

OAKMONT VIKING FAMILY **NEWSLETTER**

October 2024

THIS MONTH AT OAKMONT

October

- 1 PSAT for OHS Students 8AM Noon
- 2 Warrior Wednesday Military in the Quad @Lunch
- 4 Improv Show 7PM 8:30PM
- 8 Mission Day! National Guard Simulations 8:30AM 4PM

9 WEDNESDAY Regular School Day - Follow Thursday Bell Schedule

10 Midterms Period 1 & 2, Midterm Bell Schedule

10 Class of 2025 Senior Photo 1:00PM @ Stadium

- 11 Midterms Period 3 & 4, Midterm Bell Schedule
- 16 RJUHSD College & Career Fair (Page 3)
- 17 Rally Schedule Day (30Min) Stadium Evac. Drill
- 17 Criminal Justice Pathway Field Trip
- 23 SAT 8AM Noon, in the Library
- 23 Robotics League Night
- 24 School Site Council 5PM 6PM
- 25 Unified Sports
- 26 Band Festival 8AM 9PM
- 30 SAT 8AM Noon, in the Library
- 31 Halloween Show all day during class periods
- 31 College Application Help during intervention in the College & Career Center





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VIKING INFORMATION

Follow us on Social Media!

Facebook: <u>@ohsvikings</u>

Instagram: otherarranger-notway

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

November

Tour

1 No School - Professional Development Day
6 Warrior Wednesday - Military in the Quad
@Lunch
7 Fall Play 7PM in the Theatre
8 ASVAB Test 8AM-Noon in the Library
8 Fall Play 7PM in the Theatre
9 Fall Play 2PM & 7PM in the Theatre
11 No School - Veterans Day
14-15 Health Academy 11th Graders College

18-22 Spirit Week
20 Robotics League Night 4:30PM-8:30PM
20 Program and Pathways Night 6PM-8PM
21 School Site Council 5PM-6PM
22 Winter Sports Rally - 30 min Rally
25-29 Thanksgiving Break

See the <u>Oakmont Calendar</u> 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 cggarabedian@rjuhsd.us

Information

ASB

October 11th will be our Cancer Awareness Football Game. Come out and support the cause and our students.

We wear pink in October. The Ozone theme will be Pinkout.

Throughout the month we will be honoring Hispanic Heritage Month with events, activities, themes and decorations.

Follow us on Facebook or Instagram to see the amazing things happening here at OHS.



106.5 The End surprised Ms. Haynes with a \$1000 prize to support her classroom.

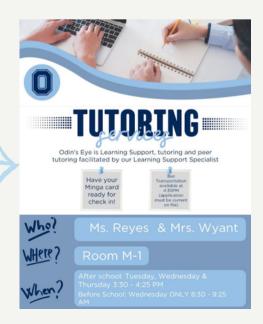
She was nominated for all of the support and positive energy she brings to our campus.



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

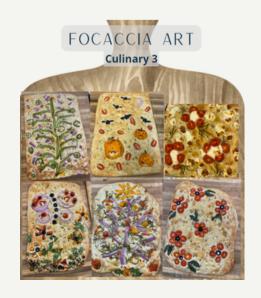
Looking for Math support? The Odin's Eye Tutoring Program offers assistance to students with various math levels and other subjects. Check out the flyer for more details or contact LSS Mrs. Wyant at rwyant@rjuhsd.us

Click here!





FOR ALL OAKMONT SENIOR AND GRADUATION INFORMATION - please bookmark and visit frequently https://www.rjuhsd.us/Domain/539



CLASS OF 2025 Students & Tamilies

AS WE APPROACH THE EXCITING AND CRUCIAL COLLEGE APPLICATION SEASON, WE WANT TO *
PROVIDE YOU WITH SOME IMPORTANT DATES AND INFORMATION REGARDING THE APPLICATION
PROCESS FOR CALIFORNIA STATE UNIVERSITIES (CSUS) AND THE UNIVERSITY OF CALIFORNIA (UC).

