



OAKMONT VIKING FAMILY NEWSLETTER



December 2024

THIS MONTH AT OAKMONT

December

- 4 ASVAB Interpretation 8:30AM - 9:30AM
- 4 Warrior Wednesday - Military in the Quad @Lunch
- 4 ELAC Meeting 2, 5:30PM - 6:30PM
- 5 Dance Show 7PM - 9PM
- 5 Financial Aid Workshop 6PM - 8PM
- 6 Dance Show 7PM - 9PM
- 7 Dance Show, 2PM - 4PM & 7PM - 9PM
- 9 Santa's Helpers 12PM - 3PM
- 11 Robotics League Night 4:30PM-8:30PM
- 12 Band Concert 7PM-9PM
- 13 Club Photo Day
- 18 Regular School Day - Follow Thursdays Bell Schedule
- 19 Finals Bell Schedule Period 3 and 4
- 20 Finals Bell Schedule Period 1 and 2



Dec. 23, 2024 - Jan. 03, 2025

Winter Break

School Resumes Jan. 07, 2025

VIKING INFORMATION

Follow us on Social Media!

Facebook: [@ohsvikings](#)

Instagram: [@theoakmontway](#)

Bookmark our website!

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

Bookmark our school calendar!

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

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://oakmont.rjuhsd.us/activities/student-bulletin>

January

7 First Day of Spring Term
8 Warrior Wednesday - Military in the Quad @Lunch
15 Minimum Day 8:30am Start
15 Back to School Night
20 No School - Martin Luther King Jr Day

22 Club Rush @Lunch
22 Robotics League Night FINALS
27 8th Grade Academic Planning Night / Showcase Night @ 6:30PM
29 Financial Aid Workshop Night, 6PM

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://oakmont.rjuhsd.us/services/college-career-center>. Presentations are open to Grade 9-12 students.

Oakmont HS Bell Schedule 2024-2025

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

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 D 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 D. 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

Student Activities

Academic Plans & Registration for 2025-26

During the month of November, your student received a **classroom lesson** from our counseling team about graduation, college requirements and their Aeries Academic Plan.

Please review the **Academic Plan Instructions** and work with your student as they add courses for next year. By December 18th, we expect all students to have submitted their plan to their school counselor (through Aeries), which is the final step of the Aeries Academic Plan process.

Please reference the Viking Course Guide 2025-2026 for information about specific courses, sample plans, and requirements for graduation and minimum college eligibility (UC/CSU a-g).

Counselors will be holding individual meetings with all Grade 9-11 students in January and February to review progress toward graduation and finalize **course selections for the 2025-2026 school year**. This will be your student's opportunity to ask individual questions and make adjustments to their plan. Counselors will not be scheduling additional appointments for academic planning.

Thank you
Oakmont Counselors

Holiday Helpers

Holiday Helpers is a long standing, community outreach event that Oakmont takes on each year to spread holiday cheer to a local elementary school. Holiday Helpers looks different each year at Oakmont. This year, 244 OHS students have stepped up to donate a gift which includes a want and a need for every student in the elementary school.

On Dec 9th, we will travel to Antelope Meadows Elementary where, in groups between the Kindergarten - 5th grade classes OHS students will spend time with each class. In their assigned class, the primary activity will be leading a holiday craft with the students. Alongside this, they will be playing with the students at recess, playing games, reading with them and hanging out with them in the classroom. This is a great project that gives back to our Roseville community.



**Annual OHS
Holiday Helpers**

Monday Dec 9

9-11am

Student Activities

PE Elective Courses

Oakmont is starting up new PE elective courses. It is important to stay in shape all year. Group Fitness is a new PE elective class that will help you reach your potential and keep you sport ready with a variety of workouts. Students will learn about nutrition, sleep, and balancing today's demands of being a student and an athlete. Take a look at Elective PE. This elective is a student lead class. What activity or sport do you want to play? Let's play that! Do you enjoy taking a break from academic classes to be social and have fun? Elective PE is for you!

Perks of taking a PE elective course - no PE uniforms! Wear the athletic clothes that you want. Warm ups are separate and different from the PE9 and PE10 classes. Take a look at the slide for more information. Be sure to sign up for a PE elective course when you're filling out your Academic Plan!

Have questions? Reach out to Teresa Enrico at tenrico@rjuhsd.us

Take a Look! New Elective PE Courses

Elective PE

Designed to provide an opportunity to expand and refine skills learned in PE 9 and PE 10. The emphasis will be on recreational fitness, skill development and individual as well as team strategies.

