

# OAKMONT STUDENT BULLETIN

Monday September 30th, 2024



## THIS WEEK AT OAKMONT

### Sports

#### Monday 09/30

J/V/V Girls Flag Football @ Lincoln 6PM-8PM

#### Tuesday 10/01

V/J/V Girls Golf vs. Bear River 3:30PM-6:30PM

V/J/V Girls Water Polo @ Roseville 4PM-6:30PM

Frosh /J/V/V Girls Volleyball @ Lincoln 4:30PM-7:30PM

J/V/V Boys Water Polo @ Roseville 6:30PM-8:30PM

#### Wednesday 10/02

V/J/V/F Cross Country Pioneer Valley League Meet #2  
@ Railhead Park 3PM-6PM

J/V/V Girls Flag Football vs. Center 6PM-8PM

#### Thursday 10/03

V/J/V Girls Golf vs. Marysville 3:30PM-6:30PM

Frosh/J/V/V Girls Volleyball vs. Center 4:30PM-7:30PM

J/V/V Boys Water Polo @ Bear River 4:30PM-6:30PM

Freshman Football @ Woodcreek 5:30PM-8PM

V/J/V Girls Water Polo @ Bear River 6PM-9PM

#### Friday 10/04

J/V/V Football @ Center 5:15PM-10PM

#### Saturday 10/05

V/J/V/F Cross Country Tom Laythe Invitational @  
Folsom High School 9AM-3PM

#### QUICK LINKS!

[Oakmont Website](#)

[Attendance](#)

[Early Release Process](#)

[Athletics](#)

[Counseling Information](#)

[Bell Schedule & School Year Calendar](#)

[Transportation](#)

### Reminders

#### Monday 09/30

CA Northstate University College of Health Sciences  
- College Presentation @ Intervention in the C.C.C.

**Laugh Together 7PM(Page 2 see flyer)**

#### Tuesday 10/01

PSAT for OHS Students 8AM-12PM

#### Wednesday 10/02

Warrior Wednesday - Military in the Quad @ Lunch

#### Friday 10/04

UC Davis - College Presentation - During  
Intervention in the C.C.C.

Improv Show 7PM-8:30PM

Parking Lot Closed 7PM-12AM

#### Saturday 10/05

Front OHS Parking Lot Closed for Striping 7AM-  
10PM

#### Monday 10/07

Oregon State University - College Presentation -  
During Intervention in the C.C.C.

#### Tuesday 10/08

Mission Day! - National Guard Simulations 8:30am-  
4PM

#### Wednesday 10/09

Regular School Day - Follow Thursday Bell Schedule

#### Thursday 10/10

MIDTERMS Per. 1 & 2.

MidTerm/Finals Bell Schedule

Class of 2025 Senior Photo -1PM @ Football  
Stadium



<https://www.rjuhsd.us/oakmont>

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 RJUHS District 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 RJUHS District. 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

# Unleash the Viking Spirit!

## PSAT at Oakmont this Fall

### Sophomores and Juniors

Sign up for the PSAT on **October 1st** in the OHS Library. Scan the QR code or go to: <https://www.rjuhsd.us/Page/1993>



Register early, seats are limited and fill up quickly! Email Ms. Baldwin [lbaldwin@rjuhsd.us](mailto:lbaldwin@rjuhsd.us) or Mr. Oliver [coliver@rjuhsd.us](mailto:coliver@rjuhsd.us) if you have any questions.

## SAT at Oakmont this Fall

### Seniors

Sign up for the SAT on **October 23rd and 30th** in the OHS Library. Scan the QR code or go to: <https://www.rjuhsd.us/Page/13157>



## Latino Student Union is back!



Come to room 404 during one lunch on Wednesdays for fun, games, and culture! ¡Vamos!  
All are welcome!



## Laughing Together

Today's youth live in a world with mental health challenges that come at them from multiple directions including online and at school. Oakmont High School invites you to explore this issue with a light-hearted approach with help from the improv artists from Laughing Together. Join us as we explore how our community can help our young people develop the skills they need to handle the everyday stresses of today's world.

The show will be **September 30** at 7pm in the OHS Theater. Tickets are available at <https://ohsmh.ludus.com> or in room 202.



## Laughing Together

WHERE COMEDY, EDUCATION, AND MENTAL HEALTH INTERSECT

Today's youth live in a world with mental health challenges that come at them from multiple directions including online and at school. Oakmont High School invites you to explore this issue with a light-hearted approach with help from the improv artists from Laughing Together.

Join us as we explore how our community can help our young people develop the skills they need to handle the everyday stresses of today's world.