CSU'S/UC

CALIFORNIA STATE UNIVERSITIES (CSUS):

- Application Period: October 1st –
 December 2nd
- · Application Website:
 - www2.calstate.edu/apply
- Application Fee: \$70 per campus

UNIVERSITY OF CALIFORNIA (UC):

- Application Period: October 1st –
 December 2 (Application is open now but not open for submission)
- Application Website:
 - www.universityofcalifornia.edu /apply
- Application Fee: \$80 per campus

Please note that the application deadlines for both CSUs and UC are firm, and late applications will not be accepted.

FINANCIAL AID

- Opens Dec 1, 2024
- Information
- FASFA application
- CA Dream Act application

OTHER INFORMATION

PRIVATE UNIVERSITIES AND OUT OF STATE

- Application dates and deadlines vary by campus
- Most applications are filled out using the Common Application

SIERRA COLLEGE

- For Fall 2025, the application will open on October 1, 2024.
- Sierra College Application <u>Steps and</u> <u>Resources</u>

APPLICATION SUPPORT

COUNSELORS WILL HOLD APPLICATION SUPPORT TIMES FOR STUDENTS IN THE COLLEGE AND CAREER CENTER ON THE FOLLOWING DATES AND TIMES:

10/18, 10/22, 10/31, 11/4, 11/12, 11/14, 11/18, 11/19, 11/21, 11/22 - Intervention period. 11/13, 11/20 - before school, 8:30-9:30.

Information

Oakmont Health Academy

Our students are back in the hospitals (Kaiser, Sutter Roseville, & Mercy San Juan) and job shadowing with our industry partners (California Birth Center, Hanger Clinic, Remedy Rx, Veterinary Specialty Hospital, Holt Orthodontics, and more!) where they are having educational experiences working alongside professionals who support their patients and their community!

During job shadowing, our students have been able to observe patient care from outstanding physician/nursing teams, watch surgeries be performed with the use of high-tech imaging equipment, and some have been present with families while they welcome a new child into the world. Because of their attentiveness during their job shadowing and the great questions that they ask, our students continue to have valuable experiences and gain real insight on what careers in the health field involve. At the same time that our students are spending valuable time with patient care teams, they are also volunteering in their communities!

Students have been signing up to help with reunions that are put on by Sutter and Mercy's Neonatal Intensive Care Units. These reunions are put on by the nursing staff and celebrate guests who were patients and received care in their clinics when they were born.

Early in October, we also have volunteers helping serve food during Sutter's Rehabilitation Institute reunion in celebration of their patients' recovery achievements. Our Academy students and team are proud to help support the communities and programs that provide so many memorable experiences for our students!

For more information about our program and student experiences, please reach out to:

Josh Collison

icollison@rjuhsd.us





ALL SENIORS, MAKE YOUR SENIOR APPOINTMENT TODAY!

All pictures must be taken by November 9th or you will not be in the yearbook. Contact Bill Smith Photography Today!

All students. Prices of the yearbook just went to 85.00.

Get your book before the next price increase!

Order your yearbook through student services OR bring a check or cash to room 405

OR order it online at: <u>yearbookordercenter.com</u>

Information

2024-2025 OHS Advanced Placement Exam Payment Details



This email contains important details about Advanced Placement exams for May 2025. Please carefully review the information below and complete the required steps to pay for your student's AP exams this year.

All students who are in AP classes that began in August, 2024 (Fall term or Year-long AP Courses) must <u>register</u> and <u>pay</u> for their AP exams by <u>November 1, 2024</u>.

There are 2 steps required for Oakmont High School to be able to order an AP exam for a student:

