



OAKMONT NEWSLETTER

August 2023



VIKING INFORMATION

Follow us on Social Media!

Facebook: @ohsvikings

Instagram: @theoakmontway

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

Principal's Message

Welcome Back to School,

Our first day of school began with a rally in the stadium where the students were introduced to the various departments on campus. It was quite a site to see all of our students ready to go and prepared. We appreciate their enthusiasm and hope to make this year for them one to remember. I want to thank all of you for your patience with our parking lot. It's always busy the first few days of school and now more so with limited access. I am very proud to say that our work as a staff before the school year started was very inspiring and I can't wait to see all their hard work pay off as they support your students all year. One of my goals for this year is to build up our Oakmont community and strengthen our relationships with you. When teachers and parents work together, the school is unstoppable. With a solid partnership, I am confident that our students will be the one who reap the benefits. I ask that you participate in school events, connect with your student's teachers, and if possible, join school committees. If you would like to volunteer on our campus, please reach out to our Assistant Principal, Sondra Myles. I thank you for your support in advance and can't wait to make this year the best yet.

Upcoming Events

To view Oakmont's Daily Student Bulletin, visit <https://www.rjuhsd.us/Domain/544>

AUGUST

2 Viking Voyage Freshmen 9am-11am
2 Blue Crew Frosh Orientation 11am-3pm
3 Sophomore Viking Voyage 8am-10am
3 Senior Viking Voyage 10am-12pm
3 Junior Viking Voyage 1pm-3pm
7 Senior Parking Lot Painting 4-8pm
10 Senior Sunrise 5:45am-7am
10 First Day of School 8:30am-3:20pm
11 IB Juniors Diploma Retreat 3:30-9:00pm
15 All work permits expire
17 Minimum Day 8:30am-1:05pm
17 Back to School Night 6:30pm-8:00pm
18 School Dance 9pm-11pm
30 Club Rush (during lunch)
30 RJUHS Military Academy Night at GBHS

September

4 No School
5-8 Homecoming Week
8 Rally Schedule (40 min)
9 Homecoming Dance 7:00pm-10:00pm
11 Patriot Day
13 Warrior Wednesday-Military recruiters at lunch
30 Hall of Fame Lunch 12pm-3pm

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://www.rjuhsd.us/Page/11892>. Presentations are open to Grade 9-12 students.

The Roseville Joint Union High School District prohibits discrimination, intimidation, harassment (including sexual harassment) and bullying based on a person's actual or perceived ancestry, color, disability, gender, gender identity, gender expression, immigration status, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics. The RJUHS 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. 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

A Huge Viking THANK YOU!

Thank you to all of the parent/family volunteers at Viking Voyage Days who helped behind the scenes and hosted tables in the quad. We could not have been as successful without the generosity of your time and the dedication to your children and our students. We appreciate you!

Student Medication

If your student needs to have medication on campus during the 2023-2024 school year. Click on this link and complete the [Medication Administration Form](#). Or go to <https://www.rjuhsd.us/Page/12251> for directions and access to all medical forms.

New Activities Director



Hello, Vikings! My name is Eric Adams and I am your new Activities Director. I am VERY EXCITED to be here and I have loved learning about this school's amazing traditions and events. I very much look forward to hosting many activities throughout the school year!

Cross Country Invitational

Saturday, August 26th Oakmont's Cross Country Team is hosting the Oakmont Cross Country Invitational, Sponsored by Fleet Feet Sports and Saucony. With over 50 schools attending, this is the largest meet being held that weekend in the entire state of California, and the largest event Oakmont hosts each year. The event is open to spectators, with food vendors, and our sponsors selling shoes and various running-related items. The event is being held at Johnson-Springview Park in Rocklin, with the first race scheduled to start at 8AM. For more information about becoming a sponsor, you can contact Head Coach, Ryan Nugent at rnugent@rjuhsd.us.

Join Esports

Join Oakmont Esports if you're interested in Overwatch 2, League of Legends, SuperSmash Brothers Ultimate, Rocket League, or if you're interested in media production, broadcast engineering, streaming, or management. We will be competing in a few pickup tournaments and setting up our practice space and streaming assets up through November, at which point we'll go to 4 days a week actively practicing and competing in preseason. The main varsity starts after winter break and goes through May. Contact Mr. Wurden at awurden@rjuhsd.us for more details, to begin the required athletic clearance, and to join our closed Discord server where most of our communication takes place.

