September 18, 2023



Monday, September 18	Thursday, September 21
• None.	7th/8th Grade Volleyball Jeannette @ Eppler 4:00 pm
Tuesday, September 19	Friday, September 22
Eppler 7th /8th Football vs. Wyandotte dotte 3:30 @ Wyandotte	 Chieftain of the Month Lunch Room 136 11:06-12:08 pm Fall Sports Pictures , Main Gym 2:20 pm
Wednesday September 20	Saturday, September 23
No School Students K-12 No School Students K-12	None.Sunday, September 24None





What's Inside:

What's Happening this Week at Eppler Upcoming Activities

Additional Information:

- School News & Information
- Sports Information
- Clubs & Organizations
- District News
- Educational Camps/Enrichment /

Activities/Community Ed

- In Case You Missed It
- Power School / Naviance
- Reward Programs

Important Websites and Resources:

- <u>Counseling Information</u>
- UHS Athletics Boosters
- Eppler Website
- Eppler Express
- PaySchools
- Student Handbook
- <u>UCS District Website</u>
- Report Bullying
- PowerSchool Portal / Information
- UCS District Calendar

School News & Information

Vision and Mission Statements

Our Vision Statement: Eppler Junior High School, in partnership with our community, will empower students to achieve their full potential and become productive contributors in a diverse society.

Eppler Junior High School Mission Statement: The Eppler community will collaborate to foster a safe, respectful, and inclusive learning environment that will inspire growth, excellence, and achievement.

Parent Access for Schoology

Parents/Guardians,

Did you know that you can have a parent account for your child's Schoology classes? You can access each of their classes, as well as the counseling department's Schoology page. The counseling page has many resources ranging from support groups and therapy to community resources for help with everyday problems. If you would like access to your child's Schoology account (this is different than PowerSchool), you can contact the main office at 586-797-2900 to request your child's 12-digit-code and instructions.

PARENT ACCESS DIRECTIONS FOR SCHOOLOGY

- 1. Go to www.schoology.com.
- 2. Click Sign Up at the top of the page and choose Parent.
- 3. Enter your Parent Access Code. This is the 12-digit code in xxxx-xxxx format
- To receive the 12-digit code, please contact the Main Office
- 5. Fill out the form with your information.
- 6. Click Register to complete.

When you use a Parent Access Code to create an account, you are automatically associated to your child. You can add additional children to your account using the Add Child button.

If your Parent Access Code does not allow you to register, or if the code does not have 12 digits, please contact techsupport@uticak12.org.

Life Skills Accepting Donations

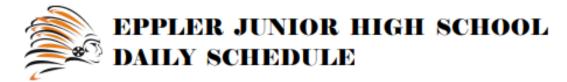
Mrs. Blanchard needs your help!! Every year the students love to cook, cook, cook, and I believe this is a wonderful experience for them. Not only are they learning basic cooking skills, they are also having a ton of fun. Unfortunately feeding 100 students can be rather expensive. Any donations from the list below would be greatly appreciated. You can drop them off to the main office, or have your student bring them to room 122. Thank you in advance for any and all help.

Below are the most commonly used items in our class:

Sugar (white or brown)	Marshmallows (large and mini)
Rice Krispy cereal, Flour Soft Tortillas	Non-stick cooking spray
Butter, Salsa	Flour, Ketch-up, BBQ Sauce, Ranch
Cake Mixes, Syrup	Brownie Mixes, Frozen Strawberries
Frosting, Bread Crumbs	Spaghetti Sauce
Pizza Sauce, Wheat Germ	Chocolate Chips (white, dark, milk, cinnamon, etc.)
Bisquick, Lasagna Noodles	Powdered Sugar
ANY disinfectant cleaners for kitchens without bleach	Aluminum Foil
Vegetable/Canola oil	Sandwich and gallon baggies
Paper Plates or cups or silverware	Kleenex, Cupcake Liners
Dish Soap, Antibacterial Wipes	Hand soap

Other food items may need to be brought in over the semester if they chose to do a lab not assigned by me. Thank you in advance for your support.

-Mrs. Blanchard



1ST HOUR 7:20 a.m. – 8:17 a.m. 2ND HOUR 8:23 a.m. – 9:20 a.m. 3RD HOUR 9:26 a.m. – 10:23 a.m. 4TH HOUR 10:29 a.m. – 12:08 p.m.

A Lunch Lunch 10:29 a.m. – 11:00 a.m.

Class 11:06 a.m. - 12:08 p.m.

B Lunch Class 10:29 a.m. - 11:00 a.m.

Lunch 11:06 a.m. – 11:31 a.m.

Class 11:37 a.m. - 12:08 p.m.

Class 10:29 a.m. - 11:31 a.m.

Lunch 11:37 a.m. - 12:08 p.m.

5[™] HOUR 12:14 p.m. – 1:10 p.m. 6[™] HOUR 1:16 p.m. – 2:11 p.m.

