



# OAKMONT VIKING FAMILY NEWSLETTER

January 2025

## THIS MONTH AT OAKMONT

### January

- 7 First Day of Spring Term
- 8 Warrior Wednesday - Military in the Quad @Lunch
- 10 RJUHS Local Scholarship Program OPENS!!
- 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 Club Photo Day
- 29 Financial Aid Workshop Night, 6PM



## 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>

## Before & After School Tutoring



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

## February

3-7 Spirit Week  
3 Winter Ball Queen Frejia Rally - 30 minutes  
5 Warrior Wednesday - Military in the Quad @Lunch  
6 8th Grade Academic Planning Help Night 4PM  
7 8th Grade Academic Planning Closes  
8 Queen Frejia - Winter Ball Dance  
12 Warrior Wednesday - Military in the Quad @Lunch  
14 RJUHSD Local Scholarship Program CLOSES!!  
17-21 No School Presidents' Week  
25 Lip Sync  
27 School Site Council 5PM  
27-28 Senior Performing Arts Showcase 7PM

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 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](mailto: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](mailto:cgarabedian@rjuhsd.us)*

---

# Student Information

---

## Activities Update

Student Government has a lot going on to kick off the new semester.

- In January we will go over and host a rally at Eich Middle School to show the Wildcat's the amazing things happening at Oakmont.
- Spring Club Rush will be during one lunch on Wednesday January 22nd. Students will have an opportunity to join a club on campus and/or create a new club. Clubs will start preparing for Culture Fest which will happen in March.
- Lastly, we will be gearing up for Winter Homecoming and The Queen Freya Ball.
- There will be a rally and Spirit week starting on Monday February 3rd.
- We will be decorating the school with a Winter Wonderland theme and Royalty will be announced on Friday, February 6th during the basketball game halftime.
- Queen Freya Ball will be Saturday, February 8 from 7-10PM.
- Lastly, 50 Leadership students will attend a Leadership conference in Disneyland on Wednesday February 5th.

If you have questions or would like to support any of our events, please contact Barbra Ruth at [bruth@rjuhsd.us](mailto:bruth@rjuhsd.us).



---

**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.



---

# Student Information

---

## Convenience Fee

Dear Oakmont Family,

We would like to inform you that, effective January 1, 2025, we will be making a slight adjustment to our convenience fee for all credit card transactions online and or in person.

This convenience fee is subject to change. This change is necessary to reflect the rising costs associated with processing credit card transactions.

We appreciate your understanding.



---

## Class Registration for Next School Year

During the months of January and February, every student will have a one-on-one meeting with their school counselor for academic planning and registration advising. Counselors will be reviewing student transcripts and course requests, and can make any needed updates to the 2025-2026 course requests or future Academic Plans at that time. These meetings will take place between January 15th and February 28th during 2nd period, and 2nd period teachers can let students know when their class is scheduled with the counselors.

*Before January 15th, we ask that you do the following:*

- Review the classes for next year in Aeries/Homelink under "Course Requests". Take notes on any final adjustments or changes that you'd like to make, and have the notes ready for your meeting. (Please do not email your counselor ahead of time with these changes.)
- Fill out the [Google request form for your FOUR alternate courses](https://oakmont.rjuhsd.us/resources/forms-school-related). It is very important to have alternates selected in case of schedule conflicts and/or full classes. This form needs to be completed by January 15 at 11:59pm.
- Review the information about courses and programs that require applications: <https://oakmont.rjuhsd.us/resources/forms-school-related>. If you are planning to have a TA or Off Campus period next year, make sure to bring the completed form to your counselor meeting.

# Student Information

## PE Elective Courses - Academic Planning

Oakmont is starting up new PE elective courses. It is important to stay in shape all year. Personal Fitness (formerly called 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 Advanced PE (new and improved Elective PE). This elective for juniors and seniors. It 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? Advanced 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 on your Academic Plan and when you meet with counselors in January! Have questions? Reach out to Teresa Enrico at [tenrico@rjuhsd.us](mailto:tenrico@rjuhsd.us)

### Take a Look! New Elective PE Courses

#### Advanced PE

Designed to improve skills through conditioning, practice drills, team strategies, and game play. An emphasis will be placed on off-setting techniques, coaching, and leadership abilities in team and individual sports. Students will receive officiating and score keeping training.

