



Dear GOMS Staff and Families,

We are about to embark on Mental Health Awareness Month at GOMS. Our staff works very hard to help our students maintain strong social and emotional health during the entire school year. Mental Health Awareness Month helps to let our students, staff, and families know that there is not a stigma attached to looking for help if a person is struggling with social or emotional issues. Please look at our Mental Health Awareness Month calendar in this eblast for our upcoming events at GOMS.

We look forward to seeing our families at the GOMS Open House on Thursday, May 5th. Come in and check out your student’s classrooms as well as enjoying our amazing food trucks. I hope to see all of you on Thursday! Have a great weekend.

Mrs. Honegger and Mr. Holmes

End of Year Important Dates

May 5	Open House 6:30 - 8:00pm, Minimum Day 1:00pm Dismissal
May 9 - May 13	CAASPP Testing All students
May 23 - 27	Textbook & Calculator Check Ins
May 23 - June 1	Chromebook Check Ins (does not include ECF Chromebooks) (8th grade students will not receive a yearbook or attend the promotion dance if they have a chromebook checked out)
Thursday, May 26	8th Grade Sunsplash Trip
Monday, May 30	Memorial Day - No School
Tuesday, May 31	Yearbook Distribution & Signing Activity
Wednesday, June 1	Talent Show - performances during school day 8th Grade Promotion Dance 7:00pm - 9:00pm (GOMS Gymnasium)
Thursday, June 2	Minimum Day 1:00pm Dismissal 8th Grade Academy Promotion Activities 8:45am - 9:45am - Sierra (Gym) & Quest (Multipurpose Rm) 10:15am - 11:15am - Talon (Gym) & Discovery (Multipurpose Rm)

**Open House Night
Granite Oaks Middle School
Thursday, May 5, 2022
6:30 – 8:00 pm**

FOOD TRUCKS (5:00 – 7:30 pm)
ROOM VISITATIONS including PE class demonstrations (6:30 – 7:40 pm)
Band and Orchestra performance in Amphitheater (7:00-7:15 pm)
8th Grade Promotion Lawn Signs can be picked up at the PFC table (5-7:30pm)

FOOD TRUCKS (5:00pm to 7:30pm)

Cash is appreciated! Each vendor is generously donating a portion of their sales to GOMS!



Yearbook News

Buy Your Yearbook, before it's too late!! Please click on the link below to purchase your 2021-22 yearbook!
[ORDER YOUR 2021-22 YEARBOOK HERE](#)

Did you buy a yearbook last year? If you did but were unable to pick it up, please email Mrs. Willson to arrange for pick up. cwillson@rocklinusd.org or 916.315.9009 ext 4028

COVID-19 RESOURCES

You can view our district's COVID-related resources and materials by following [this link](#).

***** Track Practice on Monday, May 2nd from 2:00-3:30pm *****

Track Finals Information

Date: Tuesday, May 3rd

Time: 3:30 pm

Location: Whitney High School, Rocklin

Entry Fee for Finals: Adults: \$5 Students/Children: \$1

There will be a snack bar

QUALIFYING FOR FINALS:

- The top 16 athletes in the league for each event qualify for finals regardless of school.
- 2 heats of 8 athletes in the 100M, 200M, 400M, and the 55M hurdles
- Only 1 relay team per school can compete in the 4X100 & 4X400
- An athlete can compete in a maximum of 4 events at Finals if they qualify. Includes relays

(This means that not every athlete will qualify to compete at Finals.)*

On Friday 4/29, Track athletes can see if they qualified for finals:

-GO TO GOOGLE AND TYPE IN FISAL - CLICK ON FISAL SCHEDULES - SILVERADO M.S.

-CLICK ON TRACK & FIELD

SCORING:

1st Place: 10 Points

2nd Place: 8 Points

3rd Place: 6 Points

4th Place: 4 Points

5th Place: 2 Points

6th Place: 1 Point

FOR LIVE SCORING AND ATHLETES TIMES DURING THE TRACK MEET, GO TO:

milesplit.live

Take A Checkup From The Neck Up!

May 1st marks the beginning of “**Mental Health Awareness Month**”.