EXAM DAY SCHEDULE

1ST EXAM 7:20 a.m. – 8:48 a.m 2ND EXAM 8:56 a.m. – 10:24 a.m.

BE PROMPT!



Eppler Junior High School

CELL PHONE/DEVICE POLICY

Throughout Entire Building at All Times, Including Before and After School

NO Pictures

NO Phone Calls

NO Texting

NO Social Media

***This includes Kik, Snapchat, Instagram, and ALL others

During School hours 8:00 - 2:51pm

Cell Phones/Electronic Devices must be placed in lockers for the entire school day and may not be used during the school day for <u>ANY REASON</u>.

Cell Phones/Electronic Devices <u>ARE NOT</u> allowed to be taken out of lockers during the school day, except for early release or permission from administration.

Cell Phones/Electronic Devices **ARE NOT** allowed in the lunchroom.

If you are found breaking Cell Phone/Device policy, your phone/device will be confiscated and brought to main office.

1 st Time			
• Taken to	• Taken to	• Taken to	• Taken to
Office	Office	Office	Office
• Parent must	 Parent must 	 Parent must 	 Parent must
pick up	pick up	pick up	pick up
	 After-School 	 Saturday 	One-Day
	Detention	School	Suspension
			• Phone
			banned from
			building

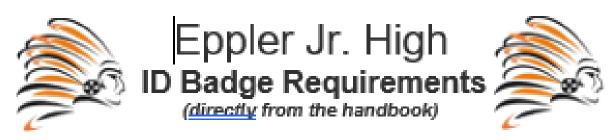
Note: Eppler Junior High and UCS assume NO responsibility for theft, loss or damage of your device.

The student assumes full responsibility and brings the device at their own risk.

Updated Student ID's Rules

Student IDs:

Since all of our students have now had their pictures taken, it is <u>required</u> that they wear their ID on a lanyard during school hours. The lanyard is to be around their neck, not under a shirt or in a backpack. If your child needs a new lanyard, please have them stop in at the main office to get one. Starting the week of September 20th, there will be random ID checks made.



ID BADGES ARE TO BE WORN IN SCHOOL - ALL DAY - EVERY DAY

BELOW ARE THE CONSEQUENCES FOR NOT WEARING YOUR ID BADGE:

\$5 ID REPLACEMENT

6 TIMES WITHOUT ID = \$5 ID REPLACEMENT

9 TIMES WITHOUT ID = \$5 ID REPLACEMENT & SATURDAY SCHOOL

12 TIMES WITHOUT ID = \$5 ID REPLACEMENT & SATURDAY SCHOOL

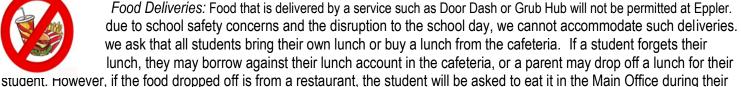
15 TIMES WITHOUT ID = \$5 REPLACEMENT & SUSPENSION

if you are caught not wearing your badge in school 6 or more times, another badge will automatically be <u>printed</u> and a \$5 fee will be placed on your student account to be paid.

(EVEN IF YOU ALREADY HAVE A BADGE)

The barcode on the ID will be linked to your child's lunch account so the ID will be scanned when purchasing items using an account.

Lunch Deliveries



lunch hour. Coffee, smoothies, and outside breakfast brought in the school in the morning must be consumed before going into first hour. This is the practice that takes place at the high school level and Eppler is aligning with Utica High in order to provide consistent expectations for our students. If you would like to apply for the free or reduced lunch program, or to establish a lunch account for your child, please click here.

Thank you for your understanding and we appreciate your support.

Dress Code Rules - REMINDER

Dress code:

Please address the following dress code items with your child:

- Hoods/hats are not to be worn in the building.
- Clothing must not show bare mid-drifts, shoulders, cut too low or any derogatory or drug/alcohol messages.

Student Drop-off after 7:20

Parents, please be aware that there is often no need to come into the building when you are dropping off your child at school if they are late or after an appointment. The only reasons we will require you to come into the building are if you are picking up your child, for which you will need ID, or if you are dropping off anything for your child, which we ask that you label for their pick-up. Other than that, please feel free to stay in your warm and dry vehicle (on cold and rainy days) and enjoy whatever you may be listening to from your playlist! Thank you!!

Parent Student Handbooks

Please use the following link to access the Parent and Student Handbooks for the 2023-2024 school year.

http://utica.ss9.sharpschool.com/handbook

Lost and Found

Have you seen the new and improved Lost and Found Display in the lobby near the Counseling Office? Stop by and check it out. Especially if you are missing a lunch box, water bottle, winter jacket, hoodie, or sweats.



