



OAKMONT VIKING FAMILY NEWSLETTER

September 2024

THIS MONTH AT OAKMONT

September

- 2 No School - Labor Day
- 3 Picture Make Up Day 8:30AM - 11AM
- 4 Warrior Wednesday - Military in the Quad @ Lunch
- 4 ELAC Meeting 1 - 5:30PM in the Library
- 6 IB Junior Diploma Kickoff/Orientation 3:30PM - Room 401
- 11 Patriot Day
- 14 Hall of Fame 12PM - 3PM
- 16 Homecoming Week
- 19 School Site Council 5PM - 6PM
- 20 Homecoming Rally (30 min)
- 21 Homecoming Dance 7PM - 10PM
- 27 Bill Santucci Memorial Golf Tournament
- 28 Front OHS Parking Lot Closed for Striping



VIKING INFORMATION

Follow us on Social Media!

Facebook: @ohsvikings

Instagram: @theoakmontway

Bookmark our website!

<https://www.oakmont.org>

Bookmark our school calendar!

<https://www.rjuhsd.us/Page/2462>

Weekly Bell Schedule

M,T,TH,F: 8:30AM-3:20PM

Wednesday: 9:30AM-3:20PM

Upcoming Events

To view Oakmont's Daily Student Bulletin, visit <https://www.rjuhsd.us/Domain/544>

October

- | | |
|--|--|
| 1 PSAT for OHS Students 8AM - Noon | 16 RJUHSD College & Career Fair (Page 3) |
| 2 Warrior Wednesday - Military in the Quad @Lunch | 17 Rally Schedule Day (30Min) - Stadium Eval. During Rally |
| 4 Improv Show 7PM - 8:30PM | 17 Criminal Justice Pathway Field Trip |
| 8 Mission Day! - National Guard Simulations 8:30AM - 4PM | 23 SAT 8AM - Noon |
| 9 Regular School Day - Follow Thursday Bell Schedule | 24 Robotics League Night |
| 10 Midterms Period 1 & 2, Midterm Bell Schedule | 24 School Site Council 5PM - 6PM |
| 10 Class of 2025 Senior Photo 1:15PM @Stadium | 26 Band Festival 8AM - 9PM |
| 11 Midterms Period 3 & 4, Midterm Bell Schedule | 30 SAT day 2 (if needed) 8AM - Noon |
| | 31 Halloween Show - all day during class periods |

See the [Oakmont Calendar](#) for a list of all Oakmont athletic events and activities.

For a list of College & Career Presentations/Dates, please visit <https://www.rjuhsd.us/Page/11892>. Presentations are open to Grade 9-12 students.

Oakmont HS Bell Schedule 2024-2025

<https://www.rjuhsd.us/Page/2462>

The Roseville Joint Union High School District prohibits discrimination, intimidation, harassment (including sexual harassment) and bullying based on a person's actual or perceived race, color, ancestry, national origin, immigration status, ethnicity, ethnic group identification, age, religion, marital status, parental status, pregnancy, reproductive health decision-making, physical or mental disability, medical condition, sex, sexual orientation, gender, gender identity, gender expression, veteran or military status, medical information, genetic information, or association with a person or group with one or more of these actual or perceived characteristics. The RJUHSD nondiscrimination policy applies to any violations as they relate to school activities or school attendance within a school under the jurisdiction of the superintendent of the RJUHSD. For questions or complaints, contact Equity Compliance Officer & Title IX Coordinator: Rob Hasty, Executive Director, Human Resources, 1750 Cirby Way Roseville, CA 95661, 916-782-8663, rhasty@rjuhsd.us. For questions or inquiries related to 504's, please reach out to our Section 504 Coordinator: Craig Garabedian, Executive Director of Special Services, 1750 Cirby Way, Roseville, CA. 95661, 916-771-6570 cgarabedian@rjuhsd.us

Information

Health Academy's New Dual Enrollment

Welcome back Vikings!



The Oakmont Health Careers Academy is continuing to refine its program and is excited to share that two of its classes will now be offering college credit to its students through a partnership with Sierra College!

