Night on September 11, 2019 from 6pm to 7pm in the GOMS Multipurpose Room for 7th grade parents.** This meeting will give an overview of the curriculum used at GOMS and also give parents a chance to review the curriculum utilized within the classroom.

**All 7th grade parents** who can't make the meeting on Sept 11th can view the Health/Sex Education curriculum from Sept 12th to Sept 27th in the GOMS front office.

In the link below you will find our opt out permission slip for students who do not wish to take part in our Health/Sex Education Unit. This permission slip will be sent home with your student this week, posted on teacher web sites, and sent home in the GOMS eblast. Students opting out of the curriculum will be given alternate assignments.

[COMPREHENSIVE SEXUAL HEALTH AND HIV PREVENTION EDUCATION OPT OUT FORM](#)

**The GOMS Health/Sex Ed Opt Out permission slip will be the only official permission slip to opt your child out of the Health/Sex Ed curriculum.**

Please let me know if you have any questions regarding our Health/Sex Ed program.

Best regards,  
Jay Holmes, Principal

## Notification of a Food Allergy in the Classroom

This year we welcome several students to our classrooms with food allergies ranging from mild to life threatening. To support the health and safety for all of our students we request your help in promoting a universal awareness of food allergies, and the importance of frequent personal hygiene.

Parents/caregivers who send a lunch from home are free to pack the foods of their choice. We hope that families CHOOSE not to send foods containing peanut butter or nuts.

### To keep all students safe at school:

- All students will be encouraged to wash their hands after handling food.
- Food may not be eaten in classrooms.
- Precautionary signs will be posted outside of classrooms.
- Students may not share their food with others and/or accept food from others.

The school realizes that helping us maintain a safe classroom takes effort and diligence on your part, and we thank you in advance for your cooperation in helping us maintain a safe, healthy environment for all of our students.

If your student has an allergy the school should be aware of be sure it is entered into the Aeries Parent Portal and if your student needs to keep emergency medication on campus, please have their physician fill out the following form, located on the Rocklin Unified School District website: [RUSD Allergy Form](#)



### Message from Parent Falcon Club (PFC)

Parents! Don't forget the PFC is holding a classroom competition. The homeroom who turns in the most PFC membership forms and the highest donation amount! The winning homeroom will get a donut party!

So far, the homeroom who turned in the most COMPLETED PFC membership forms so far is **Mrs. Stice!**

-AND-

The homeroom who has the highest donation dollars is **Mrs. Louie!**

We are extending the contest through 9/3 which means your child's homeroom still has a chance to win. Winners will be announced 9/5.

**The Parent Falcon Club needs YOU!** If you are organized and like getting people involved, we have just the position for you! The PFC Volunteer Coordinator will help coordinate all of our volunteers! You can find out more about what's involved by joining us at our PFC meeting on 9/10 at 1:00 pm. Can't make it? Email us at [graniteoakspfc@gmail.com](mailto:graniteoakspfc@gmail.com) for more info.

**The PFC in conjunction with Step It Up Kids is happy to announce our Fall Fundraiser "Day of Awesomeness"** is kicking off on 9/4. This 2-week fundraiser is an exciting and fun fundraiser for our students and is full of AWESOMENESS! Please check backpacks on the 4th for all of the details. Your student will want to return their golden ticket on 9/5 to earn our "awesome" prizes! Be sure to follow along on Facebook for the day-by-day scoop!

**Volunteers needed for passing out prizes on 9/5 for our first ever Day of Awesomeness!** Please email [graniteoakspfc@gmail.com](mailto:graniteoakspfc@gmail.com) if you are interested. Time is from 7:30 a.m to 8:30 a.m. More information is coming your way about this new and fun FUNdraiser. Check out more details on the [GOMS PFC Facebook page](#) and visit our sign up genius to sign up: <https://signup.com/go/DRLmCfy>

Staff appreciation coming up on 9/16, we need volunteers and food. Please email [graniteoakspfc@gmail.com](mailto:graniteoakspfc@gmail.com). A sign up genius will be available soon.

## Granite Oaks Math & Language Arts Lab

Beginning August 27, 2019, Library  
(Tuesday, Wednesday, and Thursday- 3:15-4:00 pm)

Granite Oaks Math & Language Arts Lab provides assistance to students that need extra support with math and language arts. Unlike private tutors, the lab instructors are credentialed classroom teachers familiar with textbooks, common core standards, styles of teaching, classroom expectations, and grading.

This Lab is great for students who:

Struggle with completing quality homework assignments

Receive low test scores

Have learning difficulties

Need extra time or one-on-one assistance

Need to improve overall understanding and performance in math and language arts

# PICTURE RETAKES

Picture Retake Day is Wednesday, September 11th on the Stage in the Multipurpose Room during Lunchtime. Simply return your original picture package to the photographer. You can order your picture package online by going to <https://my.lifetouch.com/mylifetouch/> and using **Picture Day ID: CR049521Q1**. If you are not ordering online, be sure to bring your picture order retake form and money with you to give to the photographer.

