



Dear GOMS Staff and Families,

WOW! What an amazing event our Open House turned out to be for all of our families! It was so nice to gather as a GOMS community and have that "In The Nest" feeling 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.

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. Teachers will be sending out NM notifications via email today to help parents work with their child to finish the year strong.

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 Tuesday, May 30th, 8th Grade Promotion Dance on Wednesday May 31st, and 7th grade student activity 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!

All the best,
Mr. Anaya and Mr. Holmes

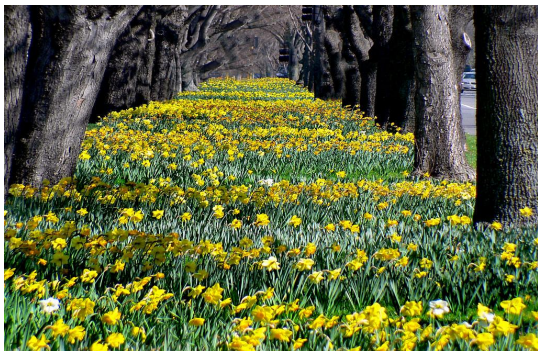
END OF YEAR IMPORTANT DATES

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 <u>Session 1:</u> 8:30 am - 9:30 am Talon (Gym) & Discovery (Multipurpose Rm) <u>Session 2:</u> 10:00 am - 11:00 am Sierra (Gym) & Quest (Multipurpose Rm)



ATTENTION: All students that will be in 8th grade at Granite Oaks Middle School for the 2023/2024 school year: Granite Oaks Middle School is excited to offer a brand new elective for next year. For the first time ever, we will have a Drama class elective! As this is a new course, it was not included on the previous "Elective Course Request Form". Please indicate your interest in this exciting new opportunity by filling out this brief survey. Due to space availability in the class, unfortunately, there are no guarantees that you will be granted a spot in the class. Students will be chosen randomly.

[DRAMA ELECTIVE 2023-2024](#) (ONE FORM PER STUDENT)



Spring Holiday Cards for Purchase

The Structured Teaching Program, a class for students with Autism at Granite Oaks Middle School, is making Spring Celebration cards for purchase. Please consider supporting this cause! The money the class earns will support Community Based Instruction and replenish the classroom cooking supplies.

Please fill out [THIS ORDER FORM](#) and send the money in with your student to give to their homeroom teacher. You may pay with \$10.00 cash or check payable to the GOMS PFC (Parent Falcon Club). Any questions can be emailed to Leo Little at: llittle@rocklinusd.org

The Granite Oaks Middle School Drama Club Proudly Presents:

The inspiring 60-minute musical, designed for middle school-aged performers, is based on the 1992 Disney film *Newsies* and the 2012 Broadway production of the same name. It's time to carry the banner with **Disney's Newsies JR.**! You'll be doing flips for the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of young newsies in Manhattan. When titans of publishing raise distribution prices at the newsies' expense, Jack rallies young workers from across the city to strike against the unfair conditions and fight for what's right! Adapted especially for young performers, this musical features a Tony Award®-winning score by Alan Menken and Jack Feldman and a book by Tony Award®-winner Harvey Fierstein, and includes rousing songs like "Carrying the Banner," "Seize the Day," and "King of New York." **Newsies JR.** is packed with non-stop thrills and a timeless message perfect for the whole family and every audience.



When: Thursday May 18th & Friday May 19th

Time: 7PM

**Where: Granite Oaks Middle School
2600 Wyckford Blvd. Rocklin, CA 95765
Multi-purpose room/stage**

Cost: Adults: \$5, teens: \$3, Children under 11 free*

***No pre-sale. Purchase at the door. Cash or check only. Doors open at 6:30PM.**

Disney's Newsies JR. is presented through special arrangement with and all materials are provided by Music Theatre International. For more information about licensing **Newsies JR.** or other Disney shows, please visit: www.DisneyMusicals.com



GRANITE OAKS

Parent Falcon Club



Save the Date!

The GOMS PFC would like to invite current 7th grade parents to an info night for next year's Parent Falcon Club. If you have been wondering how you can get involved, learn more about what's going on on campus, or are just curious, **save the date for May 23rd, 6pm in the Staff C-Prep Lounge.** More details to come.