Our current Sophomore class is enrolled in Medical Terminology (HSCI 0003) and will earn 3 college credits that are UC/CSU transferable, giving them a head start as they continue their education.

The Junior class that is taking DE Health Careers will also be enrolled in Introduction to Allied Health (ALH 0020), a 1 credit course that will familiarize them with healthcare professions, their current trends, and give students a roadmap of education to complete while pursuing a career in the growing field of healthcare.

The Junior class will also be embarking on our annual college tour in November (11/14-15) where they will connect with college admissions staff, program coordinators, and Health Academy alumni who are actively involved in nursing and healthcare degree programs. For more information on our college tour, please reach out to:

Josh Collison
jcollison@rjuhsd.us

The Health Academy is proud of its legacy of growth and continued dedication to providing students with meaningful experiences and opportunities to explore their future career interests.

Covid Guidelines

There are no Covid specific guidelines for this school year. If your student has a fever above 100.4 F or they are too ill to attend school, please keep them at home. If your student does NOT have a fever and feels well enough to attend school, they encouraged to come to school.

Help Your Child's School Prevent the Spread of Infections

You can play an important role in helping your child have a healthy place to learn. The Centers for Disease Control and Prevention (CDC) developed guidance for schools to help students, families, and school staff keep kids healthy and learning. Here are some ways you can help your child's school stop the spread of germs:

1. Encourage your child to practice healthy habits, like **washing their hands** often and covering their mouth and nose when **coughing and sneezing**.
2. Make sure your child goes for their **yearly check-ups**, and gets the **recommended routine vaccines they need**. This helps keep your child healthy and in school by reducing the spread of germs in school and making sickness shorter and milder.
3. Know when your child is well enough to go to school and when they should stay home because of their symptoms. Some reasons to have your child stay home include fever, vomiting, diarrhea, and respiratory symptoms that are getting worse or not improving. **Guidance on staying home when sick** can also help you decide whether your child needs to stay home. Ask your child's school if they have specific policies for returning after being sick.
4. Help make decisions about how your child's school is preventing illness, by taking steps for cleaner air, for example. You can join a school or district committee such as a school health advisory committee (SHAC), wellness committee, or parent teacher association (PTA). These committees help set the policies for health and wellness, work to include language about infections in school policies and practices and inform emergency operations and recovery plans.
5. Volunteer for school or community activities that support a healthy environment. You can also attend, or support meetings and training events offered by your child's school or district to learn more about how schools can help prevent the spread of infections.

CDC
Centers for Disease Control and Prevention

Guidance for Infection Prevention and Control in K-12 Schools | May 2014

Canvas and Becoming a Parent Observer

Check out what's happening in your child's classrooms via a Parent Observer Account for Canvas, our district-wide learning management system. You can do this for multiple students. You can use a handy mobile app for convenient info about assignments, due dates, and grades. AND, you only have to set up a Parent Observer account ONCE for a student's entire HS career. Makes a great conversation starter with your child: "Say, I saw you are reading Of Mice and Men in English right now. Who's your favorite character so far?" *crickets chirping* (Individual results may vary.)



Click here to get all the details. Here are some helpful resources --Link to handout with step-by-step instructions: bit.ly/2024-observer --2-minute video showing how to set it up: bit.ly/observer-video

[Parent Observer Flyer](#)

PARENT OBSERVER ACCOUNT

1. Have your student log in to Canvas.
2. Go to Account and click Settings.
3. On the right-hand side, click the **Parent Observer** button.
4. The code in the pop-up is the code you will use to pair with your student's account.

11 FINDING THE PAIRING CODE

1. Have your student log in to Canvas.
2. Go to Account and click Settings.
3. On the right-hand side, click the **Parent Observer** button.
4. The code in the pop-up is the code you will use to pair with your student's account.

12 CREATE CANVAS PARENT ACCOUNT

From your browser, search for "Oak-HSD Canvas" or go to <https://rjuhsd.instructure.com>. In the top right corner, click "Need a Canvas Account".

13 ACCOUNT SIGNUP DETAILS

1. Enter your name and email. Create a password, then reenter the new password.
2. Enter a pairing code to link your account to your student in the Student Pairing Code field (see above).
3. Click the Start Participating button.