1-2 week units that are student choice!

What do you want to play?
Basketball, Team Handball, Soccerball, Lacrosse, Tennis, Track & Field, Floor Hockey, Karate, Corn Hole and much more



Group Fitness

The **GROUP FITNESS** class features yoga, pilates, weight training, dance/Zumba, step-aerobics, circuit training, HIITs, Tabata, kickboxing, mindfulness and more, setting you up for success and lifelong fitness.

You will learn how to plan and perform your own workouts as well, helping you achieve your goals even quicker.

Students will track nutrition, hydration, exercise, and sleep habits and make small adjustments that lead to permanent changes.



Don't miss out! Sign up today!

A message from Oakmont Health Academy...



A message from Oakmont Health Academy...

Welcome back from break everyone!

I hope you all had a relaxing time surrounded by family, friends, and food!

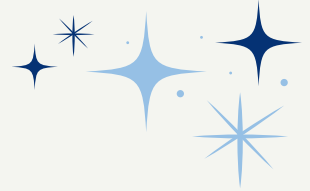
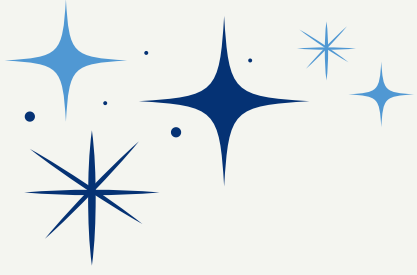
Before the break, the Health Academy took its junior class on a trip to explore their options for higher education. Early in the morning, we hit the road; our first destination was UC Berkeley where our students explored the historic campus before meeting up with some of our Academy alumni to ask questions and hear what college life is really like. Next, we crossed the bridge into San Francisco to visit both CSU San Francisco and University of San Francisco, giving our group a good contrast between state schools and private universities. We ended the day with dinner on the wharf, a time for our students to build community with each other.

On day 2 of our trip, we started at Dominican University of California where our students were able to see what a truly small university has to offer them (only 2,000 students!). We were able to tour their nursing simulation labs and meet with another alumnus who is in her second year of Dominican's nursing program. We stopped at UC Davis where we poked our heads in on some massive lecture halls and learned about all they have to offer to prospective college students. Our last stop close to home was CSU Sacramento where I challenged the students to dive into the library, search up a topic that they are interested in, and find a book among the massive stacks that towered over their heads.

We visited these schools not because we feel that they are the best schools for our students to attend, but because they offer a diversity of examples for our students to consider. Differences in campus life and structure, student population, class sizes, and campus location are all factors that go into choosing the best fit for a particular student. When making the all-important decision on where to attend college, remember, it's not about attending the best school, it's about attending the best school for you!

For more information about our program and student experiences, please reach out to:
Josh Collison
jcollison@rjuhsd.us

Student Activities



Oakmont Athletics

We are excited for our [winter sports](#) teams to be competition this month!
Please come out to support our teams.

Happy Holidays!!!

**HAPPY
HOLIDAYS**



TUTORING services

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

Have your Mingo card ready for check-in!

Bus Transportation available at 4:20PM (application must be current on file)

Who? Learning Support Specialist & Student Tutors

Where? Room M-1

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

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!



FALL TEXTBOOKS Return Dates

All textbooks are due to the library no later than Friday **December 20, 2024**. We need to inventory and prepare for check outs in January. Only students in yearlong courses will keep their books.

You can contact Danilo Markovich our LMT dmarkovich@rjuhsd.us or Megan Blue the District Librarian mblue@rjuhsd.us, if you have questions.

FALL SEMESTER BOOK RETURN DATES

DEC. 16TH - 7:30AM TO 11AM & 12PM - 4PM

DEC. 17TH - 7:30AM TO 11AM & 12PM - 4PM

DEC 18TH - 7:30AM TO 11AM & 12PM - 4PM

DEC. 19TH - 7:30AM TO 11AM & 12PM - 4PM

DEC. 20TH - 7:30AM to 11AM & 12PM - 4PM

YEAR-LONG AP/IB BOOKS ARE NOT RETURNED



Oakmont Parent Club

See's Candy Fundraiser Yum-Raising

Please take a look at our Holiday See's Candy store. We need your help to reach our goal
https://www.yumraising.com/secure/oakmontpc_oakmont_parent_club9/AndBlo4494/

Orders are shipped to any location. Which makes it super easy for friends and family to receive a holiday gift from you.