- → REGISTRATION -- Students MUST enroll in AP Classroom for each AP course they are taking:
 - For FALL term or YEAR-LONG AP courses, students should be enrolled in AP Classroom/s at this time. If students are not yet enrolled in AP Classroom/s, please have them work with their AP teachers to join ASAP.
 - For SPRING term AP courses, students will join AP Classroom within the first week of their course in January.
 Register for Spring term AP exams in the Spring.
- → PAYMENT -- Students MUST submit payment for each AP exam they are taking:
 - Deadline: the deadline for AP exam payment for FALL term or YEAR-LONG AP courses is Friday, November 1, 2024. Payment for Spring term AP exams occurs in the Spring. NO REFUNDS WILL BE GIVEN FOR EXAMS CANCELED AFTER THE REGISTRATION DEADLINE.
 - Fees: The AP exam fee is \$100/exam. The reduced AP exam fee for students/families that qualify is \$15/exam.
 Students who register and/or pay after the November 1, 2024 deadline will incur a late fee of \$40/exam.
 - Online Payments: AP exams can be paid online here: OHS Webstore. Once on the page, please select the "AP: College Board" icon for regular fee payment.
 - In-Person Payments: AP exams can be paid in-person; please complete the <u>AP Exam Registration Slip</u> and bring cash, check or credit card to the Student Services window in the OHS Administration Building. Please make checks payable to: Oakmont High School.
 - Reduced Fee Payments: Families that qualify for reduced fee may pay using either method above. When accessing the online payment system, please select FREE & REDUCED AP EXAM for reduced fee payment. Please note that your family must have already completed the <u>FARL form</u> in order to access the reduced fee. Be advised that applications take up to a week to process. If you have financial hardship and need help, please contact Mr. Cole Oliver at coliver@rjuhsd.us.
- → ACCOMMODATIONS Students MUST specifically apply for College Board testing accommodations:
 - If you have a <u>documented</u> need and do not already have College-Board approved accommodations, please complete the <u>Request for Testing Accommodations form</u>. Families should provide the completed form to their student's counselor. Once accommodations are approved by the College Board, they do not need to be renewed each year.
 - Requests for testing accommodations must be received by January 17, 2025. Due to the College Board's
 policies, we cannot guarantee requests for accommodations submitted after this deadline.

All AP exams will be offered in-person, on-site at Oakmont High School. We will provide more information about testing logistics as we receive updates from the College Board. If you have general questions about AP exams, please contact AP Coordinator, Christine Rossmiller at crossmiller@rjuhsd.us or Assistant Principal, Cole Oliver at college-grupsd-us.

Thank you for supporting your AP student this year! We are very proud of their effort, commitment and growth!



Hey, Hey Vikings! Sports Updates!



Oakmont Athletics Hall of Fame!



We are in full swing with Fall Sports! All our teams are working hard and competing to the best of their ability. We began play in the new Pioneer Valley League this month.

On September 14th we inducted 10 new members into the Oakmont Athletics Hall of Fame! It was a great weekend filled with lots of excitement and appreciation for what our former athletes and coaches experienced during their time competing for the Oakmont Vikings!

Congratulation to Coach Dean Perkins, Coach Rick Ramirez, Eric Murphy, Stuart Smith Danelle Lewelling, Chris Sessano, Whitney Brake, Donny Churchman, Andy Davis & Janae Henning.

Lastly, Winter Sports are just around the corner. Check out the Oakmont Athletics website for all our winter sports head coaches contact information as well as how to complete your mandatory online athletic clearance so you can tryout for your sport.

If you have any questions, contact Lupe de la Cruz at gdelacruz@rjuhsd.us. Go Vikes!!!



LIVE UNIFIED PLAY UNIFIED



Participating Schools:

Oakmont High School 1710 Cirby Way Roseville CA, 95661 Time: 9:45AM-12:30PM

Location:

3rd Annual RJUHSD Unified Sports Soccer Tournament

Antelope Granite Bay Woodcreek Roseville West Park

Friday October 25th, 2024 Opening Ceremonies 10am

What is Unified Sports?

Dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together and playing together is a quick path to friendship and understanding.

In Unified Sports, teams are made up of people of similar age and ability, which makes practices more fun and games more challenging and exciting for all. Having sports in common is just one more way that preconceptions and false ideas are swept away.

Our opponent is intolerance. Only shoulder-to-shoulder, as teammates together, we can defeat it.

Unified Sports Soccer-join us on the football field for a day of Soccer.



6 High schools and 300+ athletes.
Ask your teacher to bring your class 1st/2nd/3rd period to cheer the Vikings on.
Interested in being on the field?
Email cholliday@rjuhsd.us for questions.



