



**TONIGHT is the final performance of NEWSIES from 7:00 - 9:00 pm.
Bring the family to enjoy this wonderful production!**



ONLINE SALES ARE CLOSED, BUT YEARBOOKS ARE STILL ON SALE!

HURRY AND BUY YOURS BEFORE THEY'RE GONE! If you still want to buy a yearbook in time for the May 26th yearbook signing party, you still can. Stop by the office to pick up an order form. The cost is \$46 and you can pay with cash or check (made payable to GOMS Yearbook). Contact Ms. Willson at cwillson@rocklinusd.org or 916-315-9009 ext. 4028 for more information.

Dear GOMS Staff and Families,

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 19	FINAL PERFORMANCE TONIGHT: NEWSIES Production, 7:00 pm - 9:00 pm
May 22 - 26	Library Books, Textbook & Calculator Check Ins
May 25	GOMS Spring Band & Orchestra Concert, Multipurpose Room, 6:30 pm - 7:30 pm
May 29	Memorial Day - NO SCHOOL
May 30	8th Grade Sunsplash Trip, 8:30 am - 4:45 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)



GOMS Spring Band & Orchestra Concert

Who: Concert Band, Orchestra, Symphonic Band

Date: Thursday, May 25th

Time: 6:30pm (performance), 6:15pm (doors open to public),
5:30pm (student call time)

Duration: The concert will last approximately 45-60 minutes.

Location: GOMS Multipurpose Room

Admission: There is NO admission fee for this event. Cash or check donations will be graciously accepted at the door and will go directly to the GOMS music program.

**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



Awesome Artist Alert GOMS family!



We have some talented artists, tackling important topics, that deserve a little recognition for being recognized.

Ada Nazneen won the Black Lives Matter art and poetry contest this year. Her creations delve into the heart of the emotions and struggles, but also solutions we embrace, to value all people in our society. Great Job Ada!

And a special congratulations to Srinidhi Annepu; the only GOMS student to place in the Rocklin Fine Arts Student Show for the last 2 years, taking first and third places respectively. One of her artworks even went on to receive national recognition! Her portraits of people often celebrate culture. These artworks are skillfully and thoughtfully created, and deserve the honors bestowed upon them.



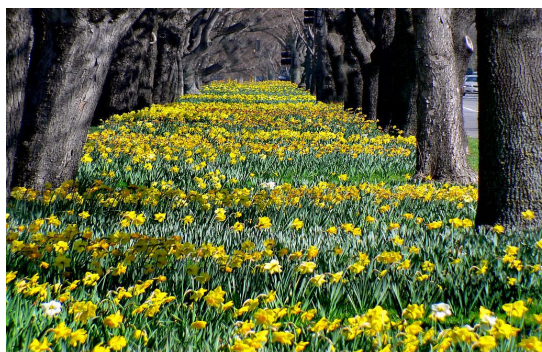
Congratulations to these motivated students. We are proud of you. Keep creating!

Discovery Academy's Spring Coding Challenge!

Discovery Academy's enrichment classes have spent the past six weeks working in teams to research current and past Mars Rovers and code historically accurate games in SCRATCH. Each student had a role within their team and demonstrated collaboration, career-readiness, coding skills, and STEM skills in order to create a historically accurate, playable, and educational game. They were judged on their historical accuracy, creativity, presentation, and overall game quality/playability.

Our winning team, pictured below, was team Curiosity. **Congratulations Aubrey Daum, Angel Sood, Matteo Barajas and Sebastian Stephenson (pictured left to right) on a very well done presentation and expertly coded game!** Scan the QR code or visit the attached link to view the winning game!





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



8th Grade Foundations of Freedom Tour March 23 - 29, 2024

For next year's 8th graders! Do you like to travel? Do you like U.S. history? Would you like to experience the culture of some of America's most important cities? Are you responsible and mature? IF SO THEN THE EAST COAST TOUR MAY BE...

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.
- [See Preliminary Itinerary and Pricing](#)

If all that is of interest to you and you would like to know more and get your questions answered, please join us for an informational meeting!

WHEN: Fall 2023 (Date TBA)

WHERE: Granite Oaks Middle School Gym

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

GOMS Library News - May 2023

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.

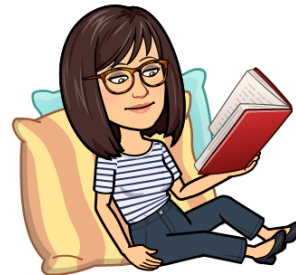
Also, if your student has any library fines for a “lost” or “damaged” book, have them come prepared to pay those fines at the time of the check ins. Cash or check, only, made out to GOMS.

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





GRANITE OAKS

Parent Falcon Club



GOMS Parent Falcon Club Information Night

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, join us on Tuesday, May 23rd at 6:00pm in our newly revamped staff lounge (follow the signs to the CPrep classroom). We have our 8th grade board in place for next year but are looking for our incoming 7th grade partners and future 8th grade volunteers. Come hear more about a variety of committees that will need volunteers for including staff appreciation, open house, 8th grade activities, web day, and more.

