



Dear GOMS Staff and Families,

Thank you so much for an amazing first full week of school! Back to School Night was a huge success with parents coming in and learning about their students' academy, elective, and homeroom teacher expectations. We would like to thank our GOMS staff for their professionalism and dedication to our students and families during BTSN.

Students are absolutely now in full learning mode and are working very hard in their daily classes. Our girls volleyball, cross country, and flag football teams are up and running towards their first games. We have also started our math lab for students who need extra help on their math studies. Math lab details are in this eblast.

We are all aware of the terrible air quality that we are currently experiencing. RUSD is using Airnow as the website to guide us with any air quality related issues. The AQI cutoff for moving students inside during lunch and break is an index level of 150 or more. All outdoor PE events, breaks, and lunches would be moved indoors and sporting events and practices would be cancelled at the 150 AQI index level. We will be offering an indoor eating option for students on smoke days with an 100 to 150 AQI index. Students will be able to eat in our multipurpose room on these days.

Have a safe and restful weekend with your family and friends.

Mrs. Honegger and Mr. Holmes

**ATTENTION PARENTS:** When signing into the parent portal in Aeries, you may encounter a message that requests another confirmation that you have viewed the GOMS student handbook. Please acknowledge it again, the message will clear, and you can continue on to viewing your student's information. Sorry for any inconvenience.

**Picture Day is August 24th.**

Pictures will be taken during the student's PE class.

You can order your picture package online by going to:

<https://my.lifetouch.com/mylifetouch/> and using **Picture Day ID: EVTH4D429.**

If you are not ordering online, be sure your student brings their picture order form and money on Tuesday, August 24th!

**Attention Falcons! Our first school-wide dance** in over two years is coming **NEXT Friday, August 27th from 7 p.m. to 9 p.m.!** We will have DJ dancing, food and drink for sale, games, and more! The theme is NEON so wear your bright colors or glow in the dark apparel. Tickets go on sale next week, Tuesday through Friday, during both lunches in the amphitheater. Tickets are \$5 in advance, \$10 if you buy them at the door. Gather your friends, get your tickets, and **LET'S GLOW CRAZY!**



## Counselor Corner - August 2021

Granite Oaks' 7th and 8th graders are off to an exciting new school year! Along with the many learning experiences ahead, there will be unique challenges as students continue their educational journey. We would like to share some tips to help our new 7th graders in their transition to middle school, as well as our 8th graders as they begin their preparation for high school.

**#1 Sleep well.** Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

**#2 Eat right.** Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're not only eating enough, but eating a mix of everything you need (fruits, veggies, dairy, and whole grains).

**#3 Do your homework.** Making it a habit to do your homework each night will help you practice skills and be ready for the quizzes and tests. Put your phone away during homework time so that you are better able to focus on your assignments.

**#4 Pay attention in class.** Focusing and using class time wisely is one of the best ways to get ahead in middle school. Since you'll be switching around from class to class, it's important to pay attention and follow along for every minute that you can. Avoid being too talkative in class, as this will distract you and your classmates.

**#5 Get involved.** Research shows that school and community involvement can be a big determining factor for your success. Kids who are involved with community activities, sports, and clubs are more likely to do well inside and outside of school. In addition to learning about extracurricular activities at GOMS, you can also research opportunities in our community. [Rocklin Parks and Rec](#)

**#6 Think positively.** Things are going to get tough and overwhelming at times. Making mistakes is part of learning and growing. It's important to stay positive and know that you CAN do whatever you put your mind to.

**#7 Ask for help.** Whether you are struggling academically, socially, or emotionally, your teachers and counselors are willing to help you. Seek out and ask for help when you feel you might need it. If you would like to talk with a counselor, stop by Student Services and fill out a green "Request to see Counselor" form. You can also visit the GOMS Counseling page where you can find helpful resources and support, as well as your counselor's contact information: [GOMS Counseling](#)

**#8 Stay organized.** A little organization goes a LONG way in middle school. Writing down homework in a student planner will help you study, turn in work, and do better on tests/quizzes. Or, you may prefer to keep on top of your assignments, projects, quizzes, and tests by frequently checking Schoology or a calendar that your teachers have provided.

**#9 Make goals.** Identify something that you want to attain by the end of the quarter or semester. Then, make a plan and stick with it to get there.

**#10 Take risks.** Middle school is the time when you start to grow up and figure out who you are in the world. Take risks and be brave. It will pay off in the end.



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**Granite Oaks Math Lab**  
**Beginning August 24, 2021, Library**  
**(Tuesday, Wednesday, and Thursday- 3:15-4:00 pm)**

**Granite Oaks Math Lab provides assistance to students that need extra support with math. Unlike private tutors, the lab instructors are credentialed classroom teachers familiar with textbooks, common core standards, styles of teaching, classroom expectations, and grading.**

**This Lab is great for students who:**  
**Struggle with completing quality homework assignments**  
**Receive low test scores**  
**Have learning difficulties**  
**Need extra time or one-on-one assistance**  
**Need to improve overall understanding and performance in math**

**New CDPH Guidance Mandates Require:**

Face Masks/Coverings

- Face masks/coverings are optional when outdoors on campus for all students and staff members. This may include lunch, recess, passing periods, outdoor P.E., outdoor assemblies, athletics, walking onto and off campus, and other other outdoor school-based activities.
- **Regardless of vaccination status, students must wear a face mask when indoors** at school and on school transportation unless the student has a Medical or Mental Health Exemption on file, which will be made available in the coming days prior to the start of the school year. Click [here](#) for more information on enforcement options. In a typical TK-6 daily schedule, a student would be wearing a mask for no more than two (2) hours at time, often for much less, due to scheduled breaks, recess, lunch, and other transitions. Students in grades 7-8 will be wearing a mask for no more than 47 minutes at a time. Students in grades 9-12 will wear a mask for no more than 86 minutes.
- All RUSD staff must wear a face mask while sharing indoor spaces with students at school and on school transportation.
- During the 2021-2022 school year, students wearing masks have a modified quarantine that allows them to remain at school as long as they are asymptomatic (have no symptoms). This means the majority of students, other than those who are sick or have COVID-19 symptoms, will be able to be at school learning and participating in athletics and other school-sanctioned activities.
- We're excited to move forward with the traditional athletic seasons. CDPH has announced they will provide updated athletic guidance in the coming days.

New CDPH Guidance Loosens Some Restrictions:

- While Rocklin Unified will continue to maximize indoor spaces whenever possible, physical distancing is no longer a requirement.
- Furthermore, many schools are committed to creating additional outdoor learning opportunities for students where they can remove their face coverings.
- Approved visitors and volunteers are welcome on RUSD campuses and must self screen for COVID-19 symptoms before entering school campuses, adhere to wearing a face mask/covering while indoors and when students are present, regardless of vaccination status.
- Rocklin Unified will continue to utilize MERV-13 filtration systems in all classrooms, offices, and indoor spaces.



**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 all that is of interest to you and you would like to know more about the itinerary, cost, and other details, please join us for an informational meeting!**

**WHEN: Thursday September 2, 2021 @ 6pm**  
**WHERE: Granite Oaks Middle School Amphitheater**  
**WHAT: Meet the chaperones and get your questions answered!**

\*\*\*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)