PARENT CORNER

<u>Oakmont Vikings</u>







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:

<u>Parent Notification</u>

<u>Wellness Parent Refferal</u>

District Wellness Website

Oakmont Parents Club

Need to Know:

ATTENDANCE
ODIN'S EYE
CAMPUS LIFE
BELL SCHEDULE
RESOURCES
Tier 1 Lunch Time Activities

24-25 OHS Bell Schedule
What We Offer

<u>Stay in touch:</u>

<u>Your student can find me in the</u> <u>Wellness Center!</u>



elmartin@rjuhsd.us (916)782-3781 x2503









College & Career Center Located near the Library * Hours: 8:00 AM - 4:00 PM

Katrina Headrick - kheadrick@riuhsd.us



COLLEGE & CAREER EVENTS!

College Colleg		2024 - 202	5	College & Caree	r Event	Sign Up an	d Info Sheet
		Click on the 'Sign	Up	Link below to access the	e sign up for	m for college pre	sentations
Day	Date	Time		Event	Info Link / Sign Up	Туре	Location
Wed. ▼	10/2	One Lunch - 12:08 PM	•	Warrior Wednesday (Military)	Info Link	Information Table 🔻	OHS Quad
Wed. ▼	10/2	6:00 PM to 8:00 PM	•	Univ. of Nevada, Reno	Register here	Presentation •	Granite Bay High School
Thurs. 🔻	10/3	Intervention2 - 12:53 PM	•	University of Rochester	Sign Up	Zoom Meeting 🔻	OHS College & Career Center
Fri. ▼	10/4	Intervention - 2:52 PM	*	UC Davis	Sign Up	Presentation •	OHS College & Career Center
Fri. ▼	10/4	7:00 AM to 5:00 PM	•	University of Nevada, Reno	Register here	Bus Trip ▼	Maidu Skate Park (pickup)
Mon. ▼	10/7	Intervention - 9:53 AM	*	Oregon State University	Sign Up	Presentation •	OHS College & Career Center
Tues. ▼	10/8	8:30 AM to 3:20 PM	•	Mission Day!	Info Link	Demonstration -	OHS Main Gym
Wed. ▼	10/9	12:45 PM to 2:00 PM	•	Sierra College Office Hours	Sign Up	Office Help 🔻	OHS College & Career Center
Sat. ▼	10/12	10:00 AM to 3:00 PM	•	Sierra College Preview Day	Register here	Open House 🔻	Sierra College
Wed. ▼	10/16	One Lunch - 12:08 PM	•	Portland State University	Info Link	Information Table 🔻	OHS Quad
Wed. ▼	10/16	One Lunch - 12:08 PM	~	St. Mary's College	Info Link	Information Table 🔻	OHS Quad
Wed. ▼	10/16	One Lunch - 12:08 PM	•	University of Redlands	Info Link	Information Table ▼	OHS Quad
Wed. ▼	10/16	5:30 PM to 7:30 PM	•	RJUHSD College & Career Fair	Info Link	Fair 🔻	West Park High School
Thurs. ▼	10/17	8:30 AM to 3:20 PM	•	Criminal Justice Pathway	Info Link	Field Trip ▼	Placer County Dist. Attorne
ri. ▼	10/18	Intervention - 2:52 PM	~	College Application Help	Sign Up	Office Help 🔻	OHS College & Career Center
Tues. ▼	10/22	Intervention - 11:24 AM	•	College Application Help	Sign Up	Office Help 🔻	OHS College & Career Center
Wed. ▼	10/23	12:45 PM to 2:00 PM	•	Sierra College Office Hours	Sign Up	Office Help 🔻	OHS College & Career Center
Thurs. ▼	10/24	Intervention2 - 12:53 PM	•	Universal Technical Institute	Sign Up	Presentation •	OHS Library
Mon. ▼	10/28	Intervention - 9:53 AM	-	UC Merced	Sign Up	Presentation *	OHS College & Career Center
Tues. ▼	10/29	Intervention - 11:24 AM	•	Southern Oregon University	Sign Up	Presentation •	OHS College & Career Center
Wed. ▼	10/30	One Lunch - 12:08 PM	~	University of San Francisco	Info Link	Information Table 🔻	OHS Quad
Thurs. ▼	10/31	Intervention2 - 12:53 PM	•	College Application Help	Sign Up	Office Help ▼	OHS College & Career Center
Mon. ▼	11/4	Intervention - 9:53 AM	-	College Application Help	Sign Up	Office Help 🔻	OHS College & Career Center
ues. ▼	11/5	Intervention - 11:24 AM	-	Montana State University	Sign Up	Presentation -	OHS College & Career Center
Ved. ▼	11/6	11:00 AM to 12:15 PM	•	Sierra College Office Hours	Sign Up	Office Help 🔻	OHS College & Career Center
Wed. ▼	11/6	One Lunch - 12:08 PM	•	Warrior Wednesday (Military)	Info Link	Information Table ▼	OHS Quad
ri. ▼	11/8	8:00 AM to 11:30 AM	•	ASVAB Assessment	Sign Up	·	OHS Library
ri. ▼	11/8	7:00 AM to 5:00 PM	•	University of Nevada, Reno	Register here	Bus Trip ▼	Maidu Skate Park (pickup)
Ved. ▼	11/20	12:45 PM to 2:00 PM	-	Sierra College Office Hours	Sign Up	Office Help 🔻	OHS College & Career Center

