



Dear GOMS Staff and Families,

WOW! What an amazing event last night for all of our families! It was so nice to gather as a GOMS community and have that "In The Nest" feeling back on campus. The orchestra and band playing in the amphitheater was a special moment as our students displayed their talent and hard work. It was wonderful to share and see all the growth and accomplishments that students have achieved this year. Thank you to our teachers, staff, families, and community for making our school such a great place to learn and grow for our students.

State testing will start on Monday for Talon, Sierra, and Discovery academies. Tuesday will bring with it testing for all of 7th grade. Next Monday, May 16, will be when state testing will start for Quest academy. Be sure students are getting enough sleep, eating well, and do the best they can.

We are in the home stretch of the school year. Please check in with your students and make sure they are keeping up with their assignments and tests. The end of the year will bring much to celebrate! Grades, merits, attendance, and No Marks will be utilized to determine student eligibility for our upcoming 8th Grade Sunsplash Trip on Thursday, May 26th, 8th Grade Promotion Dance on June 1st, and 7th grade field day on June 2nd. Students will be required to have more than 80 merits, a 2.0 or above GPA, and no more than 1 No Mark (NM) at the time that each of the above events is taking place.

Have a wonderful and safe weekend!

Mrs. Honegger and Mr. Holmes

End of Year Important Dates

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)

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](#).

Sports

A huge congratulations to the Granite Oaks Track & Field team on their overall 1st place finish at Track Finals on Tuesday! To view the overall results and scores, you can click on these links.

[Track Final Event Results](#)

[Track Team Finals](#)

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](#)



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!**

Counselor Corner - May 2022

Taking care of yourself during Mental Health Awareness Month

Mental health is all around us, but, what exactly is mental health? Mental health is a person's general sense of emotional, psychological, and cognitive well-being. Everyone has mental health every day, but it's often ignored unless something is going seriously wrong. The best way to prevent that is to pay attention to your mental health even when you are feeling okay or even good.

Notice how your mental health is always changing. Yesterday might have been a better day than today, and that's okay. Part of being human is moving with your emotions and knowing when something isn't going exactly how you want it to. Check in with yourself and reach out to your friends, family, or school counselor for help when you need to take some time for your mental health or don't know what to do.

Here are a few tips for taking care of yourself:

- Accept yourself as you are.
- Write down your daily accomplishments rather than, or in addition to, your to do list. Celebrate those accomplishments.
- Create a self-care plan to support your mental well-being in your daily life. Finding joy, connecting with others, helping others, learning something new, and finding spiritual connections on a daily basis can help us flourish.
- Learn how to [cope with stress](#) with practical exercises like taking a few slow deep breaths, focusing on each of your senses, and trying to be fully present in what you're doing.
- Make small goals, taking time for yourself is not something that will happen overnight.
- Get out in nature, be present with your surroundings.

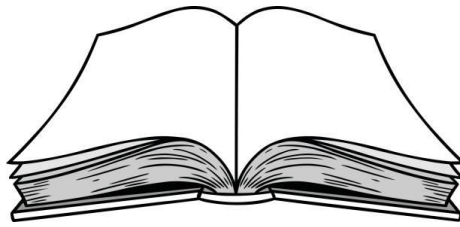
GOMS Students can stop by the Mental Health Awareness table at lunch on Tuesday, May 10th for information and tips on self-care!

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

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



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				



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**

Teacher Appreciation Week

This week was Teacher Appreciation Week. On Monday we kicked off the week with a surprise snack station and ended the week with a Jalisco Mexican lunch! Both were much appreciated by the staff busy with Open House preparations. Thank you to all the wonderful parents whose contributions made this week extra special!



**8th Grade Promotion
Lawn Signs**

Didn't make it to Open House? You can pick up your lawn sign on Monday, May 9th at 1:45pm in front of the office!

Forgot to order? We are accepting orders till Sunday, May 8th. Delivery will be about 1-2 weeks, exact date TBD.



Save the Date for Handel's!

Join us on May 25th for delicious homemade ice cream! Treat yourself and support your school at the same time! It's a win-win!

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

Elections will be held in May, contact graniteoakspfc@gmail.org to find out more!


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.

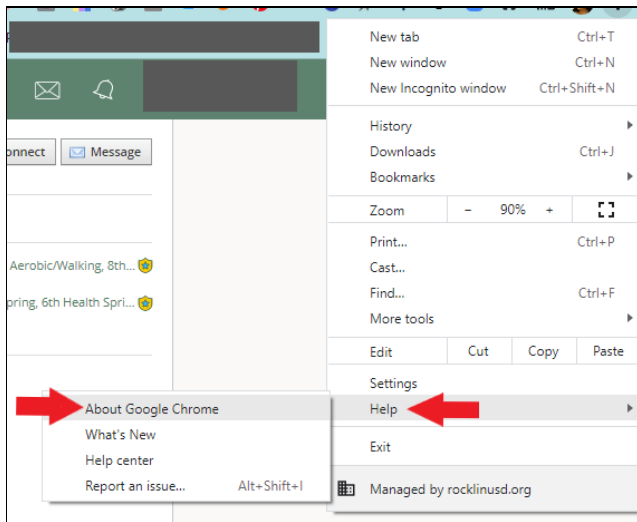
How to Update Google Chrome on a RocklinUSD Chromebook

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)