Mental health refers to our emotional and social well-being and impacts

how we think. It plays a role in connecting with others, making

decisions, handling stress and many other aspects of day to day life. Everyone has mental health, and it deserves your


attention just as much as your physical health does. Throughout the month of May, GOMS will hold various activities that

will focus on:

- Tips on how to achieve mental health well-being
- How to create a supportive community where everyone can reach out for help
- Tools and resources around mental health awareness
- Self care and coping strategies

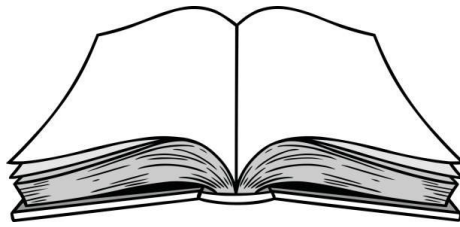
To kick off Mental Health Awareness Month, let’s all take part in the Granite Oaks MS “**31 Day Wellness Challenge**” as students and staff challenge themselves each day this May to make small changes - both physically and mentally to create gains for our overall health and well being.



  31 Day Wellness Challenge 		May is Mental Health Awareness Month				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Do something you're good at today	2 Set an achievable goal and work on it today	3 Write 3 things that you are grateful for today	4 Focus on the positives today. List 5 positive thoughts.	5 Talk with a funny friend and laugh today!	6 Wear green to support Mental Health Awareness Month today	7 Spend some time with a pet or animal today (or watch videos of animals)
8 Perform a random act of kindness for someone today	9 Make a playlist of your favorite upbeat songs and sing out loud today	10 Meditate and quiet your mind for 20 minutes today	11 Smile more today. Make a point to smile to at least 5 people today	12 Send a thank you note to someone special today	13 Wear green to support Mental Health Awareness Month today	14 Watch a video or movie that makes you laugh out loud today
15 Go for a mindful walk in nature today	16 Try something new today (go outside of your comfort zone)	17 Journal: write down a problem that has been bothering you	18 Spend time reading a good book today	19 Drink more water and eat a healthy snack today	20 Wear green to support Mental Health Awareness Month today	21 Take a social media device break for the day today and focus on life around you
22 Exercise for 20 minutes today	23 Practice taking deep cleansing breaths today	24 Reach out to an old friend you haven't talked to in awhile	25 Go easier on yourself today	26 Put on nature sounds and relax today	27 Wear green to support Mental Health Awareness Month today	28 Dance around while you clean your room or help around the house today
29 Spend some QUALITY family time today	30 Practice positive self talk today. Pick an affirmation and repeat it to yourself throughout the day.	31 Pick your favorite prompt from the whole challenge and do it again today				

Linda Marcarian, 7th Grade Counselor
lmarcarian@rocklinusd.org

Tressa Lindsey, 8th Grade Counselor
tlindseyanderson@rocklinusd.org



ATTENTION 7TH GRADERS!

**IF YOU ARE INTERESTED IN TAKING
ADVANCED LANGUAGE ARTS**

FOR YOUR 8TH GRADE YEAR, FILL OUT THIS SURVEY TO BE PLACED ON AN INTEREST/ELIGIBILITY LIST. IF ADV ELA IS OFFERED NEXT YEAR, STUDENTS WILL BE SELECTED FROM THIS LIST TO FILL IN THE CLASS.

THE DEADLINE IS FRIDAY MAY 6TH.

**IF YOU HAVE QUESTIONS, CONTACT MRS. PERSINGER IN ROOM A5 OR AT
MPERSINGER@ROCKLINUSD.ORG**



[HTTPS://FORMS.GLE/88ZKRIW8XC9ITQHP6*](https://forms.gle/88zKriw8xc9itqhp6)

*Please note that this is an interest-only form. It does not guarantee placement into ADV ELA for the 2022-2023 school year. If ADV ELA is available next year, students will be selected from this list to be in the class. You do not need to do anything else other than fill out this form for consideration. Students from this list will be auto-placed into ADV ELA should it open up. If you change your mind, and no longer want to be on the eligibility list, please contact Mrs. Persinger by June 4th, 2022 or after June 4th contact a Granite Oaks Middle School counselor in the main office. Thank you.

SOAR Applications for the 2022- 2023 school year are now open!

SOAR is an exciting class that allows students to develop their organization, goal setting, public speaking, and other useful skills while completing interactive projects that cover a wide range of high school, college, and career readiness topics. Throughout the year, we also go on field trips to four local colleges and universities.

For more info, please check out [this slideshow](#).

Applications open today and close on **May 12th**.

