



UPCOMING IMPORTANT DATES

March 16th through May 1st School Closures

RUN ROCKLIN POSTPONED TO OCTOBER 25, 2020 - [CLICK ON LINK FOR NEW DETAILS](#)

For ongoing Rocklin Unified School District Coronavirus Updates, please click link below:
[RUSD link to Coronavirus Updates](#)

Principal's Message

Dear GOMS Parents or Guardians,

Your child's educational success during this the COVID 19 shutdown is extremely important to the staff of GOMS. We have set in place processes and procedures for your student to take part in the virtual on-line learning offered at GOMS. Daily, each teacher is placing on-line assignments in Schoology for your student to complete and turn in for feedback on their progress on any topic being covered. These assignments are designed to keep the learning process for your student moving forward during our current COVID 19 school shutdown. Teachers are available to meet with students to help with this process and give instruction to students every day in all aspects of their assignments. The staff at GOMS is dedicated to helping your student succeed during this difficult time.

We are encouraging all parents to visit their students' Schoology pages to view the assignments teachers are posting. We are asking all parents to help their students access their Schoology accounts and encourage their students to complete all assignments on a daily basis. On-line strategies for students success could include:

1. Print out weekly calendars for classes from Schoology
2. Develop a daily family schedule to incorporate online learning
3. Develop a reward system to encourage students to complete assignments
4. Monitor your students progress on Schoology as teachers give feedback

All students should have access to Schoology from home. If you are having technical difficulties you can reach out to your homeroom teacher or any GOMS admin or tech services.

jholmes@rocklinusd.org GOMS Principal

pdaley@rocklinusd.org GOMS Assistant Principal

aserin@rocklinusd.org GOMS Assistant Principal

jerettinhouse@rocklinusd.org GOMS Tech Services

The GOMS staff is committed to your student's educational success. Please reach out to your child's academy or a GOMS administrator if you need help accessing your child's account or general help with our new educational process.

Sincerely,
Jay Holmes
Principal

PJ Daley
Assistant Principal

Ashley Serin
Assistant Principal

Distance Learning Parent Feedback

Please take a moment to provide us with feedback on how distance learning is going with your student. If you have more than one student at GOMS, please answer for each student individually.

[Distance Learning Survey](#)

Thank you,
The GOMS Admin Team

Dear RUUSD Students and Families:

In light of the school closures due to COVID-19, the Granite Oaks Counseling Team has updated the [Counseling Webpage](#) for this distance learning time. One important suggestion is to have your student make a daily schedule (a sample can be found on our webpage), to include a break from social media and screen time, each day.

During the time of closure, the counseling department will be focusing efforts on the following:

- Answer emails and assist students, staff, and parents with their questions about school related activities in the academic, college and career, and social emotional domains.
- Provide individual support as needed.
- Offer suggestions of wellness/mindfulness activities to support families during this unprecedented and stressful time.

The GOMS Counselors are available during normal school hours, Monday - Friday 8:00 am to 3:00 pm via email, and will respond to you within 24 hours.

If there is anything in particular you and your family need or would like more information on, please let us know and we will do our best to gather resources and update our website accordingly.

GOMS Counselors,

Linda Marcarian - Current 7th Grade
email: lmarcarian@rocklinusd.org

Tressa Lindsey - Current 8th Grade/Incoming 7th
email: tlindseyanderson@rocklinusd.org

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PLAY AND VOTE!

The 7th grade C-STEM program has done another outstanding job coding VIDEO GAMES for their latest science project. Play and vote for your favorites!

Voting closes at the end of March. Winners will be announced in April.

Go here to play and vote: [CLICK TO PLAY](#)

Counselor Corner - March 2020

Hello GOMS students and families,

We hope this finds you all well, staying engaged in your classes, and spending quality time at home with your family. As school counselors, a big part of our job is supporting the mental health needs of our students. We want you to know that even though we are not seeing you everyday at school, we are still here for you and you can reach out to us by email:

Linda Marcarian
7th Grade
lmarcarian@rocklinusd.org

Tressa Lindsey
8th Grade/Incoming 7th Grade
tlindseyanderson@rocklinusd.org

In addition, we have a new Counseling page for extra support during the COVID-19 crisis. You can find mental health resources, suggested websites to visit for fun learning, and various other things that can help you cope during this difficult situation.

<https://goms.rocklinusd.org/Departments/Counseling/index.html>

Here are a few quick videos that can help answer questions your child may have about COVID-19

https://www.youtube.com/watch?v=4ex4H6n_s7w#action=share

<https://www.youtube.com/watch?v=9rMJ8IDU2LI>

<https://www.youtube.com/watch?v=348zYIDXBHk>

<https://www.youtube.com/watch?v=0Cmywul9HOY>

Each Mind Matters is a mental health support organization where you can learn about and find resources for mental health issues for all ages. [Each Mind Matters Website](#)

In the case of a mental health emergency, the best way to receive support immediately is to contact local emergency services.

If you or someone you know is at immediate and serious risk of harming themselves or someone else, Call 911.

Support and Crises Lines:

California Warmline - (855) 845-7415 or www.mentalhealthsf.org/peer-run-warmline

The California Peer-Run Warmline is a free, non-judgmental, non-emergency way for people with emotional or mental health challenges to get support from a peer who is trained to help. In response to the COVID-19 virus, it has expanded operations and is now open 24 hours a day, 7 days a week.

24 Hour Child and Teen Help Line - (800) 852-8336 or (310) 855-4673

Text the word "HOPE" to - (916) 688-ican (4226)

Child/Family Crisis/Intake - (866) 293-1940 or (916) 872-6549

Crisis Resolution Center - (866) 251-7584

Trevor Lifeline (LGBTQ A-Z Youth) - (866) 488-7386

California Youth Crisis Hotline - (800) 843-5200

Crisis Text Line -Text "Hello" 741741

National Suicide Prevention Crises Line - (800) 273-TALK (8255)

Huge thank you to all of our teachers who are working hard to keep students engaged in learning so they can continue their academic journeys throughout this unsettled time.