AP Exam Registration

Utica CSD 2023-2024 AP® Exam Registration

Join your 2023-2024 MyAP Classroom:

- All students will be able to join an AP® Classroom on the College Board MyAP at http://myap.collegeboard.org where they will be able to access College Board provided course resources and materials as well as an individualized performance dashboard.
- Teachers will be able to use the resources in the MyAP AP® Classroom for assignments, classroom activities, test and guizzes and more.
- Students will log into the MyAP site at http://myap.collegeboard.org with their College Board
 profiles and JOIN the AP® Class with a Join Code (access code) that will be distributed by
 teachers by September 22, 2023. (Simply click on "Join Exam/Class" and enter the code.)

How to register for 2023-2024 AP® Exams:

AP Exam Fees for 2023-2024 is \$102 per exam (\$150 per AP Capstone exam)

To register for the optional AP® Exams, the additional steps need to be completed:

- STEP 1: Activate Exam on MyAP -Students who have joined the AP Classroom on MyAP and choose to take the optional exam, must also activate the exam by clicking on the yellow "Register for Exam" button in the class dashboard.
 - Deadline to activate your exam is September 22, 2023



- STEP 2: Submit Exam Deposit AP Exams are \$102 each (\$150 for AP Capstone Exams).
 Students who have an active exam on the MyAP System as of September 22 will receive on or around October 1 an invoice for a \$40 non-refundable deposit to be submitted to complete the exam order. Submit payment online or via mailing in a check or money order.
 - Deposit must be submitted by October 31, 2023 to order an exam for May 2024.
 - BOTH the exam deposit payment AND exam activation steps MUST be completed by October 31, 2023 to have an active exam order.
 - LATE registration will open on November 16 with a penalty fee. NO payments or orders will be accepted or processed between November 1 and November 15, 2023.
- STEP 3: Submit Balance Due Students who successfully completed step 1 and 2 above by
 will receive a custom digital invoice for the balance of fees due. The invoice will be emailed in
 January. Deadline to submit the balance of fees due is February 16, 2024
- · Visit http://aptsusa.com/utica for more information

Utica CSD 2023-2024 AP® Exam Registration

Frequently Asked Questions:

What if I can't log into my College Board account?

- Don't create a new one! Each student should have only ONE College Board account which houses AP, PSAT and SAT scores and information. For log in help visit:
- https://pages.collegeboard.org/account-help or https://myap.collegeboard.org

What if I qualify for a fee reduction?

 All students regardless of status submit a \$40 deposit by October 31. Students who have successfully been approved for Free-Reduced Lunch status AND who sit for the exam in May will be eligible for a partial refund (Amount TBD based on State Subsidies)

How do I submit the fees?

Exams are \$102 each (\$150 per AP Capstone Exam). You will receive a custom invoice for a
\$40 per exam deposit based on the exams you activated on MyAP. Payment can be submitted by
clicking the Pay Now button in the top left of the invoice OR by mailing in a check or money order.
(Instructions on the invoice.) A second invoice will be issued in January for the balance due. A
3.1% credit card processing fee is charged for debit/credit card payments.

I want to add an exam that is NOT on my invoice. What do I do?

- · Email info@aptsusa.com to request an updated invoice.
- You will need to confirm that you have also joined the College Board MyAP dashboard with the appropriate Join Code for your exam. Penalty fees apply for registering an exam as of November 16, 2023. FINAL Day to add an exam or make payments is February 16, 2024.

I want to cancel an exam that is on my invoice?

- Email info@aptsusa.com to request that exam be removed
- If you have already paid a deposit or fees for that exam, the refund amount will be adjusted based on the policy posted on http://aptsusa.com/utica

2023-2024 Important Deadlines:

Exam Activation Deadline

September 22, 2023

xam Deposit Payment Du

October 31, 2023

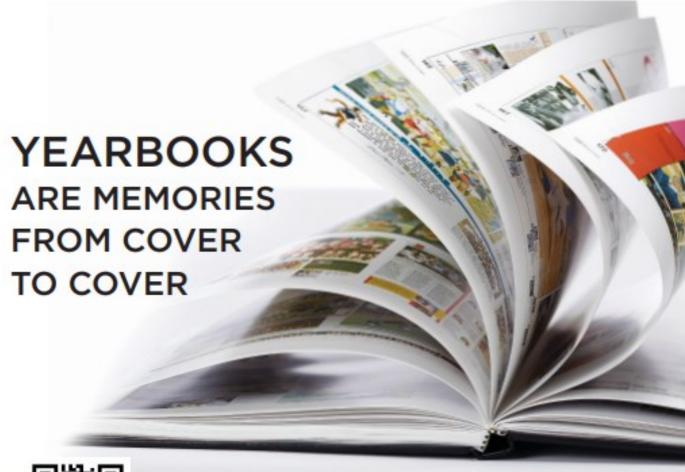
Balance of Fees Due

February 16, 2024

FINAL Day for AP Registration (Final Payments or to add an order): Feb 16, 2024

For more information and details as well as assistance and support visit







ORDER YOURS TODAY

jostens.com/2024yearbook | 1-877-767-5217



TOP REASONS TO ORDER 2023-2024 EPPLER JUNIOR HIGH SCHOOL YEARBOOK!