## Site Council Information

The Site Council objective is to assist Granite Oaks Middle School in matters pertaining to the school and its educational program. Specific objectives include:

- A. Advising, recommending, and reviewing with the principal, teachers, other school personnel, parents, and pupils the implementation of the school improvement program and assess periodically the effectiveness of the program.
- B. Facilitating school and district communication with parents and community.
- C. Informing and advising school and district staff regarding community conditions, aspirations, and goals.
- D. Assisting in providing support to parents, teachers, students, and community for school programs.
- E. Involving citizens in a meaningful way in problems and important decisions confronting Granite Oaks Middle School.
- F. Foster relationships between homes, school, and staff.

If you are interested in serving on the Granite Oaks Site Council, please [APPLY HERE FOR SITE COUNCIL](#) by 4:00 p.m. on Friday, September 20, 2019, so that your name can be included on the ballot for the September 25, 2019 meeting and election of parent representatives.

Site Council Meeting  
Wednesday, September 25, 2019 at 3:30 p.m.  
Library Conference Room  
AGENDA

1. Welcome and Introductions
2. Brief explanation of School Site Council and member's responsibilities
3. Election of Parent Members and Officers
4. Review Meeting Dates/Times and Calendar

# Counselor Corner



## Welcome Back!

Granite Oaks' 7th and 8th graders are off to an exciting new school year! Along with the many learning experiences ahead, there will be challenges. We would like to share some tips to help our new 7th graders in their transition to middle school, as well as our 8th graders as they begin their preparation for high school.

**#1 Sleep well.** Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

**#2 Eat right.** Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're not only eating enough, but eating a mix of everything you need (fruits, veggies, dairy, and whole grains).

**#3 Do your homework.** Making it a habit to do your homework each night will help you practice skills and be ready for the quizzes and tests. Put your phone away during homework time so that you are better able to focus on your assignments.

**#4 Pay attention in class.** Focusing and using class time wisely is one of the best ways to get ahead in middle school. Since you'll be switching around from class to class, it's important to pay attention and follow along for every minute that you can. Avoid being too talkative in class, as this will distract you and your classmates.

**#5 Get involved.** Research shows that school involvement can be a big determining factor for your success. Kids who are involved with after school activities, sports, and clubs are more likely to do well inside and outside of school. Check out the GOMS website for a list of clubs and sports.

**#6 Think positively.** Things are going to get tough and overwhelming at times. Making mistakes is part of learning and growing. It's important to stay positive and know that you CAN do whatever you put your mind to.

**#7 Ask for help.** Whether you are struggling academically, socially, or emotionally, your teachers and counselors are willing to help you. Seek out and ask for help when you feel you might need it. If you would like to talk with a counselor, stop by Student Services and fill out a green "Request to see Counselor" form.

**#8 Stay organized.** A little organization goes a LONG way in middle school. Writing down homework in your student planner will help you study, turn in work, and do better on tests/quizzes.

**#9 Make goals.** Identify something that you want to attain by the end of the quarter or semester. Then, make a plan and stick with it to get there.

**#10 Take risks.** Middle school is the time when you start to grow up and figure out who you are in the world. Take risks and be brave. It will pay off in the end!

Linda Marcarian  
7th Grade Counselor  
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Tressa Lindsey  
8th Grade Counselor  
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## Schoology - On-line Learning Management System

Rocklin Unified uses the [SCHOOLGY](#) (pronounced skool' uh jee) On-Line Learning Management System to enhance the learning environment in and out of the classroom. On-line Learning Management Systems benefit students, teachers, administrators, and parents through:

- 24/7 online access to content and supplemental instructional materials
- Classroom management and paperless workflow tools
- Enhanced communication and collaboration between students, parents, and teachers

A Learning Management System or *LMS* is software designed specifically to help facilitate all aspects of the learning process; assisting teachers and administrators in the delivery and management of instructional content, identifying and assessing individual student learning goals plus organizational professional development goals.