To learn more about Laughing Together visit: [laughingtogether.org](http://laughingtogether.org)

SEPTEMBER 30, 2024  
Oakmont HS Theater  
7-8 PM  
\$10

LIMITED SEATING  
TICKETS AVAILABLE FOR  
PURCHASE BY  
USING THIS QR CODE:



Or visit

<https://ohsmh.ludus.com>

### Odin's Eye

Room M-1  
Afterschool - Tuesday, Wednesdays & Thursdays 3:30PM-4:45PM  
Wednesdays ONLY 8:30AM-9:25AM

## TUTORING services

Odin's Eye is Learning Support, tutoring and peer tutoring facilitated by our Learning Support Specialist

Have your Minga card ready for check in!

Bus Transportation available at 4:30PM (application must be current on file)

Who?

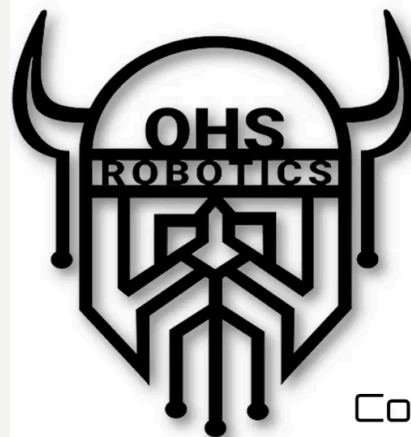
Ms. Reyes & Mrs. Wyant

Where?

Room M-1

When?

After school: Tuesday, Wednesday & Thursday 3:30 - 4:25 PM  
Before School: Wednesday ONLY 8:30 - 9:25 AM



Build  
Code  
Compete

- Beginners welcome.  
Show up to P-1 to join!
- Wed. before school
  - Wed. one-lunch
  - Tues. after school
  - Any 2<sup>nd</sup> lunch



## Join Oakmont Robotics!

All abilities are welcome, as we have beginner, intermediate, and advanced teams. All will compete at the Placer Advanced Robotics and Technology lab in downtown Roseville, in the game called VEX High Stakes. Learn to design, build, code and work as part of a team.

**Robotics meets in P-1 before school on Wednesday, one lunch on Wednesday, after school on Tuesday, and any 2nd lunch.**

# Unleash the Viking Spirit!

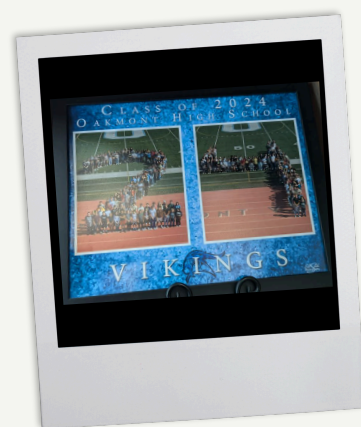


**SENIORS!!**

THE "25" PICTURE IS **OCTOBER 10th**

**This is a midterms day.**

So, right after you take your 2nd period midterm please report to the **football field** for the picture.  
**1PM**



**Athletes of the Week:**  
**John Carlson**



John was a double winner the week of September 9. He won the first PVL League meet on 9/11 by over 30 seconds. Then he came back and won the Josh Ruff Invitational on Saturday 9/14 and won the race while competing against over 20 schools.

**Bella Cunningham**

Bella's 4th place finish at the first PVL league meet at Collins Lake led Oakmont's short-handed Varsity Girls team to a 2nd place finish.



**OPC**

- Parent Lead
- Students First
- Community Driven

**\$35 TO JOIN**  
HELP US MAKE A DIFFERENCE  
LEARN MORE AT  
[WWW.OAKMONTPARENTSCLUB.COM](http://WWW.OAKMONTPARENTSCLUB.COM)



TAX DEDUCTIBLE! REDUCED GAME DAY TICKET PRICE



**OPC**

Parent Lead, Students First, Community Driven

\$35 to join, Help up make a difference learn more at:

[www.oakmontparentsclub.com](http://www.oakmontparentsclub.com)

**Be the first to ever own a one of a kind, Oakmont-specific sea bag.** These bags are meticulously designed, sewn and finished by skilled craftspeople from recycled sails. Bags come from carefully selected and cut sails, taking into account unique stitching details and grommet holes. Each sail panel is completely unique. Bags include hand-spliced rope handles. Perfect for carrying your everyday gear back and forth to Oakmont.

Click here to see the bag offerings and place a pre-order:

[SeaBags - Oakmont Spirit Bag Pre-Order](#)

Last Chance to purchase **October 4th**



**SUICIDE AWARENESS**

Remember that our See Something Say Something policy!  
Never be afraid to seek support

**Remember our See Something Say something policy and that support is never far. You matter!**

# College and Career Center



**Location:** near the Library  
Mrs. Headrick - [kheadrick@rjuhsd.us](mailto:kheadrick@rjuhsd.us)  
**Hours:** 7:30 a.m. - 4:00 p.m.

## ALL CCC EVENTS IN ONE PLACE!

If you want to plug in to all CCC events, then stay in the know with this CCC Event Schedule. Go to this schedule often to get updated information and to sign up for college/career presentations. Now there's no excuse why you missed your favorite college presentation or job/college fair! Go to <https://www.rjuhsd.us/Page/11892> and "bookmark" it or scan the QR code for quick access.