Store remains open till **December 6th, 2024.**

Our store offers all the classic boxes of chocolates, toffee, peanut brittle, assorted peppermint, lolly pop boxes and adorable mini stocking stuffer boxes!
As well as, gift cards for those teacher gifts this year.

This is also fantastic to send as an email or share via text to friends and family who look for ways to support our students throughout the year. Especially if they're on the East coast and don't have access to the See's candy store fronts, like us spoiled West Coasters.

Here's that link again.

https://www.yumraising.com/secure/oakmontpc_oakmont_parent_club9/AndBlo4494/



Sober Grad Night 2025

Tickets are on sale now

Join us for Sober Grad Night 2025!

All Inclusive 4-Hour Yacht Cruise on the San Francisco Bay!

Waiver Required- Sweatshirt included

Thursday, May 29, 2025 at 9:00 PM - Friday, May 30, 2025 at 5:00 AM

[Seniors | Oakmont Parents Club Click "Purchase Now"](#)

The OPC 3rd Annual Crab Feed

is accepting Donations from our Oakmont Parent business' and/ or any business' owners for the Silent Auction.

Tickets are limited, look for the drop date for ticket sales in January.

Thank you to The Minnikov's one of our Freshman family and owners of River City Windows, for the generous donation that will go toward the purchase of our new Odin mascot.



Class of 2025 Information

FOR ALL OAKMONT SENIOR AND GRADUATION INFORMATION

Please bookmark and visit frequently

<https://oakmont.rjuhsd.us/activities/graduation-senior-info>

OAKMONT HIGH SCHOOL CAP AND GOWN

\$32.50
before 5% H
& Taxes

On sale NOW from *Jostens*

Cap and Gown Unit includes:

- Cap (Navy)
- Standard Tassel (School Colors)
- Gown (Navy)

other packages available

Orders will be shipped directly to OHS
and handed out to Students in Spring

Prices increase
12/01/2024

SCAN



YEARBOOK!!

Order at:

www.yearbookordercenter.com

School #17572



Unleash the
VIKING
Spirit!



College & Career Center

Located near the Library * Hours: 8:00 AM - 4:00 PM
Katrina Headrick - kheadrick@rjuhsd.us



COLLEGE & CAREER EVENTS!



24/25 College & Career Events

OHS and Outside Events

Day	Date	Time	Event	Info Link / Sign Up	Type	Location
Wed.	11/20	6:00 PM to 7:00 PM	Sierra College Online Info Session	Register here	Zoom Meeting	Sierra College
Wed.	12/4	One Lunch - 12:08 PM	Warrior Wednesday (Military)	Info Link	Information Table	OHS Quad
Wed.	12/4	8:30 AM to 9:30 AM	ASVAB Interpretation (Review Scores from 11/8)		Demonstration	OHS Library
Wed.	12/4	12:45 PM to 2:00 PM	Sierra College Office Hours	Sign Up	Office Help	OHS College & Career Cen...
Thurs.	12/5	6:00 PM to 8:00 PM	Financial Aid Workshop hosted by CSAC	Sign Up	Workshop	OHS Library
Thurs.	12/12	2nd Lunch (F) - 12:5...	Sac Academy -Recording School	Sign Up	Presentation	OHS College & Career Cen...
Mon.	12/16	1:21 PM to 1:51 PM	US Coast Guard Culinary Specialist	Sign Up	Presentation	Room 502
Mon.	12/16	1:57 PM to 2:27 PM	US Coast Guard Culinary Specialist	Sign Up	Presentation	Room 502
Wed.	1/8	One Lunch - 12:08 PM	Warrior Wednesday (Military)	Info Link	Information Table	OHS Quad
Fri.	1/10		RJUHS Local Scholarship Program OPENS	Check Canvas		
Wed.	1/29	6:00 PM to 8:00 PM	Financial Aid Workshop hosted by Sierra College	Sign Up	Workshop	OHS Library
Wed.	4/2	8:30 AM to 11:30 AM	ASVAB Assessment	Sign Up		OHS Library

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://oakmont.rjuhsd.us/services/college-career-center/> and "bookmark" it or scan the QR code for quick access.



US Coast Guard Culinary Presentation



The US Coast Guard will be presenting in Room 502 and sharing an opportunity to become a Culinary Specialist. Training includes instruction in accounting and purchasing, inventory management, military leadership, nutrition, and time management. There could be a very large signing bonus offered.