### FOR PARENTS: How to Establish Schoology Accounts

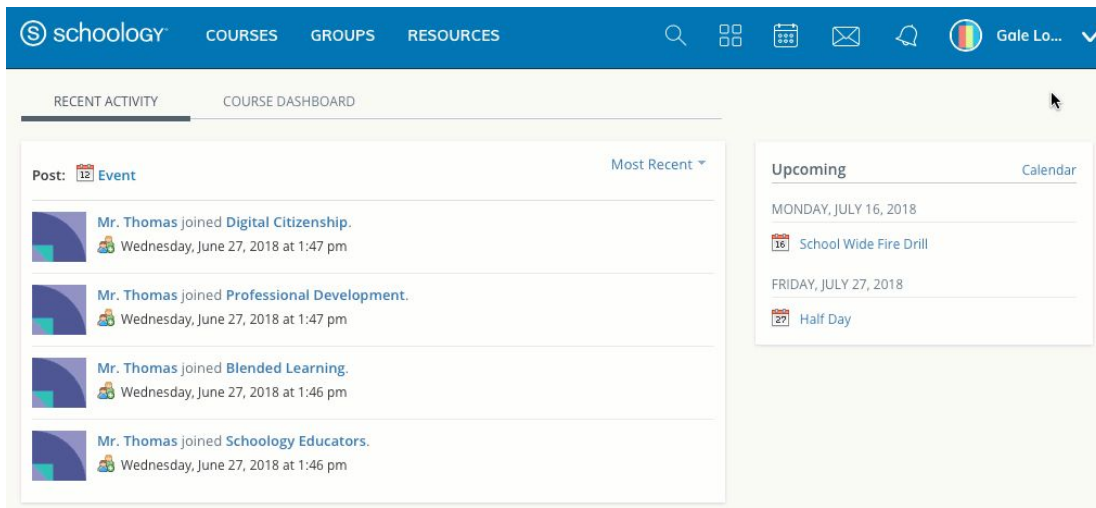
Parents must sign-in and create an account in Schoology before accessing their students' information, calendars, grades, and assignments.

To register, go to [www.schoology.com](http://www.schoology.com)

1. Click the Sign up button
2. Select Parent from Options
3. **Enter the access code provided to your student by their homeroom teacher**
4. Enter your name, email address and password
5. View the tutorial
6. You will receive a confirmation email from Schoology asking for email verification to complete registration process
7. **Modify your Schoology email settings [HERE](#)**

### Add a Child to an Existing Schoology Parent Account

1. Login to Schoology
2. Click your name in the top right corner
3. Click "Add Child"
4. Enter the code for your child



The screenshot displays the Schoology web application interface. At the top, there is a blue navigation bar with the Schoology logo, menu items for COURSES, GROUPS, and RESOURCES, and utility icons for search, grid view, calendar, email, and notifications. The user's name, 'Gale Lo...', is visible in the top right corner. Below the navigation bar, the main content area is divided into two sections: 'RECENT ACTIVITY' and 'COURSE DASHBOARD'. The 'RECENT ACTIVITY' section shows a list of posts under the heading 'Event', sorted by 'Most Recent'. The posts are: 'Mr. Thomas joined Digital Citizenship.' (Wednesday, June 27, 2018 at 1:47 pm), 'Mr. Thomas joined Professional Development.' (Wednesday, June 27, 2018 at 1:47 pm), 'Mr. Thomas joined Blended Learning.' (Wednesday, June 27, 2018 at 1:46 pm), and 'Mr. Thomas joined Schoology Educators.' (Wednesday, June 27, 2018 at 1:46 pm). The 'COURSE DASHBOARD' section is currently empty. On the right side of the interface, there is an 'Upcoming' calendar widget showing events for 'MONDAY, JULY 16, 2018' (School Wide Fire Drill) and 'FRIDAY, JULY 27, 2018' (Half Day).

# East Coast Tour 2020

## 8th Grade Foundations of Freedom Tour

Do you like to travel? Do you like U.S. history? Do you like to experience new things and meet new people? Do you have good grades and respectful behavior? **IF SO THEN THE EAST COAST TOUR IS...**

# FOR YOU!!

Also called the Foundations of Freedom Tour because of its many links to our nation's history & culture, the East Coast Tour visits the following U.S. cities:

- Boston
- New York City
- Philadelphia
- Washington, D.C.



View the tour itinerary, cost, and other information by visiting:

<http://www.explorica.com/Champ-8424>

You are invited to attend an informational meeting about this year's East Coast Trip

**WHEN:** Thursday September 5, 2019 at 6:00pm

**WHERE:** Granite Oaks Gym

**At this meeting you will:**

Meet the tour organizer, Mr. Champ

Meet the chaperones

Receive information detailing the itinerary and cost

Receive an application for the trip

Get all your questions answered!



Questions? Please email Mr. Champ at [eastcoasttripchamp@gmail.com](mailto:eastcoasttripchamp@gmail.com)

The East Coast Trip is not associated with Granite Oaks Middle School or Rocklin Unified School District. It is paid for and funded only by those who choose to participate.

**FREE COMMUNITY EVENT!**



**ROCKLIN'S 9/11**

**FIRST RESPONDERS TRIBUTE GAME**

**VARSITY FOOTBALL @ 7:00PM**

**SEPTEMBER 13, 2019**

**"Touch A Truck Experience"**

**FREE!!! Donations welcome**

**5pm @ RHS Gym Parking Lot**

**Come touch, feel, sit in, and take pictures with  
firetrucks, police cars, bulldozer, brush rig, play  
cornhole, spikeball and more!**

**Donations will go to:**

**Families of Freedom Scholarship Fund**

**\*Kids who dress in full first responder costumes  
get into the game for free!**