



Dear GOMS Staff and Families,

Our students and staff would like to congratulate you on Ms. Persinger and Ms. Koehler for their amazing dedication to the students and families of GOMS. They are truly amazing educators who are teachers who make a difference in the lives of our students.

Teachers Who Make A Difference

Valerie Koehler has been a tremendous addition to the GOMS staff. We were ever so lucky to have been in the position to be able to take Valerie, her intelligence, and innate teaching abilities from her last school district. Valerie’s hard work, caring for kid’s attitude and ever present smile has been a wonderful addition to Granite Oaks and our Language Arts PLC. Also, Valerie has proven to be a true leader on campus with her assumption of the leadership position in our ELA PLC Team. Valerie’s leadership has enhanced our team’s vision to move forward and tackle difficult problems and issues. We are indeed lucky to have Valerie Koehler on our team!



Megan Persinger is truly a dedicated Language Arts teacher. She not only engages her students with real-life activities, but she also engages them with her passion for literature. Megan is a positive person who brings her passion of teaching to work with her everyday. She is a great team player and has mentored many students through the years in her advanced ELA classes. Megan has taken over the GOMS Talent Show, Theater and Drama clubs giving students creative ways to express themselves outside of the classroom. Her dedication to her students and to the art of teaching Language Arts can’t be matched. We are indeed fortunate to have Megan on the Granite Oaks Middle School team.

QUICK REMINDER: For the safety of our students, if you must drop off any item for your student, please meet your student INSIDE the office. Also, we do not accept food deliveries from outside vendors for students.

End of Year Important Dates

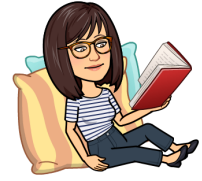
May 16 - May 20	CAASPP Testing All students
May 23 - 27	Textbook & Calculator Check Ins
May 23 - June 1	Chromebook Check Ins (does not include ECF Chromebooks) (8th grade students will not receive a yearbook or attend the promotion dance if they have a chromebook checked out)
Thursday, May 26	8th Grade 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)

Granite Oaks Textbook Return Schedule

Granite Oaks Middle School will be holding textbook returns during the week of May 23th through May 27th.



The schedule is as follows:
Monday, May 23rd - Library Closed
Tuesday, May 24th - RUBICON and TALON Academies
Wednesday, May 25th - QUEST and SIERRA Academies
Thursday, May 26th - KEY and ODYSSEY Academies
Friday, May 27th - DISCOVERY and LEGACY Academies



It is very important that the students return all of their checked out library materials on their scheduled day. Please encourage them to be prepared!

They must return any library books, core literature books, textbooks and calculators on that day. They do not need to return the paperback SpringBoard or history workbooks.

Also, if your student has any library fines for a "lost" or "damaged" book, have them come prepared to pay those fines at the time of the check ins. Cash or check, only!

If you have any questions, please contact Terry Hughes at thughes@rocklinusd.org or Diana Stokes at dstokes@rocklinusd.org.

Thank you all for your assistance in making this process go as smoothly as possible.

The Granite Oaks Library Staff

GOMS Library News - May 2022

Please visit our Granite Oaks Library website to see our Virtual Library Slides for the month of May.

Slides for Mental Health Awareness Month and Asian American and Pacific Islander Heritage Month are featured. You will find links to books available to check out from our library, as well as related website resources.

[GOMS Library Website LINK](#)

Yearbook News

Buy Your Yearbook, before it's too late!! Please click on the link below to purchase your 2021-22 yearbook!

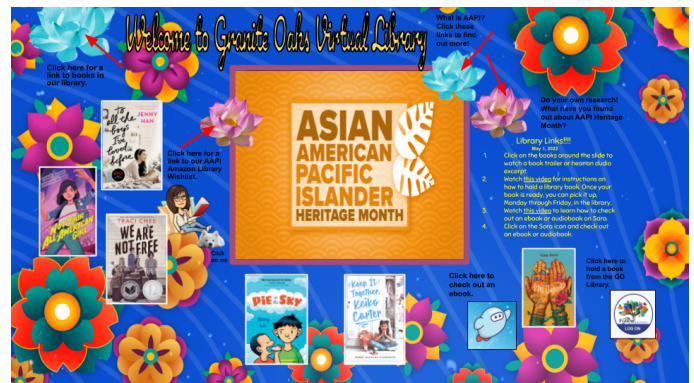
[ORDER YOUR 2021-22 YEARBOOK HERE](#)

Any questions, contact Mrs. Willson:

cwillson@rocklinusd.org

or

916.315.9009 ext 4028.