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.

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



Sierra College Office Hours

An Admissions Representative from Sierra College will be in the College & Career Center to help with registration and to answer all your questions. Sign up to attend Sierra College Office Hours by scanning the QR code or go to https://www.rjuhsd.us/Page/11892. Make sure you bring your chrome book!

Sierra College Spring Priority Registration is Friday, Nov. 8th







Wed. 10/09 - 12:45 PM to 02:00 PM Wed. 10/23 - 12:45 PM to 02:00 PM

Wed. 11/06 - 11:00 AM to 12:15 PM

Wed. 11/20 - 12:45 PM to 02:00 PM

Wed. 12/04 - 12:45 PM to 02:00 PM

RJUHSD Internship Program

This amazing internship program is offered to Juniors and Seniors (16 and older), who have completed 2 CTE courses. There are internships available in 3 CTE pathways at Oakmont:

- Graphic Design/Media
- Culinary
- Construction

Deadlines:

- 9/23 10/20 Submit application, resume and cover letter.
- 10/22 Optional interview prep via zoom
- 10/23 11/15 Interview
- 12/17 Mandatory Parent Orientation, 7PM via zoom.

If you are interested or would like more info, go to the College & Career Center as soon as possible.



College & Career Center

University of Nevada, Reno Fall Preview

All RJUHSD students and their families are invited to attend the UNR Fall Preview Event at Granite Bay High School.

Wednesday, October 2nd, 6pm to 8PM

Expect to hear from:

- Director of Admissions
- Financial Aid Advisors
- Academic Representatives
- Housing Representatives
- Current Students

UNIVERSITY OF NEVADA, RENO PREVIEW EVENT WHEN: Wed., Oct. 2, 2024, 6pm - 8pm WHERE: Granite Bay High School WHAT: All RJUHSD students and families are invited to learn about this year's admissions process.

Scan the QR to REGISTER or go to: EXPECT TO HEAR FROM:

- Director of Admissions
- Academic Representatives
- Current Students

https://admissions.unr.edu/register/2024SacFallPreview

RSVP via the link or QR code: https://admissions.unr.edu/register/2024SacFallPreview

Sierra College Preview Day

This is a free event open to prospective students and their families on **Saturday**, **October 12th from 10AM to 3PM**. Parking is FREE! During preview day, you will have the opportunity to:

- Find out more about 2 years free tuition
- Connect with faculty, staff and peers
- Learn about your interest areas and academic programs
- Attend open houses, demonstrations, and information sessions
- Take a campus tour
- Explore your other interests: athletics, career services, counseling, and support programs and services



Register at: sierracollege.edu/previewday

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.



Viking Safety Information

Roseville Joint Union High School District Parent Safety Forums

EVILLE 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 Flver 24-25 Click Here for Flyer

Hey, Hey Vikings!

Check out this useful safety tip..



Viking School Safety Video for October!







Great ShakeOut

Earthquake Drills

October 17th @ 10:17AM

If You Feel Shaking or Get an Alert

If Possible







Using Cane









Using Walker



















On October 17th, will be the "Great ShakeOut" Earthquake Drill. Oakmont will be on a Rally Day Schedule. We will participate in this "ShakeOut Drill." Oakmont will practice a "hold" followed by a secondary evacuation drill. Second period will resume shortly after the drill.