



**Hello Parents and Families!**

It's finally time! This coming Monday we are excited to kick off our biggest fundraiser of the year! Our Parent Falcon Club is partnering with PoP Step It Up to fundraise and help pay for things such as our new broadcast equipment, club support, new Chromebooks, teacher appreciation, and a whole host of other items that will hopefully soon include new lighting for our stage! We will be sending a few more emails throughout the two-week fundraising period.

It is going to be AWESOME; and we are excited to get started Monday! A few things to note:

- This fundraiser will be very easy for you. It only requires about 10 minutes of your time.
- Your students can earn great prizes, just for their effort. No money required!
- This is an online, donation-based fundraiser, and the donation requests can go to people you know anywhere in the world. That means, no direct pressure on your shoulders.



Students will be bringing home more information on Monday. Please help your student register and complete the Golden Ticket assignment Monday night. All students who complete the Golden Ticket assignment will receive fun prizes. It does not require any money to register. We will also be doing some exciting drawings for a \$250 Amazon Gift Card and 4 MiniParty Fridges stuffed with CASH!

On a separate note, we would like to make you aware of a concerning new TikTok trend that is impacting our campus. The trend encourages students to break, take, and vandalize items on school campuses. This trend is affecting every RUSD high school and middle school including Granite Oaks.

Please thank to your student about this concern. Each incident has financial and time costs as administration and Rocklin PD look into the matter. We appreciate the students who are seeing something and saying something. Students deserve a safe and clean campus. If you have any information, please contact the school. Thank you for your support in keeping Granite Oaks middle school a positive and safe learning environment.

Thank you in advance for your support! Have a great weekend!

Sincerely,  
Mrs. Honegger and Mr. Holmes

## Counselor Corner



We are moving through the first quarter and student morale is high! It is great to see all the positive energy among the students. However, some students may be feeling stressed and anxious because of the social and academic challenges of middle school. Please encourage your student to have a healthy balance of good nutrition, daily exercise, 8-9 hours of sleep each night, nightly connection/conversation with family, and limited screen time/social media. These strategies can help students feel their best and be successful.

### HOW CAN PARENTS HELP THEIR STUDENTS SUCCEED?

#### **E.M.P.O.W.E.R. them!**

Establish expectations

Monitor how they spend their time

Promote balance and core values

Offer support

Widen horizons

Encourage exploration

Resist the urge to "clip their wings" (reinforce responsibility & independence)

[101 Ways to Cope With Stress](#)

[40 Developmental Assets](#)

The GOMS School Counselors are here to help your student navigate through the challenges of middle school and have an awesome year!

Linda Marcarian  
7th Grade Counselor  
[lmarcarian@rocklinusd.org](mailto:lmarcarian@rocklinusd.org)

Tressa Lindsey  
8th Grade Counselor  
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# Granite Oaks Middle School Parent Falcon Club



**Our biggest fundraiser starts Monday!** Super easy, super quick! Look for your student's packet on Monday! We are also looking for volunteers for Tuesday and Wednesday morning to help distribute prizes: [SIGN UP WITH THIS LINK](#)

**Snowie King + GOMS! Unbeatable!**  
Enjoy a refreshing shaved ice on Wednesday at our home games! Both Football and Volleyball games will be at GOMS. Stop by and cheer for our Falcons!



Help Us Raise Money For:

## granite oaks middle school

20% of event sales will be donated



**Join us on Thursday, 9/23 at Panda Express in Rocklin near Safeway** for lunch or dinner! (YES! It's an all day fundraiser!) Just show the attached flyer and GOMS PFC will receive 20% from all sales! You can either print it or just show it on your phone! This fundraiser is open to anyone who has the flyer - please share it with your friends/family/sports teams/etc.

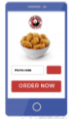
### When

Thursday, September 23, 2021  
All Day: 10:00 AM to 9:30 PM

### Where

Panda Express located at:  
ROCK CREEK PX 2210 Sunset Blvd. Space#  
100 Rocklin CA 95765  
(916) 789 - 2268

### How to Order



Online

PandaExpress.com or the App.  
Enter 327625 in the promo code box

or



In-Person

Bring paper flyer or show it on your smartphone

Order ahead or on the event day Thursday, September 23, 2021

### Staff Appreciation

Thank you for your generous donations! We couldn't have done it without you!





**8<sup>th</sup> Grade Foundations of Freedom Tour**  
**April 9 - 15, 2022**

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 all your merits? 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, the East Coast Tour visits the following U.S. cities:

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

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If you weren't able to attend the meeting, here is a video with all the information you will need! --->  
[East Coast Trip Presentation](#)

**Ready to apply?**

[East Coast Trip Application](#)

**Are you a parent who would like to join us?**

[East Coast Trip Adult Application](#)

\*\*\*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.\*\*\*

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