



# OAKMONT NEWSLETTER

September 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

*I want to thank all the families who came to our Back to School Family Night on Aug 17. We had food trucks, games in the quad, and child care in the cafeteria. Our intent was to welcome you to our campus and into our classrooms. We hope you got a lot of good information from your students' teachers and have already begun to communicate with them about any questions or concerns you may have. Just a couple of days ago, we held Club Rush during lunch. This is a great opportunity for your students to express their interest in any club we have on campus. There are so many options for them and clubs are a great way to meet new people and make friends. If your student missed Club Rush, please email our Student Activities Director Eric Adams ([eadams@rjuhsd.us](mailto:eadams@rjuhsd.us)) to inquire about clubs your student might be interested in. September is the month that the reality of school settles in. Homework, extra curricular activities, and after school jobs start to become an issue of time management. Please encourage your students to have some balance and prioritize their activities. We understand students have a lot on their plate and have support here at school to help them create that balance. Students can utilize our Learning Support Center, Wellness Center, or Counselors if they start to feel overwhelmed. If you ever have any questions to find support for your student, don't hesitate to call the school.*

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# Upcoming Events

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

## **September**

- 4** No School
- 5-8** Homecoming Week
- 7** Homecoming Dance 7:00-10:00pm
- 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

## **October**

- 4** Regular School Day-Start at 8:30am
- 5** Midterm Schedule-Periods 1 & 2
- 6** Midterm Schedule-Periods 3 & 4
- 12-13** Fall Play 7:00pm
- 14** Fall Play 2:00pm and 7:00pm
- 14** PSAT @ Roseville High School
- 18** Warrior Wednesday-Military recruiters at lunch
- 19** RJUHSD College & Career Fair @ Woodcreek HS  
5:30 to 7:30pm
- 28** Oakmont Band Field Festival 8am-10pm
- 31** Performing Arts Halloween Show 8:30am-3:20pm

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.

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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 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)

Norse Notes is Oakmont's student-run news program. We aim to use our perspective as teenagers in the American school system to spread local, national, and global news. Our website is a living archive of student-written, edited, and published articles. Additionally, norsenotes.com provides access to our monthly online magazines, and digital versions of our printed magazines, which are distributed at the end of every semester. Keep an eye out for new weekly content Viking Families!

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## IB Corner

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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](mailto:kcarroll@rjuhsd.us)


September's  
Learner Profile attribute

## Risk-Takers

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.



### Spotlight on CAS- Creativity, Activity and Service



Creativity Action Service (CAS) enables students to enhance their personal and interpersonal development through experiential learning. A meaningful CAS program is a journey of discovery of self and others.

For many students, CAS is profound and life-changing. At OHS, each individual student has a different starting point and different needs and goals. Our CAS program is, therefore, individualized according to student interests, skills, values, and background.

Want to learn more? Reach out to our CAS Coordinator, Mrs. Sandoval, [isandoval@rjuhsd.us](mailto:isandoval@rjuhsd.us)



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# Oakmont Athletics

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We are so excited to be kicking off our 2023/2024 fall sports season! Did you know Oakmont now offers Flag Football? It is an official CIF sanctioned sport and our players are having a blast. We look forward to growing the sport in future years! Good luck to all our fall sports!!!

Winter sports are right around the corner. If your student is interested in playing basketball, soccer or wrestling, please complete their athletic clearance now. All information concerning the athletic clearance process can be found on our school website under the Athletics tab. If you have any questions, contact Lupe de la Cruz at [gdelacruz@rjuhsd.us](mailto:gdelacruz@rjuhsd.us). Go Vikes!!!

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## Girls Soccer Team Meeting

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Girls Soccer will have a meeting on Wednesday, September 6th during lunch in room 207 to discuss the upcoming soccer season. We will go over clearance information, conditioning, tryout dates, and all other requirements. If you have any questions see Coach Paulsen in room 207.

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## Join the CREATE Club

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If you are interested in exploring the career options in the building fields, the CREATE Club is a great opportunity to connect with tradespeople, architects, engineers and other adjacent fields. The club will run for 10 weeks this fall and offers opportunities for scholarship money and internships for those interested in pursuing a career in the built environment. The Fall semester of the CREATE Club will be based around a design competition that will compete with other schools in the Sacramento region. The Club meets weekly for one hour in IA1 (the wood shop) after school on Tuesdays at 3:30. First meeting of the CREATE Club is Tuesday, Sept. 5th. For More information, please contact Mr. Ferrier, the Construction Technology teacher, at [eferrier@rjuhsd.us](mailto:eferrier@rjuhsd.us).

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## Health Academy Highlights

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On 8/23, Health Academy students were celebrated and honored at the Incentive Awards. Juniors and seniors received awards for their achievements that they can add to their job-seeking portfolios, and sophomores received their blue Academy shirts and were officially welcomed to the Academy. Juniors also start their hospital job shadowing this month in their Advanced Medicine class. If you are interested in Health Academy, please reach out to [ksunseri@rjuhsd.us](mailto:ksunseri@rjuhsd.us) or [wmuller@rjuhsd.us](mailto:wmuller@rjuhsd.us).

# 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.

**UCDAVIS  
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](https://www.kylejtaylor.org) or contact **916-627-9533** or email [rmccormac@ucdavis.edu](mailto:rmccormac@ucdavis.edu).