- ☑ Laugh-inducing memories
- Actual printed pics
- Moments that matter
- ☑ Your classmates
- Autographs from friends
- It's the lowest price of the year.

NOW \$38.00

That's a savings of \$7.00

Order by 09/15/2023

YEARBOOK	\$38.00
SIGNATURE PACKAGE Includes: Yearbook, Enhanced Personalization, Autograph Pens, Autograph Section	\$56.00
ENHANCED PERSONALIZATION	\$9.00
ICONS	FREE!
AUTOGRAPH SECTION	\$5.00
PHOTO POCKETS	\$5.00
DONATE A YEARBOOK	\$38.00
CLEAR PROTECTIVE COVER	\$5.00

Tax, service and delivery fee(s) will be added if applicable. Credit card installment plan available for orders of \$30 or more.

Reward Programs

Calling All Shoppers!

Eppler has a reward program at Kroger. All you have to do is shop, swipe your card, and Eppler gets cash back! The Kroger Community Rewards program makes fundraising easy by donating based on the shopping you do every day. Once you link your Card all you have to do is shop at Kroger and swipe your Shopper's Card. Here's how:



- Go to www.krogercommunityrewards.com
- Click Sign in the upper right-hand corner
- Put the email address and password used to enroll your card
- Go to "Savings & Rewards", then "Kroger Community Rewards", I'm a Customer"
- Enter the group number EJ598 or search Eppler Junior High School
- Click on the organization then click "Enroll"

NJHS - Planet Green Fundraiser



Thank you to all who have donated to Planet Green! We have raised over \$400 over the last couple of years by recycling used ink cartridges and electronics! Planet Green is no longer accepting used electronics. They are only accepting ink cartridges. Please continue to send those into Mrs. Byron in room 19! Thank you!

NJHS is doing a yearlong fundraiser with Planet Green. Please send in Inkjet cartridges (NO toner or laser cartridges) to room 19. NJHS sends them to Planet Green, and then Planet Green sends Eppler a check! This fundraiser helps the environment and our school! NJHS members can receive one hour for every 5 items, but everybody is encouraged to participate!

Eppler Clubs & Organizations

We Need Volunteers

We still have a couple of clubs/organizations without sponsors and could use YOUR help in re-launching these groups to give interested students a wonderful opportunity!

Please contact Mr. Pantano at gerard.pantano@uticak12.org if interested in helping with:



Robotics Club



Cultural Diversity Club

Eppler Booster Club

We need you!! Please help!!

The Eppler Athletics Boosters are looking for a few good volunteers! Unfortunately, if we do not get any volunteers, we will have to shut down the group. The boosters have been an integral part of many improvements at the school - water filling stations, providing needed equipment for teams, gym decor update, end of season pizza parties for all teams, just to name a few. Most importantly, we are also in need of a

parent or couple of parents that can be responsible for the concession stands at the home games.

If you are interested in either please contact Mr. Paul at eric.paul@uticak12.org

JOIN THE
BOOSTER CLUB

Eppler Parent Involvement Committee (EPIC)

The following is a list of dates and times of the Eppler Parent Involvement Committee (EPIC) meetings throughout the school year. All parents are invited and welcome to attend. All meeting will be held in the Media Center from 9:00—10:00 am. We look forward to seeing you!

Monday, September 25 Tuesday, October 24 Tuesday, November 14 Wednesday, December 13 Tuesday, January 23 Wednesday, February 28 Monday, March 18 Tuesday, April 23 Tuesday, May 21

9th Grade NJHS Members

<u>Current 9th grade NJHS members:</u> Meeting Dates for this year are listed below. Meetings are MANDATORY per NJHS guidelines. If you miss 2 meetings, you may be removed from NJHS. If you are sick or have proper documentation, this does excuse you from a meeting however, you need to communicate with me that you will be missing a meeting. Meetings will be **AFTERNOON ONLY** this year from 2:11pm to roughly 2:35pm. Make sure that you are checking our schoology page regularly for updates. Please contact me at scarlet.gleason@uticak12.org if you have any questions.

Thursday September 28 Monday, October 30 Thursday, January 18 Thursday, February 29 Thursday, March 21 Thursday, April 11 Thursday, May 23

Student Council

Student Council Meeting Dates (subject to change)
Meetings will be held 7:00 am and 2:15 pm in Room 107 or Room 120

Tuesday September 12 Tuesday October 3 Thursday, November 21 Tuesday, December 12 Tuesday, January 23 Tuesday, February 6 Tuesday, March 12 Thursday, April 16

EPPLER JUNIOR HIGH AFTER-SCHOOL HOMEWORK CLUB

At Eppler Junior High School, we want to help your child have a successful school year. The Homework Club will be available on **Tuesdays and Thursdays** from 2:20 PM to 3:20 PM in the Eppler Media Center. Students can use this time to get academic assistance, complete assignments, work on projects, and/or study for tests. A few high school tutors are usually available. Students can ask the teacher in charge if there are tutors available that day.

