

## GOMS Eblast 11-18-22



**November 21st - 25th - NO SCHOOL - Thanksgiving Break**

**December 2nd - Winter Dance - Gym (7:00 pm - 9:00 pm)**

Dear GOMS Families,

With the Thanksgiving break upon us, we would like to express our gratitude to our incredible families, staff, and community members who have contributed to a great 2022-23 school year. Our data shows that our students have returned to a pre-pandemic trajectory academically, but the numbers only tell part of the story. Clubs have returned in force, athletics are in full swing, and we are hosting performances and academic competitions for the first time in years. Our students are thriving, and we thank you all for your help in making it happen. Have a restful, safe, and wonderful break.

All the best,  
Mr. Anaya and Mr. Holmes

### Parent Information Night

The purpose of this message is to share with you an opportunity to attend a Parent Information Night jointly hosted by RUSD and the City of Rocklin to spread awareness about the fentanyl epidemic and how it impacts our youth, especially during holiday breaks.

Nearly two years ago, Zach Didier, a Whitney High School student, lost his life after being approached by a drug dealer that sold him counterfeit prescription pills through a social media platform. Zach's parents, Chris and Laura Didier, made it their mission to educate others about the risks of purchasing pills that may be counterfeit through social media and the alarming dangers of fentanyl poisoning.

The Didier Family and the Rocklin Unified School District are committed to working together to spread awareness of this danger with the goal of keeping all of our children safe and preventing another unfortunate incident occurring in our community. The Rocklin Unified School District and the City of Rocklin are partnering to host a 1 Pill Can Kill Placer Fentanyl Parent Information Night [[Flyer](#)] at 6:30 p.m. on Thursday, December 15, 2022 at Whitney High School's Performing Arts Center. Laura Didier will be joined by Laura Collanton, another parent impacted by fentanyl, the Mayor of Rocklin, the Rocklin Police Department, the Placer County District Attorney's Office, and members from Wellness Together, Granite Wellness Center, and RUSD to educate attendees of the increase in student drug use during this time of year, and the risks of purchasing drug paraphernalia on the Internet.

Please click here to RSVP:

[1PillCanKillPlacerWHS.eventbrite.com](https://1PillCanKillPlacerWHS.eventbrite.com)

**What:** 1 Pill Can Kill Placer Fentanyl Parent Information Night

**When:** Thursday, December 15, 2022, 6:30 p.m.

**Where:** Whitney High School, Performing Arts Center, 701 Wildcat Blvd., Rocklin, CA 95677

**1 PILL CAN KILL PLACER** PARENT INFORMATIONAL NIGHT

Please join us for an informational session to raise awareness with our teens of **fentanyl poisoning**, hosted by the Placer County District Attorney's Office.

**WHEN:** December 15, 6:30-8 p.m.

**WHERE:** Whitney High School  
Performing Arts Center, 701 Wildcat Blvd., Rocklin

**WHAT :** Our goal is for the community to become:

- Aware
- Educated
- Influencers

RSVP [1PillCanKillPlacerWHS.eventbrite.com](https://1PillCanKillPlacerWHS.eventbrite.com)

Placer County  
ROCKLIN CALIFORNIA  
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Learn more: [1pillcankillplacer.com](https://1pillcankillplacer.com)



## Counselor Corner - November 2022

Thanksgiving is almost here and we hope you will all enjoy a relaxing Fall break filled with family and fun!

This school year has been exceptionally challenging for some of our students, as they work through the experiences that come with being in middle school.

A few books that might be helpful for parents and students are:

[Your Life Your Way](#)

[Anxious Kids, Anxious Parents](#)

[Odd Girl Out by Rachel Simmons](#)

If your student needs extra support academically, personally, or socially, let us know. We are here to help!

**Linda Marcarian, 8th Grade Counselor**

[lmarcarian@rocklinusd.org](mailto:lmarcarian@rocklinusd.org)

**Tressa Lindsey, 7th Grade Counselor**

[tlindseyanderson@rocklinusd.org](mailto:tlindseyanderson@rocklinusd.org)

## Mental Health Resources

Please note that in the case of a mental health emergency, the best way to receive support immediately is to contact local emergency services.

If you or someone you know is at immediate and serious risk of harming themselves or someone else, Call 911 or [211](#)

### Support and crisis lines:

- California warmline - (855) 845-7415 or [www.mentalhealthsf.org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/) (if you prefer to chat)

The California Peer-Run Warm Line is a free, non-judgmental, non-emergency way for people with emotional or mental health challenges to get support from a peer who is trained to help. In response to the COVID-19 virus, it has expanded operations and is now open 24 hours a day, 7 days a week.

- Crisis support:

→ National Suicide Prevention Crisis Line - (800) 273-TALK (8255)

→ Text the word "HOPE" to (916) 688-iCan (4226)

→ The Trevor Lifeline (for LGBTQ A-Z Youth) - (866) 488-7386

→ The Teen Help Line (800) TLC-Teen; or 310-855-HOPE

[Placer County Children's Mental Health Services](#)

[Each Mind Matters Covid 19 Information and Resources](#)

[Holiday Stress Resource Center](#)

[Care Solace RUSD](#)

[GOMS Counseling](#)

## Sports

Wrestling practice begins on November 28th. Practices will be from 3:00-4:30 pm, Monday through Friday in the Multi-Purpose Room. Wrestling is a no-cut sport and is for Boys and Girls.