1-2 week units that are student choice!

What do you want to play?

Badminton, Team Handball, Basketball, Lacrosse, Tennis, Track & Field, Floor Hockey, Karate, Judo, and much more!

11th & 12th graders can earn elective credit

#### Personal Fitness

Want to get into better shape and have fun doing it? Do you get behind doing the same old thing? Do you have personal fitness goals but not enough motivation, time or knowledge to achieve them? Let us push you, or a little further! If you answered yes to any of these questions we have just the class for you!

The **PERSONAL FITNESS** class features yoga, pilates, weight training, dance, Zumba, step aerobics, circuit, interval training, HIIT, Tai Chi, stretching, meditation 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. Whether you are completely out of shape or athletic and fit, this class will help you lose weight, increase your confidence and your mental health to the next level.

Don't miss out! Sign up today!

## Personal Finance Class & Test

Seniors who have not yet completed their personal finance graduation requirement need to get working on it.

Completing the personal finance class and test is a requirement for graduation.

Also, seniors who do not finish it by the Spring due date will be put on the no go list and risk missing events like the Quad dance, senior rally, and the graduation ceremony, among others.

Seniors need to complete the course on Canvas, and then, using the link provided in Canvas, sign up to take the test in the learning center.



**PERSONAL FINANCE CLASS & TEST**

- ✓ Graduation Requirement
- ✓ Must be completed by the due date to attend activities:
  - Quad Dance
  - Senior Rally
  - Graduation
  - Etc.

- 1 Complete Canvas Course
- 2 Sign up for the Test through Canvas class
- 3 Take and Pass the Test

Questions:  
Contact  
Mrs. Montgomery  
[tmontgomery@rjuhsd.us](mailto:tmontgomery@rjuhsd.us)

---

# Student Information

---

## Health Academy Applications Are Open!

Health Academy Applications are Open!

Happy New Year, from all of us at the Oakmont  
Health Careers Academy!

'Tis the season for application!

**CLICK HERE**

If you have any questions about the program or the  
application process, please reach out to Josh  
Collison or Wes Muller.

[jcollison@rjuhsd.us](mailto:jcollison@rjuhsd.us)

[wmuller@rjuhsd.us](mailto:wmuller@rjuhsd.us)

We look forward to receiving your application!



---

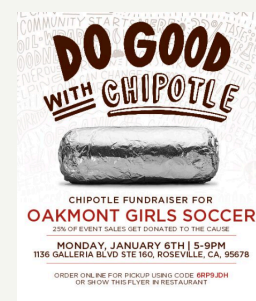
## Oakmont Track Winter Training

Track Winter Training for track will  
begin on January 8th. 3:45-5:00.  
Meet in front of the weight room.

## Oakmont Girls Soccer Fundraiser

Chipotle Fundraiser for Girls  
Soccer!  
25% of event sales get donated.  
Monday, January 6th 5-9PM  
1136 Galleria Blvd Ste 160,  
Roseville, CA, 95678

Order online for pickup using code  
**6RP9JDH**  
or show this flyer in restaurant.



---

## Happy New Year Vikings!

We are very excited for our winter sports teams to continue to compete in their PVL games this month.

All teams expect to continue their success on and off the court, field and mat.

Spring sports are right around the corner with Baseball and Softball starting on January 27th, Boys and Girls Lacrosse, Boys Volleyball, Coed Tennis and Stunt Cheer starting on February 3rd and last but certainly not least, Boys Golf, Boys and Girls Swim/Dive and Boys and Girls Track & Field starting February 10th.

All athletes wanting to tryout for one of those teams must complete the online Athletic Clearance process that is found on the OHs Website under Athletics.

If you have any questions at all, email Lupe Ramirez de la Cruz at [gdelacruz@rjuhsd.us](mailto:gdelacruz@rjuhsd.us).

We hope everyone had a blessed Holiday Season with their Family and Friends!

Go Vikes!