May Fundraising

Help support Granite Oaks by dining out with us at our May fundraiser! **Next week!!!**

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.

Amy's DRIVE THRU		DINE & DONATE	FUNDRAISING EVENT 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

\$5 for 5 fundraiser = SUCCESS

Thank you to EVERYONE who donated \$5 (or more) to our staff appreciation luncheon! We were able to raise **\$885** towards the party and couldn't have done it without YOU!

Thank you to our 2022-2023 sponsors!



8th Grade Promotion Dance



Dear Granite Oaks Families -

The Granite Oaks ASB club is hosting the 8th Grade Promotion Dance on May 31st. We are trying to make this event extra special because these students missed many milestones these past few years. In order to make this event extra special, we need your help! Please see the attached sign up for ways you can contribute to making our 8th Graders feel extra special as they move on to their next adventure.

To make donating and transporting items easier, we are asking for gift cards and paypal donations. All monies donated will be used to purchase food and supplies for the event.

If donating through Paypal or Venmo - please mark your donation as "8th Grade Promotion Dance"
<https://www.signupgenius.com/go/8050B4CA4AC28AA8-8thgrade>

- Please have gift cards turned into the Office by Friday, May 19th.

Thank you,
8th Grade Promotion Dance Committee

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 12

Must be available for WEB Training and
WEB Day - August 7th and 9th

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 12

Must be able to attend in-person meetings the
first Wednesday of each month from 2:45 - 3:30
& serve at lunches and after school as needed

Granite Oaks Textbook Return Schedule

Granite Oaks Middle School will be holding textbook returns during the week of May 22th through May 26th.



The Academy Schedule is as follows:

Monday, May 22nd - LEGACY

Wednesday, May 24th - DISCOVERY AND ODYSSEY (5th per. Math students only)

Thursday, May 25th - KEY, SIERRA, TALON & MR. PFITZER

Friday, May 26th - ODYSSEY(Math per. 1, 2 & 6.), **QUEST and RUBICON**

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.

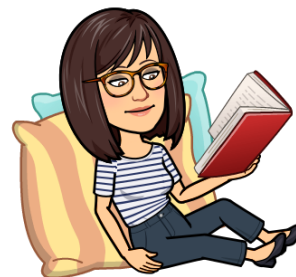
Also, if your student has any library fines for a “lost” or “damaged” book, have them come prepared to pay those fines at the time of the check ins. Cash or check, only, made out to GOMS.

If your student owes a fee for a “Lost” PE lock, they will also pay for it in the library.

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



Counselor Corner - May 12th 2023

Take A Checkup From The Neck Up!

May 1st marked 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. This week's “**Mental Health Awareness Month**” focus at Granite Oaks is “**Self-Care**”.

What is self-care? Self-care is about meeting your basic needs so that you can be physically and mentally healthy. When we feel stressed, overwhelmed or burnt out, we can start to neglect the basics of looking after ourselves. Our nutrition, movement and sleep health all have an effect on our brain and mental health, which is why it's so important to self-care – especially if you are starting to struggle with your mental health.

Week 1: Stress Reduction and Management

[Stress](#)

[Stress Exploration](#)

[Stress & Coping Center \(for Kids\)](#)

[Relaxation Exercises: Breathing Basics \(for Teens\)](#)

[Stress in childhood: MedlinePlus Medical Encyclopedia](#)

[Helping Kids When They Worry \(for Parents\)](#)

[Stress & Coping Center \(for Teens\)](#)

MHA Week 2: Self Care/Sleep Resources

[11-Self-care-tips-teens-and-young-adults](#)

[Waking-up-refreshed](#)

[Gratitude-exercises](#)

[Self-care-for-teens-a-boon-for-mental-health](#)

[Sleep-hygiene-handout](#)

[Body-scan-script](#)

Week 3: Anxiety, Depression, and Suicide Prevention

Week 4: Cultural Stigma and Mental Health (various activities throughout the week sponsored by GOMS Culture Club)

Please take part with your student 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  May is Mental Health Awareness Month						
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
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Tressa Lindsey, 7th Grade School Counselor
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