

## GOMS Eblast 9-9-22



**Granite Oaks is currently looking for Instructional Aides, if interested please [APPLY HERE](#)**



Dear GOMS Families,

We are proud to announce that our Math Lab support for students after school on Tuesdays, Wednesdays, and Thursdays in the library is a huge success. Students can come to the library and receive support in math from a credentialed GOMS math teacher and/or trained aide. This is an excellent opportunity for any student needing help in math to receive top notch support from our staff. Please encourage your student to drop by the library after school for extra help in math!

Unfortunately, we have been experiencing very smoky conditions at school. RUSD uses the web site [AirNow](#) to access current air quality levels. GOMS will be utilizing AirNow to monitor our air quality and adjust all of our activities at GOMS. For instance, today all outdoor activities have been canceled and classroom doors remain closed while conditions stay at this level. Also, P.E. classes are being held indoors in the gym. We opened our multipurpose room during our break today and will be eating indoors in the multipurpose room and gymnasium during lunch. We will be closely monitoring our air quality and will be working diligently to keep our students and staff safe when the air is unhealthy.

We hope you and your families have an amazing weekend!

All the best,

Mr. Anaya and Mr. Holmes

### **Site Council Information**

The Site Council objective is to assist Granite Oaks Middle School in matters pertaining to the school and its educational program. Specific objectives include:

- A. Advising, recommending, and reviewing with the principal, teachers, other school personnel, parents, and pupils the implementation of the school improvement program and assess periodically the effectiveness of the program.
- B. Facilitating school and district communication with parents and community.
- C. Informing and advising school and district staff regarding community conditions, aspirations, and goals.
- D. Assisting in providing support to parents, teachers, students, and community for school programs.
- E. Involving citizens in a meaningful way in problems and important decisions confronting Granite Oaks Middle School.
- F. Foster relationships between homes, school, and staff.

**If you are interested in serving on the Granite Oaks Site Council, please [APPLY HERE FOR SITE COUNCIL](#) by 3:30 p.m. on September 16, 2022.**

**Granite Oaks Math Lab - GOMS Library**

**(Tuesday, Wednesday, and Thursday- 2:40 - 3:30 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**

## Counselor Corner - September 2022

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.

## september SELF-CARE

@POSITIVELYPRESENT



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**8<sup>th</sup> Grade Foundations of Freedom Tour**  
**April 1 - 7, 2023**

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 you weren't able to attend the meeting, here is a slide deck with all the information you will need!  
---> [East Coast Trip Presentation](#)

**Ready to apply?**

[East Coast Trip Application](#)

**Are you a parent who would like to join us?**

[East Coast Trip Adult Application](#)

\*\*\*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)