To apply, [click on this link](#), or go to bit.ly/SOAR2022

Want to be an ASB Leader?



<https://forms.gle/kDxmAhsuRSMDMwaCA>

- **Help plan dances & rallies**
- **Plan & run lunchtime activities**
- **Raise money for our school & others**
- **Promote Falcon Spirit!**
- **APPLY BY FRIDAY MAY 13**

Must be able to attend in-person meetings the first Tuesday of each month from 7:45 - 8:15 & serve at lunches and after school as needed



Granite Oaks Middle School Parent Falcon Club



8th Grade Dance Committee

Did you miss the Dance meeting? Email graniteoaksPFC@gmail.com if you'd like to participate. Remember, only committee members will be allowed to chaperone!

April Staff Appreciation

A big 'THANKS' to all the wonderful parents who donated items for this month's staff meeting. You brightened up the first day back from Spring Break!



Volunteer in 2022-23

Join us to see what the PFC is all about! You'll be a part of a great group of parents who are making a difference for all students and staff! It's a much appreciated and rewarding experience where you can get insight into your students' daily school life and get to know staff.

Remember this isn't your elementary school PTC! It will take as much time as YOU want to contribute. All positions are open and job sharing is highly encouraged!

President

The President presides over PFC meetings and ensures compliance with the PFC Bylaws.

Vice President

The Vice President oversees all fund-raising and the sponsorship drive for the PFC as well as fills in for the President in his/her absence.

Treasurer

The Treasurer is responsible for collecting and depositing all monies, issuing checks and tax receipts, communicating with the tax preparer and reconciling the budget. The Treasurer presents the budget at the monthly board meetings.

Secretary

The Secretary records minutes in adherence to the agenda and posts approved minutes.

Teacher Appreciation Coordinator

Coordinates monthly Teacher Appreciation Breakfasts/lunches as well as the donations for each event

You are welcome to attend our next meeting on Tuesday, May 10th at 8:30am and check us out! RSVP with graniteoakspfc@gmail.org. Elections will be held in May, contact graniteoakspfc@gmail.org to find out more!

Granite Oaks Middle School Talent Showcase



**CALLING ALL
TALENTED STUDENTS, STAGE
CREW, TECH CREW, AND HOSTS!!!**

**TALENT SHOW IS JUST AROUND
THE CORNER AND WE NEED YOU!**

**SIGN UP TO AUDITION
IN ROOM B3**



**Audition Applications DUE
FRIDAY, 5/6/2022!**


Upcoming State Testing/Chromebook Updates

The State Testing window for Rocklin USD is quickly approaching. In order to ensure that all district-managed Chromebooks are ready for testing, all devices need to be verified that Chrome is up to date. To verify this please have your students log on to their Chromebook and follow the directions in the link below on [How to Update Google Chrome on A RocklinUSD Chromebook](#). Chromebooks should be restarted after updates have been applied.

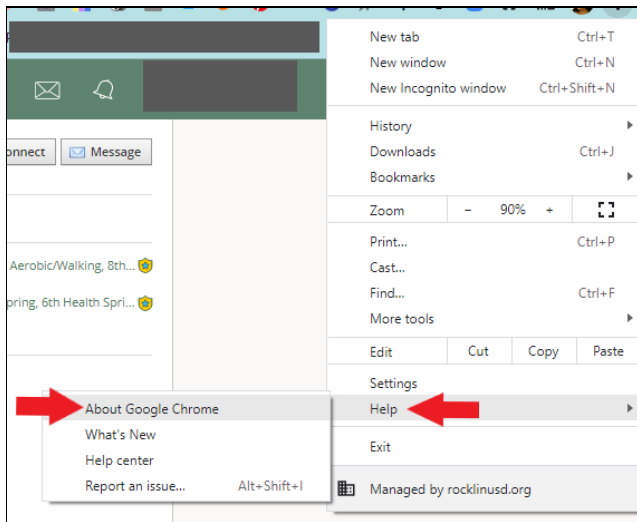
How to Update Google Chrome on a RocklinUSD Chromebook

1. Log into your RocklinUSD Chromebook

2. Launch Google Chrome 

3. Click on the 3 dots (top right corner) 

4. Select "Help" & "About Google Chrome"



5. Select "**CHECK FOR UPDATES**" (If no updates are available then you will see that your version of Chrome is up to date)