## SEPTEMBER/OCTOBER



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

**\*\*Click on the 'Sign Up' Link below to access the sign up form for college presentations\*\***


Day	Date	Time	Event	Info Link / Sign Up	Type	Location
Thurs.	9/19	2nd Lunch (F) - 12:53 PM	Washington State University	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Mon.	9/23	Intervention - 9:53 AM	University of Portland	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Tues.	9/24	6:00 PM to 7:00 PM	OHS Senior College Night	<a href="#">Info Link</a>	Presentation	OHS Library
Wed.	9/25	One Lunch - 12:08 PM	University of Nevada, Reno	<a href="#">Info Link</a>	Information Table	OHS Quad
Wed.	9/25	One Lunch - 12:08 PM	Chapman University	<a href="#">Info Link</a>	Information Table	OHS Quad
Wed.	9/25	5:30 PM to 7:30 PM	Folsom Lake College Spotlight	<a href="#">Info Link</a>	Open House	Folsom Lake College
Thurs.	9/26	Intervention2 - 12:53 PM	Seattle University	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Mon.	9/30	Intervention - 9:53 AM	California Northstate University	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Wed.	10/2	One Lunch - 12:08 PM	Warrior Wednesday (Military)	<a href="#">Info Link</a>	Information Table	OHS Quad
Wed.	10/2	6:00 PM to 8:00 PM	Univ. of Nevada, Reno	<a href="#">Register here</a>	Presentation	Granite Bay High School
Thurs.	10/3	Intervention2 - 12:53 PM	University of Rochester	<a href="#">Sign Up</a>	Zoom Meeting	OHS College & Career Center
Fri.	10/4	Intervention - 2:52 PM	UC Davis	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Fri.	10/4	7:00 AM to 5:00 PM	University of Nevada, Reno	<a href="#">Register here</a>	Bus Trip	Maidu Skate Park (pickup)
Mon.	10/7	Intervention - 9:53 AM	Oregon State University	<a href="#">Sign Up</a>	Presentation	OHS College & Career Center
Tues.	10/8	8:30 AM to 3:20 PM	Mission Day!	<a href="#">Info Link</a>	Demonstration	OHS Main Gym
Wed.	10/9	12:45 PM to 2:00 PM	Sierra College Office Hours	<a href="#">Sign Up</a>	Office Help	OHS College & Career Center
Sat.	10/12	10:00 AM to 3:00 PM	Sierra College Preview Day	<a href="#">Register here</a>	Open House	Sierra College

## SAVE THE DATE! - RJUHSD Annual College & Career Fair

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.



**FREE EVENT**

# RJUHSD COLLEGE + CAREER FAIR

**WEDNESDAY, OCT. 16TH**  
5:30PM-7:30PM AT  
**WEST PARK HIGH SCHOOL**  
2401 PANTHER PLACE, ROSEVILLE, CA 95747



**FOR ALL RJUHSD FAMILIES**

*New Location!*

Over 100 college + career representatives will be available to meet students and answer questions! Financial Aid and NCAA experts will also be in attendance.

*See You There!*

# College and 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 scan the QR code below. Contact Mrs. Headrick for questions. [kheadrick@rjuhsd.us](mailto: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 Preview Day and OHS Office Hours

### Sierra College Preview Day

If you're thinking about going to Sierra, or would like to learn more, don't miss Preview Day. Admission and parking are FREE!

**Saturday, October 12th  
10AM to 3PM**

Students and their families are invited for:

- **Campus Tours**
- **Live Demonstrations**
- **Learning about 2 years free tuition**
- **Meeting Faculty and Club Members**
- **Discovering Academic Programs**
- **Winning Prizes**

Register at [sierracollege.edu/previewday](https://sierracollege.edu/previewday).

### Sierra College Office Hours at OHS

Sierra College is coming to Oakmont to answer your questions and help you register for college. If you would like to receive a pass to attend one of these office visits, please sign up.

Wed.	10/09	12:45 PM to 2:00 PM
Wed.	10/23	12:45 PM to 2:00 PM
Wed.	11/06	11:00 AM to 12:15 PM
Wed.	11/20	12:45 PM to 2:00 PM
Wed.	12/04	12:45 PM to 2:00 PM

Sign up at  
<https://www.rjuhsd.us/Page/11892>



## University of Nevada, Reno

### University of Nevada, Reno Preview Event

The **University of Nevada, Reno** will be at  
**Granite Bay High School** on

**Wednesday, October 2nd from 6pm to 8pm.**

All RJUHSD students and their families are invited to attend this informative event. Register and show up to learn about the admissions process and hear from the Director of Admissions, Honor College, Academic Representatives and Current Students.

Register to attend by scanning the QR code or go to:

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