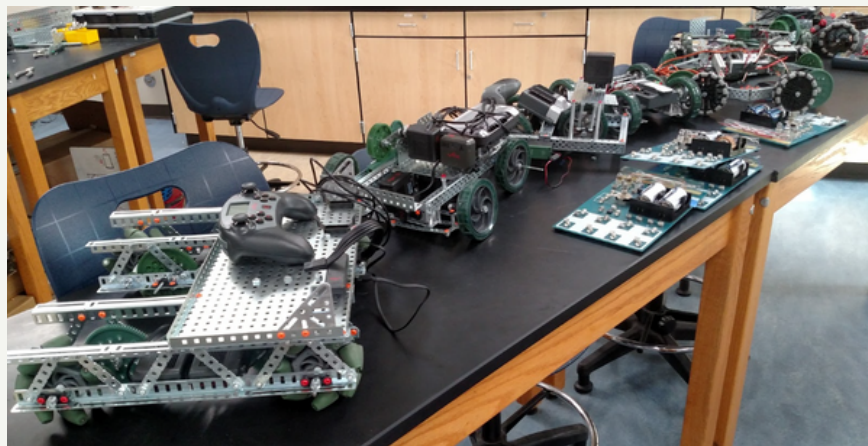
Check our our website at bit.ly/ohsesports and our twitch channel at twitch.tv/oakmontesports!



Join Robotics

Oakmont Robotics will be getting started right away this year. We plan on fielding three teams in the local VEX Robotics tournaments through the Placer Advanced Robotics and Technology (PART) league. We'll be building, designing, and coding in P-1 and will have a competition field setup soon in IA-2. All skill levels are welcome, including total beginners: construction and coding are both easier than you think. Check out the game we'll be competing in, called Over and Under, here: <https://www.youtube.com/watch?v=dvDqEI7qQ34>

Contact Mr. Wurden at awurden@rjuhsd.us for more details.



Free Youth Heart Screen

The Oakmont Health Careers Academy is partnering with the Kyle J Taylor Foundation to provide a free Heart Screening for youth ages 12-25. Use this link <https://www.kylejtaylor.org/screenings.html#/> to get more information and to register for a free screening. We are also looking for medical volunteers to take vitals and family histories, record ECG's, and other tasks. Use the same link to sign up to take a shift.

**UC DAVIS
HEALTH**



SACRAMENTO
Project ADAM[®]
SAVES LIVES

**Sunday
October 1,
2023**

9am – 4pm

Oakmont High
School Gymnasium

1710 Cirby Way,
Roseville, CA 95661

Eligible: Ages 12 -
25

Cost: FREE

Parking: FREE

We need medical
and general
volunteers for this
event.

Register in advance
to volunteer or to be
screened at:

[www.kylejtaylor.org/
screenings](https://www.kylejtaylor.org/screenings)



Free Youth Heart Screening

Prevent Sudden Cardiac Arrest (SCA) in
Sacramento Youth

**One in 300 youth have an undiagnosed heart
condition that puts them at risk for SCA**

#1 cause of death of student athletes

#1 cause of death on school campuses

We are hosting a Free Youth Heart Screening for the Sacramento community at Oakmont High School on Sunday, October 1, 2023 from 9am to 4pm. The screening is open to anyone 12-25 years of age at NO COST and registration is open now.

These screenings are so important! Regular check-ups and sports physicals miss about 85-90% of the issues that can cause SCA in children and young adults. Most conditions must be seen on an electrocardiogram (EKG) because they are structural or electrical issues that cannot be heard through a stethoscope. This is a simple test that records the electrical activity of the heart using small sticky electrode patches that are attached to the skin of the chest. EKG testing is quick and painless.

The screening includes cardiac risk assessment, EKG, and doctor review, which takes about 40 minutes to complete. To learn more about SCA in youth and what happens at the heart screening please visit www.kylejtaylor.org or contact **916-627-9533** or email rmccormac@ucdavis.edu.