Each student should bring all necessary materials and books to the media center by 2:20 PM. Please be advised that if a student comes to Homework Club with nothing to work on, he/she will not be admitted to Homework Club that day. All students will be expected to remain in the Media Center until 3:20 PM. Students will need to sign in each day that they participate. Students need to arrange for their own transportation home.

If you would like your child to be able to attend Homework Club, please complete the bottom portion of this form and have your child bring it with him/her the first time they attend Homework Club (only one slip is needed, and the student may come as often as they like for the school year). Phone calls and other notes will not be accepted in place of this signed permission slip.

If you have any questions regarding Homework Club, please contact your child's school counselor (Last names A-K: April.Raupp@uticak12.org / Last names L-Z: Autumn.Blanchard@uticak12.org).



EPPLER HOMEWORK CLUB PERMISSION SLIP



My child, (please print)_	, gra	ıde	, has my p	permission to
participate in Homework Club. I und	derstand that it is my responsi	bility to p	rovide trans	portation for
my child at the end of the session. M	ly child understands that it is	his/her 1	esponsibili	ty to arrive or
time, to bring all necessary material	-		-	•
also understands that Eppler Junior I	High school rules apply and w	ill be enfo	rced. Misb	ehavior can
lead to dismissal from being a particip want to verify my student's attendance	pant in the Homework Club.	Students	will sign in,	
Parent/Guardian Signature: _			Date:	
Student Signature:				

Eppler & Utica H.S. Sports

LAX

UTICA- EISENHOWER 2024 BOYS LACROSSE <u>MANDATORY</u> PARENT & PLAYER INTEREST & INFORMATION MEETING

LOCATION – EISENHOWER HS - MEDIA CENTER DATE – TUESDAY - OCTOBER 3rd AT 6:30P

This is a **MANDATORY** interest meeting is for parents and any player interested in playing on the spring boys lacrosse team that attend 10-12th grades at Utica High School AND Eisenhower High School and 9th grade students (Malow, Shelby, Eppler and Jeanette) who are eligible to play Utica or IKE HS sports. Player experience not required but would be beneficial. The school team will continue to be merged for the 2024 season.

We will discuss timelines for spring season, meet the coaches, update on fall and winter conditioning programs, equipment, and athletic requirements, meet the current board members, team parent involvement, apparel, Q&A and a litany of other topics.

Email any questions to ikeboyslacrosse@gmail.com or join and check out the Utica Eisenhower Boys Lacrosse Facebook page for updated info.

If you know any parents and players that would be interested - Please help get the word out!

GO UTICA-IKE!

7th/8th Grade Eppler Football

Game Times @ 3:30 pm except where noted.
UCS in-district games @ 4:00 pm except where noted

Tuesday, September 19 Eppler @ Wyandotte Tuesday, October 3 L'Anse Creuse North @ Eppler Tuesday, October 17 Eppler @ Davis Tuesday, September 26 Eppler @ L'Anse Creuse Central Tuesday, October 10 L'Anse Creuse East @ Eppler Tuesday, October 24 Heritage @ Eppler

7th/8th Grade Volleyball

Game Times @ 4:00

Thursday, September 21 Jeannette @ Eppler Wednesday, September 27 Heritage @ Eppler Wednesday, October 4 Eppler @ Davis Monday, October 16 Eppler @ Jeannette Monday, October 23 Eppler @ Heritage Monday, October 30 Davis @ Eppler Monday, September 25 Bemis @ Eppler Monday, October 2 Eppler @ Shelby Monday,, October 9 Eppler @ Malow Friday, October 20 Eppler @ Bemis Wednesday, October 25 Shelby @ Eppler Wednesday, November 1 Malow @ Eppler

PowerSchool/Naviance/Text Messaging Service

PowerSchool- Click here to go to the district's PowerSchool website

Parent Portal Access through PowerSchool

PowerSchool is the district's student information system used for scheduling, attendance, grades, and delivery of report cards. Please find more information below on how to create and access your Parent Portal Account.

To login, visit: http://ps.ucs.misd.net/public

Due to an update to PowerSchool, parents who had a PowerSchool account prior to August 2, 2022 must reset their password to login. Please follow these directions to update your password.

Below are useful documents for you to reference and take full advantage of PowerSchool:

Parents: Create a Parent Portal Account

Helpful Tips for our PowerSchool Parent Portal: Click here for info on how to reset your password.

PowerSchool Mobile App:

- 1. Download the PowerSchool Parent App through your device's GooglePlay or Apple App Store.
- 2. Enter the UCS district code: NKDJ (all capitalized)
- 3. When logging in through your mobile app, you will use the same username/password that you use to login through your desktop.

Questions? Contact your home school to help with your PowerSchool guestions.

