



YEARBOOK ANNOUNCEMENT
 The last day to order yearbooks online will be Friday, May 12th
 Buy Your Yearbook, before it's too late!!
 Please [CLICK HERE to PURCHASE](#) your 2022-2023 yearbook!

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 4th. Come in and check out your student's classrooms as well as enjoying some amazing food trucks. This is a family friendly community event that is open for all to have a great time! We hope to see all of you on Thursday. Have a great weekend!

All the best,
 Mr. Anaya and Mr. Holmes

END OF YEAR IMPORTANT DATES

- | | |
|---------------|---|
| May 4 | Open House - 6:30 pm - 8:00 pm
MINIMUM DAY - 12:30 pm Dismissal |
| May 9 - 16 | CAASPP Testing |
| May 18 - 19 | Drama Club Performance - 7:00 pm - 9:00 pm |
| May 22 - 26 | Library Books, Textbook & Calculator Check Ins |
| May 29 | Memorial Day - NO SCHOOL |
| May 30 | 8th Grade Sunsplash Trip, 8:30 am - 4:00 pm |
| May 31 | Talent Show - During School Day
8th Grade Promotion Dance, 7:00 pm - 9:00 pm,
at The Grounds - Roseville |
| June 1 | MINIMUM DAY - 12:30 pm Dismissal
8th Grade Academy Promotion Activities
Session 1: 8:30 am - 9:30 am
Talon (Gym) & Discovery (Multipurpose Rm)
Session 2: 10:00 am - 11:00 am
Sierra (Gym) & Quest (Multipurpose Rm) |

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, 5/19/2023!

Thank you to our 2022-2023 sponsors!



OPEN HOUSE

Granite Oaks Middle School

Thursday, May 4, 2023

6:30 – 8:00 pm

FOOD TRUCKS (5:00 – 7:30 pm)

ROOM VISITATIONS (6:30 – 7:40 pm)

Electives Class Displays (6:30 – 7:40 pm)

Physical Education Student Binders in Gym (6:30 - 7:40 pm)

Green Scene Garden Club Plant Sale (6:30 – 8:00 pm)

Band and Orchestra performance in Amphitheater (6:45-7:00 pm)

8th Grade Promotion Lawn Signs can be picked up at the PFC table (5:00 -7:30 pm)

Ready to start your garden, or add to it?

Please come support ours at the same time!

Green Scene Garden Club Plant Sale

In front of Room B8 (East Court)

All plants \$4 each or 3 for \$10! (Cash or Check only)

6:30 - 8:00 pm

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

- ▼ Parker's Hot Dogs
- ▼ Bella Familia Wood Fired Pizza
- ▼ San Tacos
- ▼ Local Kine Shave Ice
- ▼ Cowtown Creamery

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



Counselor Corner - May 2023

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

Linda Marcarian
 8th Grade School Counselor
lmarcarian@rocklinusd.org

Tressa Lindsey
 7th Grade School Counselor
tlindseyanderson@rocklinusd.org



Track Finals Information

DUE TO A SCHEDULING CONFLICT WITH THE TIMER, WE ARE RESCHEDULING THE FINALS MEET TO:

MONDAY, May 1, 2023 at 3:30 pm

Location: Whitney High School, Rocklin

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

QUALIFYING FOR FINALS:

- The top 16 athletes in the league for each event qualify for finals regardless of school
- The 800M & Mile will have 20 athletes competing
- Two 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, April 28, 2023, 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



May Fundraising - Wednesday, May 17, 2023 from
11:00 AM - 09:00 PM

Help support Granite Oaks by dining out with us at our May fundraiser! Save the date!

Wednesday, May 17, 2023 from 11:00 AM - 09:00 PM

Amy's Drive Thru
1119 Galleria Boulevard
Roseville, CA 95678

No flyer needed! Just mention Dine and Donate and Granite Oaks and we will get 20% of your order! If you haven't tried Amy's, NOW is the time to do so! Sooo good!

Visit us on Facebook for more information.

ORGANIZATION	Granite Oaks Middle School
DATE	Wednesday May 17th 2023
TIME	11:00am-9:00pm
ADDRESS	Amy's Drive Thru, 1119 Galleria Blvd, Roseville, CA 95678
PHONE	(916) 957-5868

Amy's Drive Thru donates 20% of all sales generated by your family and friends' participation during this event to your organization!

Please mention the **DINE & DONATE** to allocate your purchase to your organization or use the code **DINEANDDONATE** when you order online at amysdrivethru.com

Teacher's Lounge

We are so happy to share photos of the teachers lounge update. It's been a very long time since our teachers and administration have had a place to go to eat their lunch, prep, and relax. Take a look at some of the pictures at what the new space looks like.



Visit us on Facebook for a bigger look into the revamped teachers lounge.