# 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

Prices increase  
12/01/2024



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

SCAN



**Did you know that Jostens provides more services than Cap and Gown?**

You can order announcements, class rings, lettermen jackets, senior swag, and more!

*Jostens*

[Click on this LINK](#) to review informational videos.

[Click on this LINK](#) to place all of your orders

## YEARBOOK!!

Order at:

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

School #17572

## Sober Grad Night 2025

Tickets are on sale now

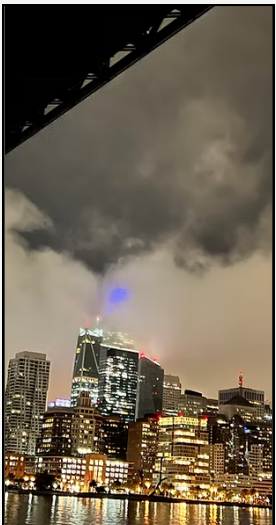
Join us for Sober Grad Night 2025!

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"





# College & Career Center

Located near the Library \* Hours: 8:00 AM - 4:00 PM  
Katrina Headrick - [kheadrick@rjuhsd.us](mailto: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. ▾	1/8	One Lunch - 12:08 PM ▾	Warrior Wednesday (Military)	<a href="#">Info Link</a>	Information T... ▾	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	<a href="#">Sign Up</a>	Workshop ▾	OHS Library ▾
Fri. ▾	2/14	▾	RJUHS Local Scholarship Program CLOSES	▾	▾	▾
Wed. ▾	4/2	8:30 AM to 11:30 AM ▾	ASVAB Assessment	<a href="#">Sign Up</a>	▾	OHS Library ▾
Tues. ▾	4/22	▾	Career & Job Fair	▾	Fair ▾	OHS Quad ▾

### 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.

SCAN ME



*Seniors...*

## APPLY FOR LOCAL SCHOLARSHIPS!

THE RJUHS LOCAL SCHOLARSHIP PROGRAM IS OPEN  
FROM FRIDAY 01/10/25 TO FRIDAY 02/14/25



ALL SCHOLARSHIP DETAILS AND APPLICATIONS  
WILL BE ONLINE VIA CANVAS.

ALL SENIORS WILL RECEIVE AN INVITE TO THE  
'LOCAL SCHOLARSHIP PROGRAM' COURSE.

THE DEADLINE TO APPLY  
IS 02/14/2025  
AT 3:00PM.  
LATE APPLICATIONS  
WILL NOT BE ACCEPTED.

*Visit your College & Career Center for  
more info!*

### RJUHS Local Scholarship Program

Seniors!!! On January 10th at 8AM, you will be invited to join a CANVAS class to apply to many local scholarships. There are scholarships available for most everyone, but you must apply!! Applications close on February 14th at 3PM.

Go to the College & Career Center if you have any questions or need help.





# College & Career Center



## Financial Aid Workshops for Seniors and Early Grads

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

**Wednesday, Jan. 29th - 6PM to 8PM**

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

**For Seniors** **Oakmont High School**  
**FINANCIAL AID WORKSHOP**  
FAFSA or CADAA  
Hosted by: **SIERRA COLLEGE**  
**29 JAN 6pm-8pm**  
Scan QR to sign up  
Or come to the College & Career Center  
Location: **OHS LIBRARY**

## What can you get with financial aid??

- **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!**

Or go to

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



## 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](http://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 this out....

## Roseville Joint Union High School District Parent Safety Forum

West Park HS  
Oak 205 & 206



**1PILL  
I CAN  
KILL**  
PLACER

## INFORMATIONAL SESSION

Please join us for an informational session to raise awareness with our teens of **fentanyl poisoning**, hosted by the Placer County District Attorney's Office.

**WHEN:** Feb. 10 6-7:30 p.m.

**WHERE:** West Park High School  
2401 Panther Pl, Roseville, CA 95747  
or stream at [bit.ly/PlacerHearing](https://bit.ly/PlacerHearing)

**WHAT:** Our goal is for the community to become:

- Aware
- Educated
- Influencers



Learn more at [1pillcankillplacer.com](https://1pillcankillplacer.com)



*Click Here*

## Roseville Joint Union High School District Parent Safety Forums

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



\*\*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).