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# Senior Portraits and Yearbook Dedications

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Don't miss this opportunity to congratulate your graduating senior and express your love. Go to [yearbookordercenter.com](http://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](mailto:tmontgomery@rjuhsd.us)



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## Yearbook News

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YEARBOOKS ARE NOW 80.00. They will go up again. Get yours before the prices go up!

SENIORS: Senior portraits are due by OCTOBER 1st! Contact Bill Smith at [billsmithphoto.com](http://billsmithphoto.com) and book your appointment TODAY!

**OR**  
**Order online!**  
**[www.yearbookordercenter.com](http://www.yearbookordercenter.com)**  
**Order #17572**





# College & Career Center

Located near the Library

Hours: 7:30 AM - 4:00 PM

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

September starts our College Admission Rep presentations and they are open to all grades. We encourage every student to see at least 3 presentations each year to gain a broad understanding of the College Admission Process for various colleges. Sign up at <https://www.rjuhsd.us/Page/11892>. The schedule can change, so please check the web site often for the most up to date info. If you would like a specific college to visit Oakmont, that is not scheduled, send an email to [kheadrick@rjuhsd.us](mailto:kheadrick@rjuhsd.us) and I'll make a request.

## Oakmont September College Presentations as of 8/28

Day	Date	Time	Location	College/University
Tues	9/5	1:26 PM	Career Center	University of Oregon
Thurs	9/7	1:26 PM	Career Center	Grand Canyon University
Wed	9/13	9:00 AM	Career Center	UC Merced
Wed	9/13	2:10 PM	Career Center	University of the Pacific
Thurs	9/14	1:26 PM	Career Center	Northwestern University
Fri	9/15	1:26 PM	Career Center	California Northstate University
Mon	9/18	1:26 PM	Career Center	University of Southern California
Tues	9/19	1:26 PM	Career Center	New York University
Thurs	9/21	8:00 AM	Career Center	US Air Force ROTC
Thurs	9/21	1:26 PM	Career Center	University of Portland
Fri	9/22	1:26 PM	Career Center	Boise State University
Mon	9/25	2:10 PM	Career Center	Seton Hall University
Tues	9/26	1:26 PM	Career Center	University of Nevada, Reno
Wed	9/27	9:00 AM	Career Center	UC Davis
Wed	9/27	2:10 PM	Career Center	Drexel University
Thurs	9/28	1:26 PM	Career Center	DePaul University



### Up Coming Off Site Events

- 8/30 - **RJUHSD Military Academy Night**, Granite Bay High School, 6:00 - 8:00PM, 1 Grizzly Way, Granite Bay, in the James T. Prichard Performing Arts Theater
- 9/1 - **The 2023 FBI Teen Academy** application is now open. Applications are due 5:00 p.m. on Friday, October 6, 2023. The academy takes place on November 17th 8-5 pm. Website link: <https://www.fbi.gov/contact-us/field-offices/sacramento/community-outreach>
- 9/16 - **Cal Poly Pomona Latino College Expo**, 10:00AM to 2:00PM, for more info go to: <https://www.thecollegeexpo.org/expos/10th-annual-latino-college-expo>
- 9/26 - **University of Nevada, Reno** at Granite Bay High School, 6:00PM to 8:00PM, open to students and families. RSVP to attend - <https://admissions.unr.edu/register/SFP92623>
- 9/28 - **CSU College Fair Night at Sacramento State University**, 6:00PM to 8:00PM, open to all students and families. Meet with ALL 23 CSU campus representatives. Register to attend <https://student.events.calstate.edu/conventions/1607>
- 10/3 and 10/24 - **Sierra College Welding Information Session**, 5:00 to 6:00 PM, Free Tickets at <https://www.eventbrite.com/d/ca--roseville/sierra-college/>
- 10/13 - **William Jessup Fall Preview Day**, 9 AM to 3:30 PM, Register to attend at <https://jessup.edu/admissions/events/preview-day/>
- 10/14 - **Sierra College Preview Day**, 10:00AM-2:00PM, Free Tickets at <https://www.eventbrite.com/d/ca--roseville/sierra-college/>
- 10/14 - **Chico State Wildcat Preview Day**, Register to Attend at <https://www.csuchico.edu/admissions/visit/wildcat-preview.shtml>
- 10/19 - **RJUHSD College & Career Fair**, Woodcreek High School, Save the Date, more info to come.

## RJUHSD Construction Workshops

All Grade Levels and all RJUHSD students are invited to a free hands-on construction workshop after school at Woodcreek High School. You must sign up and complete the required forms to participate. Click [HERE](#) or go to the OHS College & Career Center to sign up.



**FREE** **You're Invited!**

**Who:** All grade levels welcome!  
**What:** Free Hands-on construction workshops  
**Where:** Woodcreek High School Construction Room 310  
**When:** 3:45pm

**Workshop #1: September 21st**  
- L&S Framing  
**Workshop #2: October 26th**  
- ILG Flooring  
**Workshop #3: TBD**  
**Workshop #4: TBD**

**Requirements:**

- Must scan QR to sign up or with your College & Career Center 3 days BEFORE
- Must complete all forms before attending

For more information contact Terri Griffin  
[tgriffin@rjuhsd.us](mailto:tgriffin@rjuhsd.us)



**RJUHSD**  
**AFTER SCHOOL**  
**CONSTRUCTION**  
**WORKSHOPS**