Granite Oaks Middle School

save the date

The Parent Falcon Club is looking for
incoming 7th grade families
who are interested in making GOMS the
best place for our students!

The Parent Falcon Club at Granite Oaks is a vital part of the team. We aren't just fundraisers: we are partners at the table! Since we are only at Granite Oaks for two years, it is imperative that we set our parent club for success! We need to hit the ground running. And for some, this may be the only chance to hear firsthand what is going on at school!

The ideal model for the GOMS PFC board includes an eighth grade lead for each board position with a seventh grade partner. You are getting on-the-job training to make the year-end transition super easy. It's so nice to have someone to partner with when life's bumps and bruises get in the way of getting things done.

Tuesday, May 23rd

Thank you to our 2022-2023 sponsors!



Partnering with our Student-led Clubs

The PFC is so happy to partner with the GOMS Culture Club to bring the first annual Culture Celebration Week! This wonderful event is 100% the idea of our students. More information will be shared with students on Monday in Enrichment. We couldn't be more excited about this event.

We also are in need of volunteers. Please sign up [here](https://www.signupgenius.com/go/5080b4aaba928abfc1-cultural#/):

<https://www.signupgenius.com/go/5080b4aaba928abfc1-cultural#/>

And a special shout out to our corporate sponsor [Kim Dace, Exp Realty](#) who saw our post on Facebook and donated an additional amount to support this celebration! Thank you so much Kim!



GOMS Culture Celebration

a week of activities celebrating our diversity



Monday 5/22	Tuesday 5/23	Wednesday 5/24	Thursday 5/25	Friday 5/26
<p><i>Idea:</i> Introduce Culture and our passport!</p> <p><u>Lunch activity:</u> Put your pin in the world map or interact with a share board!</p> <p>To get a stamp: Contribute to a culture share board</p>	<p><i>Idea:</i> Embracing diversity helps us work together!</p> <p><u>Lunch activity:</u> Cultural displays & ambassadors from Beale!</p> <p>To get a stamp: Interact with an ambassador or share board</p>	<p><i>Idea:</i> Culture resides in the foods we eat!</p> <p><u>Lunch activity:</u> Foods from the continents for sharing! Also, bring your own cultural food to share with friends!</p> <p>To get a stamp: Try a new food</p>	<p><i>Idea:</i> Culture resides in the activities & games we play!</p> <p><u>Lunch activity:</u> Culturally based activities & games!</p> <p>To get a stamp: Participate one of the lunch games or activities</p>	<p><i>Idea:</i> Culture resides in our clothing and celebrations!</p> <p><u>Lunch activity:</u> Music from The Air Force Golden Band of the West!</p> <p>To get a stamp: Wear clothes from your culture or GOMS culture</p>

Staff Appreciation Week - Thank you!

Thank you to everyone who donated to our Staff Appreciation Luncheon! The food was delish and everyone loved the food!



Counselor Corner - May 19th 2023

Take A Checkup From The Neck Up!

This week's "Mental Health Awareness Month" focus at Granite Oaks is "Teen Depression". Teenage depression might be more common than you may think. It's normal for teenagers to have bouts of irritability, sleepiness, and sadness. But when symptoms last for two weeks or more, it could signal teen depression. According to The National Institute of Mental Health, 17% of adolescents aged 12 - 17 had at least one depressive episode in 2020. Unfortunately, rates of teenage depression have risen over the years with more than one million more teens experiencing depression symptoms in 2020 compared to 2017. While discussing and prioritizing your teens' mental health is important, broaching the topic can be hard. Having an open line of communication with your child is essential in supporting your student and improving their mental well-being. Below are some helpful resources regarding teen depression and suicide prevention.

If you or someone you know is having suicidal thoughts, please call the National Suicide Prevention Lifeline at 1-800-273-8255, visit [SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org), or text "START" to 741-741 to immediately speak to a trained counselor at [Crisis Text Line](https://www.crisistextline.org).

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 \(for Teens\)](#)

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: Depression & Suicide Prevention

[Teen-social media-mental health](#)

[The Jed Foundation](#)

[Teen Depression: More Than Just Moodiness](#)

[Children and Mental Health: Is This Just a Stage?](#)

[5 Ways to Help Yourself Through Depression \(for Teens\)](#)

[I Think I Have a Mental Health Problem. Who Can I Talk To? \(for Teens\)](#)

[Kids, Teens and Young Adults | NAMI: National Alliance on Mental Illness](#)

[Mental Health Guide for Youth - NAMI California](#)

[Suicide \(for Teens\)](#)

[When Depression Is Severe \(for Teens\)](#)

[Depression: What You Need to Know \(for Teens\)](#)

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

Please continue to 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.

Linda Marcarian, 8th Grade School Counselor

lmarcarian@rocklinusd.org

Tressa Lindsey, 7th Grade School Counselor

tlindseyanderson@rocklinusd.org

  31 Day Wellness Challenge  May is Mental Health Awareness Month						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			