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

Want to be a WEB Leader?



<https://forms.gle/fU7azoXNn78naVyc6>

- Be a leader at WEB Day
- Help welcome all new students
- Be the friendly face of GOMS!
- APPLY BY FRIDAY MAY 20

Must be available for WEB Training and WEB Day - August 1st and 3rd

ROCKLIN POLICE DEPARTMENT

JUNIOR POLICE ACADEMY



Now Accepting Applications

Two academies available:

JULY
18-22

8:00am - 12:00pm

JULY
25-29

8:00am - 12:00pm

FOR MORE INFORMATION, VISIT
www.rocklinpal.org

Available to Rocklin residents entering grades 7th - 9th
Returning academy graduates are welcome

For more information contact:
Officer Lee Hatfield | lee.hatfield@rocklin.ca.us | (916) 625-5400
rocklinpal@gmail.com

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A to Z Coping Skills

gozen.com

Take Good Care of Yourself

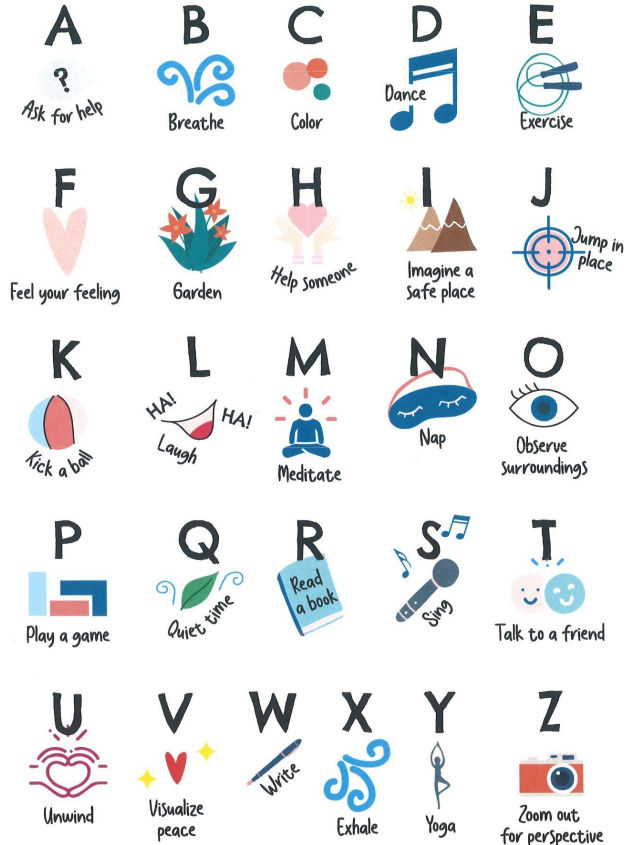
We all experience times when we need to take a step back and focus on ourselves. **Self-care** is doing things to take care of our mind, body and emotions. Self-care helps us to be happy, healthy, and to better manage stressful situations. It can be as simple as remembering to take some deep breaths. To some people it may mean doing yoga or going on a bike ride. For you, self care might mean listening to music, exercising, reading, drawing, or playing with a pet. We each have our own way of centering ourselves. Try out new things to see what works best for you.

It's important to remember that self-care isn't selfish. Although it can be difficult to find the time, try to create a consistent practice by setting aside some daily moments for your own self-care.

For more self-care tips click on this link: [TakeAction4MH-SelfCareTips](#)

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

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



GOMS		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						



Granite Oaks Middle School
Parent Falcon Club



Save the Date for Handel's!

Join us on Wednesday, May 25th for delicious homemade ice cream! Don't forget to mention Granite Oaks at the register! Treat yourself and support your school at the same time! It's a win-win!

8th Grade Promotion Dance

The end of the year is almost here! GOMS will be holding the 8th grade promotion dance on June 1st with the theme "A Night in Paris". We will have souvenir photos, chocolate fountains and other refreshments! We are looking for your help in making this a memorable evening. Click on the link if you are able to send in donations between Monday, 5/30 and Wednesday, 6/1. Thank you for your support!

<https://tinyurl.com/b93ve4ud>

Volunteer in 2022-23

Stop by our monthly meeting on Tuesday, 5/17 at 8:30am 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! RSVP with graniteoakspfc@gmail.org

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