Senior Portraits and Yearbook Dedications

Senior portraits are due OCTOBER 1st! Contact Bill Smith at <https://billsmithphoto.com/> or call at 916-749-1026 and make your appointment TODAY!

Also, don't miss this opportunity to congratulate your graduating senior and express your love. Go to yearbookordercenter.com to create an ad honoring your child.

Oakmont High School Code is 17572

Deadline is October 31, 2023

Tech support while placing ad: 1-877-362-7750

Any questions? Contact Mrs. Montgomery at tmontgomery@rjuhsd.us



Yearbook Info

Get your yearbook NOW! The price is 75.00 and will be going up Sept 1st. You can buy them through student services in the office at OHS or through Herff Jones. Find the form at <https://www.rjuhsd.us/Domain/543>. Any questions? Contact Mrs. Montgomery at tmontgomery@rjuhsd.us

OR
Order online!
www.yearbookordercenter.com
Order #17572



IB Corner



Oakmont HS

IB Corner

"The IB develops inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through education that builds intercultural understanding and respect."

International Baccalaureate Mission Statement

For more information about OHS IB program contact Mrs. Carroll at kcarroll@rjuhsd.us

August's
Learner Profile attribute

Inquirer

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.



We are so excited for the start of the new school year! Here are a few tips for success for all of our IB students, new or continuing!

- Learn with Enthusiasm!
- Work on balance (include sleep!)
- Get help from your teacher as soon as you need it.
- Take time to do the things you love!
- Find Mrs. Carroll in the IB Office 400 or her classroom 401 when you need to chat.

Our first IB Parent's Club Meeting is at 7pm on August 22 in Room 401.

They help with scholarships for testing, IB Senior Night, and other IB events. They help proctor our exams. They are also providing every IB student, Diploma or Certificate a t-shirt this year.

Any parent who has a student taking one or more IB classes can join the IB Parent's Club. We hope to see you there!

College & Career Center

Located near the Library

Hours: 7:30 AM - 4:00 PM

kheadrick@rjuhsd.us

Welcome back Vikings! Welcome Class of 2027! And Welcome New Vikings! I'm so excited to start a new year here at Oakmont! I'm Katrina Headrick in the College & Career Center. I believe High School is the ideal place for students to explore and discover their purpose and create a plan for their future. This year we are adding a morning option before school starts, to attend a college presentation for those students not available during Intervention Period. All events and updates are posted in Oakmont's web page, on social media, the daily student bulletin and on various TV screens and flyers around campus. Click on this link to the [College & Career Center Calendar](#) for up coming events or go to <https://www.rjuhsd.us/Page/12233>. If you have any questions, please reach out to me at kheadrick@rjuhsd.us.

RJUHS Military Academy Night

Our district is hosting the annual Military Academy Night on Wednesday, August 30th, 2023 starting at 6PM at Granite Bay High School. This is your opportunity to investigate multiple military academies in one venue. The five federal undergraduate service academies do not charge students for tuition, textbooks, uniforms or room and board.



Please join us at...

MILITARY ACADEMY NIGHT

DATE: WEDNESDAY, AUGUST 30, 2023

TIME: FORMAL PRESENTATION AT 6PM

LOCATION: GRANITE BAY HIGH SCHOOL

JAMES T. PRICHARD PERFORMING ARTS THEATER
1 GRIZZLY WAY, GRANITE BAY, CA 95746

**WHO SHOULD
ATTEND?**

ALL RJUHS STUDENTS &
FAMILIES INTERESTED IN
THE MILITARY ACADEMIES!



REPRESENTATIVES WILL BE PRESENTING AND
ANSWERING QUESTIONS FROM THE FOLLOWING
ACADEMIES AND ORGANIZATIONS:

- | | |
|--------------------------|---|
| -WEST POINT ACADEMY | -US COAST GUARD ACADEMY |
| -AIR FORCE ACADEMY | -ROTC PROGRAM REPRESENTATIVES |
| -US NAVAL ACADEMY | -REPRESENTATIVE FROM
CONGRESSMAN KILEY AND
CONGRESSMAN BERA'S OFFICES |
| -MERCHANT MARINE ACADEMY | |