Text Messaging Service

Utica Community Schools Text Messaging Service

Utica Community Schools offers a texting service for parents. The service allows parents to receive important information such as school closings, safety alerts, school reminders and more, directly from their school(s) on a mobile device.

Newly enrolled UCS parents will receive a text message from the district that reads:

"Utica Community Schools messages. Reply Y to confirm, HELP 4 info. Msg&data rates may apply. Msg freq varies. schoolmessenger.com/tm"

To receive the free* text messages, simply reply "Y" or "Yes" to the message.

Even if you have not received a UCS message to join, parents may opt in by texting "Y" or "Yes" to the short code 67587.

Parents may opt out at any time by replying "Stop" to one of the messages.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply.

Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.





Naviance

Utica Community Schools has partnered with Naviance to provide a variety of tools for achievement through academic, career and college planning. These tools are located in Naviance Student, a website for students and families to access online resources, communicate with school staff and work on college and career readiness activities with your school and family.

<u>Click here</u> for the updated parent brochure with more information and step-by-step instructions.

Upcoming Activities

Back to Menu

Click here to view the 2023-2024 District Calendar

Monday, September 25	Thursday, September 28
7th/8th Grade Volleyball Bemis @ Eppler 4:00 pm	None.
Tuesday, September 26	Friday, September 29
Eppler 7th /8th Football vs. L'Anse Creuse Central @ L'Anse Creuse 3:30	None.
Wednesday, September 27	Saturday, September 30
• Eppler 7th /8th Volleyball vs. Heritage @ Eppler 4:00 pm	NoneSunday, October 1None

District News





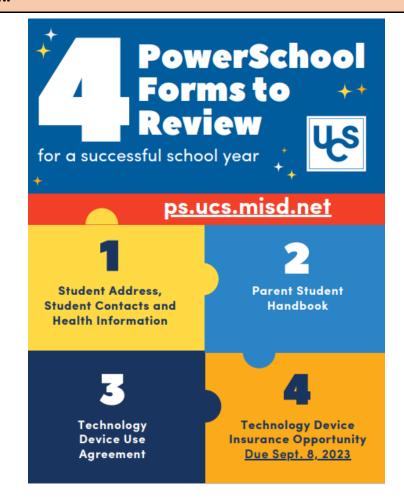
- **Extra Income at Competitive Pay Rates**
- **Convenient Locations**
- Morning and Afternoon Shifts

APPLY TODAY! CONTACT JENELLE DUBEY -



*Every 10 workdays (based on your regular shift), you are eligible to receive a \$100 stipend

PowerSchool Forms to Review





Online application: https://www.tfaforms.com/5084887

College Fair





Current junior and senior students and their parents have an opportunity to listen to presentations and ask questions during a 30 minute session and will be able to attend up to 4 sessions per night.

SEPT.

25

Utica High School

6:00 PM - 8:30 PM

Michigan State University Saginaw Valley State University Lawrence Technological University Eastern Michigan University

SEPT.

26

Wayne State University **Grand Valley State University** Kettering University Rochester University

Eisenhower High School 6:00 - 8:30 PM

SEPT. 27 University of Michigan - Ann Arbor Central Michigan University Western Michigan University <u>University of Michigan - Dearborn</u>

Ford II High School

6:00 - 8:30 PM

SEPT.

28

Instructional Resource Center

6:00 - 8:30 PM

Oakland University Macomb Community College University of Detroit Mercy Madonna University

Clinton River Watershed Council (CRWC)



The Clinton River Watershed Council (CRWC) is a non-profit organization dedicated to protecting, enhancing and celebrating the Clinton River, its watershed and Lake St. Clair. They provide residents, schools, governments, businesses and other community groups with wide-ranging programs and events to ensure a healthy Clinton River Watershed for us all. Please see attached link to participate in a watershed survey.

https://docs.google.com/forms/d/146M_OwNhCHc2fQZcAPgnsvtl93aBU8hVBJAo_ijn8hY/viewform?edit_requested=true

CARE

What students and parents are saying...

"The counselor was wonderful...very interested in helping to place my son where he should be. Thanks!!"

"The yelling has stopped and the talking has started."

"CARE is very responsive to the needs of the clients and I think it is a very good agency. I would one day like to work for CARE."

Resources:

Macomb County Crisis Center: 586-948-0222

National Sulcide Prevention LIFELINE: 800-273-TALK (8255)

Alateen/Alanon Family Groups: 800-813-3105

Affirmations (L.G.B.T.Q.): 248-398-7105

Family Youth Interventions/Youth Shelter: 586-465-1212

Polson Control Center: 800-222-1222C

Macomb County Office of Substance Abuse (MCOSA): 586-469-5278

Substance Abuse Prevention websites

www.mcosa.net www.abovetheinfluence.com www.thetruth.com www.drugabuse.gov



Main Office 31900 Utica Road Fraser, Michigan 48026

586.541.CARE (2273) www.careofsem.com



SCAN HERE TO KNOW MORE ABOUT US

Our mission is to strengthen resiliency in people and their communities through prevention, education, and services that improve the quality of life. Since 1977, CARE of Southeastern Michigan has been a leader in substance use prevention and recovery services in Macomb County. An accredited and awardwinning behavioral health nonprofit rooted in the community, CARE provides real-life solutions from early childhood to adulthood so we can live healthier lives.