14 NAVIGATING AN OBSERVER PAGE

Observers can see the calendar, see the modules page, view course announcements, preview documents in courses pages, see the quizzes page, see Canvas grades.

Information

Data Confirmation Drawing Winners!

AND THE
WINNER IS...

Congratulations to our families who won a prize in the Data Confirmation Raffle this year!
Homecoming dance ticket: Arabella A.
\$25 to Oakmont student store: Dylan S.
One graduation ticket for Graduation May 2025: Julia S.
General admission ticket to one football home game (fall 2024 season): Samuel S.

BUY YOUR YEAREBOOK BEFORE THE PRICE GOES UP

YEARBOOK!!

Yearbooks are \$80.00 right now and will increase to 85.00 on SEPTEMBER 1st!
You may purchase them at student services with a check made out to OHS, cash, or credit card. You may also send your student to room 405 with a check or cash. Or, you may order it online at yearbookordercenter.com enter #17572.
Get it before the prices go up!

OHS Homecoming

OHS Homecoming Game is Friday September 20th and the dance is Saturday the 21st @ 7pm.

The theme this year is Neverland. Float building will start on Saturday September 14th. **Any parents interested in helping out by donating their house, trailer, truck, time and/or supplies please email Ms. Ruth at bruth@rjuhsd.us.** She, or the Class officer/advisor will reach out. Float building schedules must be set by Friday August 30th.

Anyone interested in helping with tickets and coat check at the dance from 6:30 - 8 pm can also email Ms. Ruth. Thank you for all your support.



Neverland



NORSE NOTES

Oakmont High School

916-782-3781

Checkout Oakmont journalism program on Norsenotes.com for interesting content reported by Norse Notes staff.

Cell Phone Policy

We'd like to thank students and families for partnering with us in supporting the school wide expectation to keep phones and other personal electronic devices put away during class time. It is great to see students engaged in learning and collaborating with their peers across the campus! Keep it up Vikings!

Thank You

Information

Parent Corner Bulletin

Hello! I am Oakmont's Family & Community Engagement Liaison. I look forward to helping all families navigate their time here as a Viking. I have many resources to help your student succeed and am located on campus in the Wellness Center in room 503. Erica Larkin Martin, elmartin@rjuhsd.us

PARENT CORNER

Oakmont Vikings



A note from the Family Liaison:

Welcome to Oakmont!
I hope you had a wonderful summer and are as excited as we are to welcome all new and previous students to campus. I am the Family & Community Engagement Liaison and look forward to helping you navigate this journey with your student. This is a place for you to find important information for you as a parent that will help make your student successful during their time here as a Viking. It takes a village!



Erica Larkin Martin

Must See:

- Parent Notification
- Wellness Parent Referral
- District Wellness Website
- Oakmont Parents Club

Need to Know:

ATTENDANCE	<u>Attendance Policies & Contact</u>
ODIN'S EYE	<u>Homework Support & Tutoring</u>
CAMPUS LIFE	<u>Tier 1 Lunch Time Activities</u>
BELL SCHEDULE	<u>24-25 OHS Bell Schedule</u>
RESOURCES	<u>What We Offer</u>

Stay in touch :

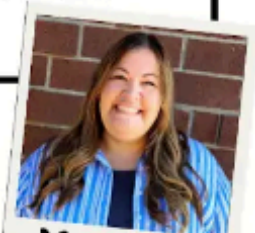
Your student can find me in the Wellness Center!



elmartin@rjuhsd.us



(916)782-3781 x2503



Ms. Erica

Information

Counseling Senior Night

OAKMONT HIGH SCHOOL
Senior NIGHT
 Tuesday, September 24th
 FIRST SESSION 6:00 - 6:25 PM
 SECOND SESSION 6:30 - 6:55 PM
 Students & Families welcome

🕒 6:00 - 7:00pm

📍 Room 310
**CommonApp
 WUE Schools
 Admissions**

📍 Library
**Sierra
 College
 Admissions**
 2 years free

📍 Room 313
**UC/CSU
 Admissions**

Pick 2 of 3

Tuesday, September 24th
 First Session 6PM-6:25PM
 Second Session 6:30PM-6:55PM
 Students & Families Welcome! - Counselors in
 Front Office

Locations:

Room 310
 CommonApp WUE Schools Admissions

Library
 Sierra College Admissions (2yr free)

Room 313
 UC/CSU Admissions
 Pick 2 of 3

Freshman Year Counseling information: Academic Resources and Supports - Fall 2024 B2SN

<https://www.rjuhsd.us/Page/1774>

**Academic Resources
 and Supports**

Oakmont High School
 Back to School Night, Fall 2024

HELP US IMPROVE!