If you are interested in attending one of the presentations, sign up to receive a pass.

**Monday, December 16 - 1:21 PM to 1:51 PM
and - 1:57 PM to 2:27 PM**

Scan the QR code to sign up or go to:

<https://oakmont.rjuhsd.us/services/college-career-center/>
and click on "Event Schedule and Sign up Page" button.



College & Career Center



Financial Aid Workshops for Seniors and Early Grads

Seniors, if you need assistance applying for financial aid, come to one of the workshops in the **Oakmont Library**.

Make sure to bring the following, if applicable:

1. "Contributor" (Parent or Guardian)
2. Chrome book
3. Your FAFSA or CADAA Login ID and password. (FSA ID)
4. Your and your "contributors" 2023 federal tax returns

Thursday, Dec. 5th - 6PM to 8PM
or
Wednesday, Jan. 29th - 6PM to 8PM

What can you get??

- **2 years free tuition** at a CA Community College
- find out if you are eligible for **FREE money** for college or trade school

Students - Sign up now!

For Seniors **Oakmont High School**

FINANCIAL AID WORKSHOPS

FAFSA/CADAA

5 DEC
6pm-8pm

Hosted by:
CSAC | CASH FOR COLLEGE

29 JAN
6pm-8pm

Hosted by:
SIERRA COLLEGE

LOCATION for both events: OHS LIBRARY
1710 CIRBY WAY
ROSEVILLE, 95661

Scan QR to sign up

Or go to <https://oakmont.rjuhsd.us/services/college-career-center/> and click on "Event Schedule and Sign up Page"



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 .

Make sure you bring your chrome book!

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



College & Career Center

Work Experience Opportunity for All Grades



High school students from around the region can participate in Roseville Rising, a 14-week program designed to inspire entrepreneurial ideas and innovation.

Students will get the opportunity to:

- Work as a team to identify and design a potential product or business solution.
- Use business tools like Lean Canvas.
- Meet entrepreneurs building companies in our region.
- Prepare a business pitch to be presented at the end of the program to parents, community 'investors' and teachers.
- Prizes will be awarded to students for best pitch, most impactful solution, and most collaborative team.

There is no cost to participate in Roseville Rising.

Apply by December 30, 2024 - Click here> [City of Roseville Roseville Rising Applications](#)

Or scan the QR code



Paid Health Career Internship



explore HEALTH CAREERS

About KP Launch:

The program's goal is to build and sustain a pathway for diverse talent that will become future leaders in health care and help meet the needs of the Northern California communities.

Program Offering:

- Full-time paid internships for High School and College students (ages 16-24)
- Personal and Professional Development
- Exposure to careers in healthcare
- Mentoring from healthcare professionals

Application:

KP Launch application is available at kplaunch.kaiserpermanente.org.

Applications Open: November 18, 2024
Applications Close: January 6, 2025 12PM

Program Dates:

June 16th to August 1st, 2025
Seven-week summer internship



Viking Safety Information

Hey, Hey Vikings! Check out these safety tips..

Did you know if you are under 18 years of age and riding an electric scooter (aka: "e-scooter," "motorized scooter"), *you are required by law to wear a helmet.*

The same law that applies for helmets to be worn while using bicycles and scooters without motors also applies to electric scooters and electric bicycles.

- The maximum speed allowed is 15mph.
- Other than the operator, no passengers are allowed on a motorized scooter.
- Motorized scooters cannot be operated on a sidewalk, except as necessary to leave or enter a property.
- *Any motorized scooter operator must have a learner's permit or license.*

It's also the rider's responsibility to go with the flow of cars, as you're expected to share the road with them. It is essential for those operating bikes and scooters (and their electric counterparts) to watch out for pedestrians who want to use Roseville roads and trails, too.

The Roseville Police Department prioritizes your safety, and that includes while operating e-bikes and e-scooters. The next time you and/or you kids are riding in Roseville, remember to Ride Safe, Ride Smart, and Wear a Helmet.



<https://www.instagram.com/p/DCenkqRtay9/?igsh=NTc4MTIwNjQ2YQ==>



Click Here

Roseville Joint Union High School District Parent Safety Forums

4 Nights Open to Parents Across the District
Time: 6:00 - 7:30 pm

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



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://loveguys.org/> and [Catapult K12 | Integrated Communication Solutions for K12 Schools](#)
- Behavior Threat Assessment and Management - What is it?
- Supports and Social Trends for Teenagers