CARE of Southeastern Michigan is funded by Macomb County Community Mental Health Office of Substance Abuse, Macomb County school districts, state, federal and other private dollars.

Recipients of substance abuse services have rights protected by state and federal law and promulgated rules. For information contact CARE of Southeastern Michigan Recipient Rights Advisor 31900 Utica Road, Fraser, MI 48026, (586) 541-2273 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.



STUDENT ASSISTANCE



CARE invests in youth by working with the community, school personnel and parents to promote the healthy development and education of young people.





CARE's Student Assistance

- Does your child/student have difficulties at school or in other social settings?
- Have you noticed a change in your child's/student's behaviors and/or attitudes?
- Are you concerned that your child/ student may be using alcohol or other drugs?

CARE of Southeastern Michigan understands the struggles that families are facing today. Despite all efforts, when a family is in crisis because of substance use or social and emotional health concerns, there is a greater likelihood that a young person will experience difficulties. Student Assistance offers students and their families guidance and support.

Student Assistance Clinicians specialize in atrisk issues such as substance abuse and mental health problems. A qualified Clinician will conduct initial screenings and assessments to determine the extent of a student's problems and provide resources to best help the student and their family. Students and families will receive assistance in gaining access to the most appropriate service for their area of concern.

Youth and Family Programs

Visit www.careofsem.com for locations, times, and dates for all programs.

Peaceful Alternatives to Tough Situations (PATTS):

An educational series to help youth deal with their emotions in appropriate ways by understanding their own resources and developing their own plan of action with skills that really work!

* Parent participation required

Teen Intervene:

Power of Drugs and Alcohol is a series designed to provide education, support and guidance to teens that have experienced mild to moderate use of alcohol or other drugs. This program also offers parents and guardians the opportunity to learn healthy communication skills and the importance of establishing family rules regarding alcohol or other drug use.

* Parent participation required

Parent Education Classes:

A series for parents to discuss ways to understand behavior, build self-esteem, increase cooperation and provide discipline that teaches personal responsibility. Groups include early childhood (ages 0-5), school age (ages 6-12) and teens (ages 13-18). A book for the appropriate age group is required.



INDEPTH:

INDEPTH is the American Lung Association's Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health program. A forward-thinking alternative to suspension or citation for tobacco use, including e-cigarettes, INDEPTH addresses the teen vaping epidemic in a more supportive way. This interactive program teaches students about nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes. INDEPTH is led by a trained, CARE facilitator either one-on-one or in a group setting.

Camp CARE:

This program is offered for children/families who have been impacted by alcohol and other drugs by a loved one. Through small group discussions, children, youth and teens learn: You are not alone, identify and process feelings, how to be safe, celebrate themselves, how to handle peer pressure, conflict resolution, making healthy choices, and life skill building.

Teens Talking Truth:

T³ participates in social events, community service opportunities, and workshops that address the challenges of today's youth, with a primary focus on alcohol, tobacco and other drug prevention and a healthy teen lifestyle.
T³ also works to get rid of the myth that all teens require drugs or alcohol to have fun!



UCS Calming Room for Students

Students – Check out and explore the new Virtual Calming Room by UCS. Click the link below, and **then click on the Calming Room icon**. THANK YOU!

It has tons of ways to relax and de-stress before exams (and after):

*Coloring and creativity

*Guided meditation

*Puzzles and games

*Exercise

*Live animal cameras

*Visual relaxation

*Smartphone apps

*Sounds and music

*Mindfulness

*Yoga



UCS Calming Room - Utica Community Schools (uticak12.org)

Check out Monday Moments, COVID-19 Support Services, Macomb Food Program and more at: www.uticak12.org/UCS Wellness

UCS Wellness Podcast

The UCS Wellness team is happy to announce the 13th episode of our podcast series featuring Matt Cecil, Jeannette Junior High physical education teacher with host, Erin Chambers, Shelby Junior High physical education and health teacher. This two-part series will inform listeners how to increase their focus and decrease their stress. These podcasts are available on the UCS Wellness page. UCS Wellness - Utica Community Schools. The 13th podcast in the series is Managing Components of Biology.