OHS COUNSELING RESOURCES &
 SERVICES

Click Here

**BACK TO SCHOOL
 PARENT SURVEY**



Roseville Joint Union High School District Parent Safety Forums

4 Nights Open to Parents Across the District
 Time: 6:00 - 7:30 pm
 September 9th: Antelope HS Library
 November 18th: Oakmont HS Library
 February 10th: West Park HS Library
 April 28th: Roseville HS Library

[Parent Safety Forums Information Flyer 24-25](#)
[Click Here for Flyer](#)

**Roseville Joint Union High School District
 Parent Safety Forums**

Culture of Care

4 Nights Open to Parents Across the District
 Time: 6:00 - 7:30 pm
 September 9th: Antelope HS Library
 November 18th: Oakmont HS Library
 February 10th: West Park HS Library
 April 28th: Roseville HS Library

Topics will vary at each meeting, but will always include elements from the follow areas:

- Learning More about our Standard Response Protocol and Catapult EMS - <https://loveupays.org/> and Catapult I31 Integrated Communication Solutions for K12 Schools
- Behavior Threat Assessment and Management - What is it?
- Supports and Social Trends for Teenagers

CatapultEMS
 Emergency Management System

**These events in whole or in part through a grant from the Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice (BJA - STOP Grant funding).



OAKMONT SPORTS/ESPORTS



Join Oakmont Robotics

Learn to code, build, and compete! Oakmont Robotics participates in monthly tournaments at the Placer Advanced Robotics and Technology arenas in downtown Roseville on the **VEX "High Stakes" game**. We're just starting out our year so come join our beginner, intermediate, or advanced team and get in on the ground floor of this year's development cycle. Contact Alex Wurden (awurden@rjuhsd.us) in P-1 before school on Wednesdays, during one lunch on Wednesdays, after school on Tuesday, and any day of the week during 2nd lunch.



Esports Registration

Oakmont esports include three Varsity teams playing League of Legends, Rocket League, and Super Smash Brothers Ultimate, and one club team playing Overwatch 2. Registration will begin soon and need to be completed by the end of October, with practices starting in late November, preseason in December, and our main season starting in January. Students will also be learning about broadcast engineering and shoutcasting, and will stream some of our matches to twitch.tv/oakmontesports.

Registration includes a packet students will be able to pick up soon in P-1 as well as an athletic clearance process (info on the athletics portion of the school website). A medical physical is NOT required; when prompted for an upload of a completed medical exam you may upload a blank file.

For more info, check out our website at bit.ly/ohsesports or contact Alex Wurden at awurden@rjuhsd.us.



Oakmont High School Girls Soccer Meeting

Make sure to attend the Player Preseason Meeting for all girls interested in playing soccer for the 2024-25 season. We will discuss the athletic clearance process, preseason conditioning, tryouts, and the season schedule. spaulsen@rjuhsd.us

Date: September 4th

Location: Room 207

Time: During 1 Lunch Schedule



Oakmont High School Girls Soccer Meeting

Make sure to attend the Player Preseason Meeting for all girls interested in playing soccer for the 2024-25 season.

We will discuss the athletic clearance process, preseason conditioning, tryouts, and the season schedule.

*Date: September 4th
Location: Room 207
Time: During 1 Lunch Schedule*



girls soccer

oakmontgirlssoccer.com



College & Career Center

Located near the Library * Hours: 7:30 AM - 4:00 PM
Katrina Headrick - kheadrick@rjuhsd.us



COLLEGE PRESENTATIONS!



