

# Monday, February 17, 2025

No School- President's Day

# Tuesday, February 18, 2025

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## ANNOUNCEMENTS

**8th Graders:** Lunch Help is today in the Library. Go see Mrs. Manley for extra help. Intervention students, this is an opportunity to make up an absence.

**Students:** During both lunches, come join the Pickleball fun at the basketball courts hosted by your OJHS Leadership Team.

**7th grade students:** Help Stomp Tobacco at lunch today with Club THRIVE for some good music and Anti-Tobacco miniature golf during seventh grade lunch.

**7th and 8th Grade Girls:** If you are trying out for softball, meet in the cafeteria today after school for a quick meeting.

**Students:** Thank you to all who signed up for the CJSF trip. It is now time to sign up for groups. Groups will be used for our tour at UC Davis. You may go to E1 **before and after school** to sign yourself up. You may not sign up your friends. Sign-ups close this Thursday, February 20th.

**Attention all 7th grade & 8th grade boys!** If you're interested in playing **Boys Volleyball** this season, **sign-ups are now open!** Please come to the gym during your PE class to sign up. This is a great opportunity to be part of an exciting team and improve your skills. Don't miss out! Tryouts will be March 5th & possibly March 6th from 2:30-4:00. You need a medical waiver filled out, if you have any questions please talk to Ms. Salas.

**Attention students:** It's almost Kickball Time! Come out to the baseball diamond during lunch tomorrow and cheer on our OJHS Kickball teams as they Team Up Against Drugs. Don't forget to wear your sports attire to honor the day's theme "Train Your Body Against Drugs."

**Attention all:** National Hall of fame wrestler, Anthony Robles, will be doing a presentation about his story and how wrestling changed his life. It will take place on Monday, February 24 at 5pm at Savage Middle School.

**Stomp Tobacco Student Announcement:**

Hello Oakdale Rams, I am Kaylee Adams, your OJHS Vice President. This week is all about not vaping or not smoking tobacco or marijuana and how it can affect you negatively. Some facts about nicotine and vaping are that nicotine is found in tobacco, it's very difficult to quit, and it causes rapid heart beat, increased blood pressure, and shortness of breath. Remember, your health is more important than flavored air.

**SPORTS**

<b>Date</b>	<b>Description</b>	<b>Location</b>	<b>Time</b>
<b>Tues Feb 18</b>	Boys Basketball vs Somerset	OJHS	3:45/4:45
<b>Wed Feb 19</b>	Boys Basketball vs Savage	Savage Middle School	3:45/4:45 <b>Bus @2:35</b>
<b>Thur Feb 20</b>	Wrestling vs Savage	OJHS	4:00
<b>Fri Feb 21</b>	Boys Basketball Team Picture Day	OJHS	2:30

**IMPORTANT DATES**

**Mon Feb 24**            No School/Lincoln's Birthday

# Wednesday, February 19, 2025

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## ANNOUNCEMENTS

**Students:** It's Kickball Time! Join us at lunch today at the baseball diamond for some friendly competition and some good music. Come join your fellow RAMS and have some lunchtime fun. Tomorrow is "Dress Like Your Future Career" with a volleyball game during both lunches.

**Drama Club:** There will be rehearsal after school today! Remind your friends.

**Attention:** As part of our college and career month, we will have two presentations this week during 8th grade lunch starting at noon in the Library.

Thursday, February 20th- Mr. Espinoza will present on going into the Military.

Friday, February 21st- Mr. Allen will be discussing junior college options.

Friday is also a college and military logo day.

**Students:** Thank you to all who signed up for the CJSF trip. It is now time to sign up for groups. Groups will be used for our tour at UC Davis. You may go to E1 **before and after school** to sign yourself up. You may not sign up your friends. Sign-ups close tomorrow Thursday, February 20th.

**Attention all 7th grade & 8th grade boys!** If you're interested in playing **Boys Volleyball** this season, **sign-ups are now open!** Please come to the gym during your PE class to sign up. This is a great opportunity to be part of an exciting team and improve your skills. Don't miss out! Tryouts will be March 5th & possibly March 6th from 2:30-4:00. You need a medical waiver filled out, if you have any questions please talk to Ms. Salas.

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### Stomp Tobacco Student Announcement

**Rams**, we are here to discuss the use of vaping or smoking marijuana and nicotine. Many people tell you that vaping anything is better than smoking but they are wrong. The nicotine in one vape can be equal to 50 cigarettes. Vaping and smoking are both dangerous . Protect your brain and body and kick vaping or smoking out of your life.

## **SPORTS**

<b>Date</b>	<b>Description</b>	<b>Location</b>	<b>Time</b>
<b>Wed Feb 19</b>	Boys Basketball vs Savage	Savage Middle School	3:45/4:45 <b>Bus @2:35</b>
<b>Thur Feb 20</b>	Wrestling vs Savage	OJHS	4:00
<b>Fri Feb 21</b>	Boys Basketball Team Picture Day	OJHS	2:30

## **IMPORTANT DATES**

**Mon Feb 24**          No School/Lincoln's Birthday

# Thursday, February 20, 2025

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## ANNOUNCEMENTS

**Students:** Today join your Leadership team for a friendly game of volleyball during both lunches or tug-of-war during seventh grade lunch with Club THRIVE . Tomorrow protect the city from drugs by representing your favorite superhero and challenging your friend to a game of Dodgeball with Leadership or a Parachute Relay with Club THRIVE.

**Attention:** As part of our college and career month, we will have two presentations this week during 8th grade lunch starting at noon in the Library.

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### **Stomp Tobacco Student Announcement**

“Most life-long smokers start smoking during their teenage years. Don’t start now - don’t make it a lifelong habit.”

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## **IMPORTANT DATES**

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# Friday, February 21, 2025

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## ANNOUNCEMENTS

**Students:** Today during both lunches join Leadership for a friendly game of Dodgeball and during seventh grade lunch challenge your buddy to a game of tug-of-war with Club THRIVE.

**Attention:** As part of our college and career month, we will have a presentation today during 8th grade lunch starting at noon in the Library. Mr. Allen will be discussing junior college options.

**Attention all 7th grade & 8th grade boys!** If you're interested in playing **Boys Volleyball** this season, **sign-ups are now open!** Please come to the gym during your PE class to sign up. This is a great opportunity to be part of an exciting team and improve your skills. Don't miss out! Tryouts will be March 5th & possibly March 6th from 2:30-4:00. You need a medical waiver filled out, if you have any questions please talk to Ms. Salas.

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**Students:** If you signed up to tour Columbia College, turn in your permission slip as soon as possible. They are due on Tuesday, February 25.

**Students:** Drama Club is pleased to announce the play A Recipe for Me at Oakdale High school on Friday March 7th at 6:00pm, ticket price is \$5.00 and tickets are for sale in F1 or from an actor in the play. Don't miss out on an amazing experience!

### **Stomp Tobacco Student Announcement**

Tobacco fact of the Day: Nicotine increases blood pressure, heart rate, flow of blood to the heart, and narrowing of the arteries.

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