## GRANITE OAKS WRESTLING PRACTICE

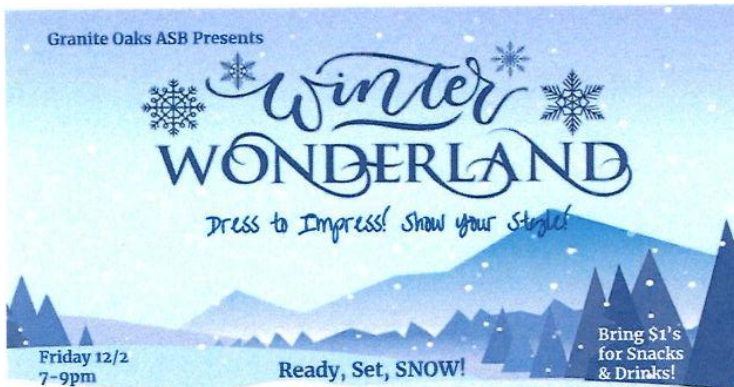
STARTS MONDAY

**NOVEMBER 28TH**

**3:00-4:30 P.M.**

-MEET IN THE MULTI-PURPOSE ROOM

-A COMPLETED GRADE CHECK WITH PARENTS SIGNATURE WILL BE REQUIRED TO PRACTICE



## Winter Dance

Attention Falcons! Our next dance is coming up on Friday December 2nd! The theme is Winter Wonderland. Tickets go on sale Tuesday through Friday after Thanksgiving break for \$5 and will only be sold in advance not at the door. Dress to impress and show your style. Ready, set, SNOW! *\*Students must have no more than 1 no mark, a 2.0 or above GPA, and 80 or more merits to attend the dance.*

## Gift Card Drive for Families in Need

During these extremely challenging times, we have found that there is a substantial increase in family/student need for many of our students here at Granite Oaks Middle School. As the Holiday Season approaches, we ask that you please remember our most needy students in your holiday plans. To this end, the GOMS staff would like to ask that you please consider setting aside part of your holiday budget to help make the Holiday Season a little brighter for these families. From November 28th through December 14th, we will be holding a **Gift Card Drive** to help support our families in need. We will be collecting gift cards from local grocery stores, Target, Walmart, etc. to donate to our various families. Throughout the school year, our staff has interviewed our families in need and will be matching donated gift cards to these families to fulfill their needs over the Holiday Season.

We realize that not everyone can contribute to helping those in need and do not want to place any undue pressure on families to participate in our drive. Our goal is simply to give our GOMS families an avenue to help other families in need. All donations can either be turned into GOMS Student Services or to your student's Homeroom/Enrichment teacher. We kindly ask that any donations be in a physical gift card form versus an E-gift card. We appreciate any help you can give to our GOMS families in need this Holiday Season.



## Discovery Space Landers



Discovery Academy's enrichment classes have spent the past six weeks working in teams to build a model space lander with limited materials. Each student had a role within their team and demonstrated collaboration, career-readiness, and STEM skills in order to create landers with the best possible shock absorption and stabilization, so their space lander could drop without the "aliens" (marshmallows) bouncing out of the cup. They were judged on their design process, creativity, presentation, and successful drops. Our winning team, who successfully dropped their space lander from over 11 feet, was team Apollo 13. Team members were Rahini Grounder, Nailah Jackson, Jabez Lim and Connor Lin. After the break, students will continue to work together to deconstruct and modify their landers as we close out this fall STEM project.



The winning team- Apollo 13  
Left to Right- Jabez Lim, Nailah Jackson, Rahini Grounder, Cannon Lin



## The AMC 8 is coming to Granite Oaks!

**What:** American Mathematics Competition for middle school level students

**When:** Wednesday, January 18th from 2:45 - 3:45 PM

**Where:** Room E-10 (Mrs. Robeck's Room)

**Why:** The AMC 8 provides an opportunity for middle school students to develop analytical thinking and mathematics that can assist in future careers. Students apply classroom skills to unique problem-solving challenges.

We are the only school to offer this opportunity in Placer County! We are accepting sign-ups until Wednesday, November 16th. Use the [LINK](#) to sign up. If possible, we ask for a \$10 donation to cover the cost of your student participating in the contest. All students are welcome to sign up and help Granite Oaks compete on a national level in mathematics.



Hi GOMS families!

We are “upping” our communication game! We want to sincerely thank the parents and grandparents who have expressed interest in helping the Parent Falcon Club (PFC) over the last few months! We LOVE our volunteers and can’t wait to work with you as we transition to 2023!



If you have not signed up to be on our volunteer list, please email [graniteoakspfc@gmail.com](mailto:graniteoakspfc@gmail.com) with “VOLUNTEER” in the subject line. Please include your first and last name, your student’s first and last name, their grade and homeroom teacher, and your phone number. If there’s a particular area that you’d like to focus on, please include that information as well.



### What can YOU do to stay connected?



Follow us on social media. We currently have a [facebook](#) account and will soon be launching our Instagram account. We invite you to follow us, like/comment on our posts, and invite your friends to like our page. We post a few times a week and will include all kinds of fun facts about GOMS.



Download the GOMS app in the [Apple App store](#) or the [Google Play store](#) (both are linked below). Be sure to turn on notifications once you download it. We are making changes every week to make the app more useful. You’ll find everything you need to know about what’s going on at GOMS. (My favorites are the links to the eblasts that are sent out every Friday, the lunch menus, and the staff directory).



*Click to download the app now.*



We love to support our local businesses. Local businesses can elect to sponsor the PFC at varying levels. All contributions made to our group are 100% tax deductible. Visit our [website](#) for more information or email us at [graniteoakspfc@gmail.com](mailto:graniteoakspfc@gmail.com). We’d love to hear from you.

Thank you again for your support! We are excited for the remainder of the year!

**GRANITE OAKS  
MIDDLE SCHOOL**

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NOW!**



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LATER!**



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