2024 - 2025 College & Career Event Sign Up and Info Sheet

Day	Date	Time	Event	Type	Location	Info Link / Sign Up
Wed.	9/4	One Lunch - 12:08 PM	Warrior Wednesday (Military)	Information Table	OHS Quad	Info Link
Fri.	9/6	Intervention - 2:52 PM	UC San Diego	Presentation	OHS College & Career Center	Sign Up
Mon.	9/9	Intervention - 9:53 AM	University of Chicago	Presentation	OHS College & Career Center	Sign Up
Wed.	9/11	One Lunch - 12:08 PM	Grand Canyon University	Information Table	OHS Quad	Info Link
Thurs.	9/12	Intervention2 - 12:53 PM	Grand Canyon University	Presentation	OHS College & Career Center	Sign Up
Tues.	9/17	Intervention - 11:24 AM	University of Oregon	Presentation	OHS College & Career Center	Sign Up
Wed.	9/18	One Lunch - 12:08 PM	New York University	Information Table	OHS Quad	Info Link
Thurs.	9/19	2nd Lunch (F) - 12:53 ...	Washington State University	Presentation	OHS College & Career Center	Sign Up
Mon.	9/23	Intervention - 9:53 AM	University of Portland	Presentation	OHS College & Career Center	Sign Up
Wed.	9/25	One Lunch - 12:08 PM	Northwestern University	Information Table	OHS Quad	Info Link
Wed.	9/25	One Lunch - 12:08 PM	Chapman University	Information Table	OHS Quad	Info Link
Wed.	9/25	One Lunch - 12:08 PM	Western New England University	Information Table	OHS Quad	Info Link
Thurs.	9/26	Intervention2 - 12:53 PM	Seattle University	Presentation	OHS College & Career Center	Sign Up
Wed.	10/2	One Lunch - 12:08 PM	Warrior Wednesday (Military)	Information Table	OHS Quad	Info Link
Fri.	10/4	Intervention - 2:52 PM	UC Davis	Presentation	OHS College & Career Center	Sign Up
Mon.	10/7	Intervention - 9:53 AM	Oregon State University	Presentation	OHS College & Career Center	Sign Up
Tues.	10/8	8:30 AM to 3:20 PM	Mission Day!	Demonstration	OHS Main Gym	Info Link
Wed.	10/9	One Lunch - 12:08 PM	RACC Mini College Fair	Fair	OHS Quad	Info Link
Wed.	10/16	One Lunch - 12:08 PM	Portland State University	Information Table	OHS Quad	Info Link
Wed.	10/16	One Lunch - 12:08 PM	St. Mary's College	Information Table	OHS Quad	Info Link
Wed.	10/16	One Lunch - 12:08 PM	University of Redlands	Information Table	OHS Quad	Info Link
Wed.	10/16	5:30 PM to 7:30 PM	RJUHS College & Career Fair	Fair	West Park High School	Info Link
Thurs.	10/17	8:30 AM to 3:20 PM	Criminal Justice Pathway	Field Trip	Placer County Dist. Attorney's Office	Info Link
Fri.	10/18	Intervention - 2:52 PM	College Application Help	Office Help	OHS College & Career Center	Sign Up
Tues.	10/22	Intervention - 11:24 AM	College Application Help	Office Help	OHS College & Career Center	Sign Up
Mon.	10/28	Intervention - 9:53 AM	UC Merced	Presentation	OHS College & Career Center	Sign Up
Thurs.	10/31	Intervention2 - 12:53 PM	College Application Help	Office Help	OHS College & Career Center	Sign Up

All CCC Events in One Place!

All students can use this form to stay up to date and sign up for all CCC events at OHS and in our community. Check this sheet weekly! Events are added often and can change on a regular basis.

Information may update and change as needed!

Go to <https://www.rjuhsd.us/Page/11892> and "bookmark" it or scan the QR code for quick access.



College & Career Center



Sign Up to Take the ASVAB at OHS for FREE!

What is the ASVAB??!! - It's a career exploration program offered to high school students, 10th, 11th and 12th grades. The program also provides you with career information across all occupations and is an indicator for success in future endeavors whether you choose to go to college, vocational school, or a military career.

If you need help discovering your path to a career, the ASVAB is for you! There's no obligation to the military in any way.

Sign up for FREE by October 31st in the College & Career Center, or go to <https://www.rjuhsd.us/Page/1247> or scan the QR code. Contact Mrs. Headrick for questions. kheadrick@rjuhsd.us

**ASVAB Assessment Date: Friday, Nov. 8th, 8AM to 11:30AM
In the OHS Library**

ASVAB Interpretation/Review Date: Wednesday, Dec. 4th, 8:30AM to 9:30AM



Scholarships!!



It is never too early or too late to apply for scholarships! Most don't know that you can apply for scholarships throughout high school and college. There are scholarships out there for all grade levels. What's the secret? Search for local first and dedicate a little time each week to applying! Start by asking your employer, your bank, your church, your clubs, your sport clubs, your business affiliations, memberships, friends and family. It's surprising how many local businesses and institutions offer scholarships and you have a higher probability of winning by applying to local ones. Go to the CCC scholarship web page for the "Regional Scholarships" link and get started.

Visit <https://www.rjuhsd.us/Page/1779> or scan the QR code.

*This is not to be confused with the RJUHS Local Scholarship Program which opens in early 2025 for Seniors only.

Email me at kheadrick@rjuhsd.us or stop by the CCC if you have questions or need help.



College & Career Center

Bill Santucci Memorial Scholarship & Golf Tournament

Last school year, we had 4 deserving Oakmont Seniors win \$1000 each by applying to the Bill Santucci Memorial Scholarship through our RJUHSD Local Scholarship Program. Each year in September, the scholarship committee holds a golf tournament and raffles prizes to raise money for this scholarship. We rely on donations from parents, businesses and anyone in the community who would like to help. If you or anyone you know is able to donate gift certificates, gift baskets, or anything that can be raffled off, please contact me at kheadrick@rjuhsd.us. No amount is too small, it all adds up! If you would like to donate directly to the Bill Santucci Memorial Scholarship or register to play in the golf tournament, go to:

<https://www.santuccischolarship.org/>

The golf tournament will be held on Friday, September 27th, 2024.



ANYONE can be a RJUHSD Local Scholarship Donor!

Did you know that you or your business can be a RJUHSD Local Scholarship donor? It's way easier than you might think. It can be a lucrative tax benefit, but more importantly, it can help our Seniors pay for rising college expenses. Last school year, Oakmont students won 51 scholarships from this program!

If you're interested or have more questions, please reach out to me, Katrina Headrick at 916-782-3781, x-2601 or email me at kheadrick@rjuhsd.us. I would love to help you help our students. Oakmont's goal is to get 5 new scholarships this year. We have one so far, help me get the word out so we can smash this goal together! Let's do this Vikings!

Go to Oakmont's College & Career Local Scholarship web page to see our amazing donors and to access the donor agreement form. <https://www.rjuhsd.us/Page/1334>

Annual RJUHSD College & Career Fair

SAVE THE DATE!

The RJUHSD annual College & Career Fair is at a new location this year. This event will be held at West Park High School on:

**Wednesday, October 16th from
5:30 PM to 7:30 PM.**

This event is FREE and open to all RJUHSD families. There will be over 100 college & career representatives to answer questions. Financial Aid and NCAA experts will also be in attendance.

A promotional graphic for the RJUHSD College & Career Fair. At the top left, there are red and blue triangular bunting flags. In the center, a red arrow points to a circular inset photo of West Park High School. To the right of the photo, the text reads: "FREE EVENT", "RJUHSD COLLEGE + CAREER FAIR", "WEDNESDAY, OCT. 16TH", "5:30PM-7:30PM AT WEST PARK HIGH SCHOOL", and "2401 PANTHER PLACE, ROSEVILLE, CA 95747". In the top right corner is the Roseville Joint Union High School District logo. In the bottom right corner, there is a black circle with white text that says "FOR ALL RJUHSD FAMILIES". At the bottom, the text "Over 100 college + career representatives will be available to meet students and answer questions! Financial Aid and NCAA experts will also be in attendance." is written. The phrase "New Location!" is written in a handwritten font near the photo, and "See You There!" is written in a large, stylized font at the bottom right.