Below is a list of the podcasts available on the Wellness page:

- Mental Health with guest, Nancy Buyle
- Grief and the Grieving Process for Children
- Family Communication
- CARE of Southeastern Michigan
- Discussing Dating Violence with Turning Point
- Tackling Tough Topics with the Macomb County Sheriff's Office
- Our Youth and Vaping
- Youth and Suicide Prevention
- The Detour Project
- Self-Regulation Strategies
- Teen Mental Health and Wellness
- Raising an Intuitive Eater
- Managing Components of Biology (two-part series)
- Raising an Intuitive Eater

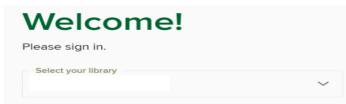
Virtual Library Card

Students and staff can access their Virtual Library account located on their ClassLink dashboard. The Virtual Library Card gives students access to digital resources from the local library and the virtual library card - Tutor.com provides online tutoring and homework help for students.



Student Virtual Library Card

- 1. Click on the Virtual Library Card icon from the ClassLink dashboard.
- 2. Select the library assigned to your homeschool



3. Enter in your Virtual Library Card number and pin

Virtual Library Card number = UCS followed by the Student PowerSchool Number

PIN = MMDD (birth month and birth day)



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7	

4. Click Sign in



Sterling Heights Library	Shelby Township Library	Utica Public Library	Clinton-Macomb Public Library	
Bemis	Beacon Tree	Eppler	Beck	
Browning	Crissman	Flickinger	Ebeling	
Burr	Duncan			
Collins	Eisenhower			
Davis	Malow			
DeKeyser	Monfort			
Dresden	Morgan			
Graebner	Roberts			
Harvey	Shelby			
Havel	Switzer			
Henry Ford II	Utica High			
Heritage	West Utica			
Jeannette	Wiley			
Messmore				
Oakbrook				
Plumbrook				
Schuchard				
Schwarzkoff				
Stevenson				
UAIS				
Utica Alternative Learning Center				
Virtual School (Elementary, Junior				
High, High School)				

PODCAST

FREE Online Tutoring

Do you need one-on-one help with your homework?

To access the free tutoring:

- On your ClassLink dashboard, select **Virtual Library Card Tutor.com** (the orange icon with the letter "t" on it).
 - You will need your PowerSchool number to log in. You can email your counselor to ask for your PowerSchool number (Marla.Ostrom@UticaK12.org or Autumn.Blanchard@UticaK12.org). To log in:
 - Barcode: ucs######### (ucs followed by PowerSchool number)
 - Your password is your 2-digit birth month and 2-digit birth day (example 0408 for April 8)
 - Choose GET A TUTOR NOW. If you want a short tutorial on how the site works, you can select Take the tour.



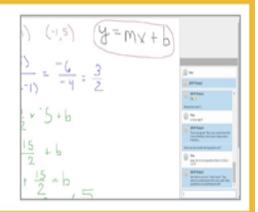
CONNECT WITH A TUTOR

Connect to a tutor quickly and easily. Select your topic, subject and grade level. Then, to get the best tutor for your problem, type out your question and, if you have a file or picture, attach it to your request.

02

CHAT WITH YOUR TUTOR

Use our online classroom to chat with your tutor and share your work on the whiteboard. You and the tutor can draw, type, paste images and use graph paper on the interactive whiteboard.



03

Virtual Library Card - Tutor.com

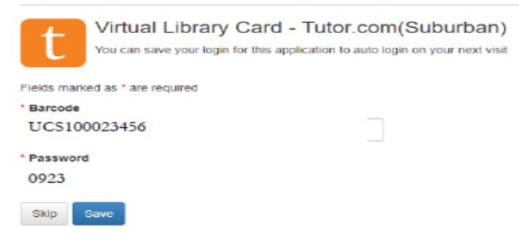
 Click on the Virtual Library Card Tutor.com icon from the ClassLink dashboard.



2. Enter in your Virtual Library Card Tutor.com number and pin

Virtual Library Card Tutor.com number = UCS followed by the Student PowerSchool Number PIN = MMDD (birth month and birth day)

Would you like to save your login?



4. Click Save

UCS Meals Are Nutritious And Delicious!

- UCS cafeterias offer a wide variety of different food choices to meet your student's needs
- We serve the same <u>brand named</u> products, like Tyson, Land-O-Lakes and Jennie-O, that you do you in your homes
- Meals follow federal guidelines for nutrition
- Meals include a variety of fresh fruit, vegetables, whole grains, low fat meat and dairy as well as low fat and fat free milk
- To qualify for free and reduced meals students must take at least 1/2 cup fruit or vegetable with a meal.
- Breakfast meals include up to 2 grains, up to 2 fruits and a milk. Must take at least 1/2 cup fruit or vegetable with 2 more items to qualify.
- Lunch meals include a grain, meat/meat alternate, vegetable, fruit & milk. Must take 3 out of 5 with one being 1/2 cup fruit or vegetable to qualify.
- We watch our saturated fat and sodium levels to help support our student's health needs
- Visit the Healthy Meals at School page to learn more about meal requirements

"Hey Alexa, what's for lunch?"

UCS's School Menus are digitally accessible on all devices as well as Amazon's Alexa!

<u>Customize</u>, <u>view and print all school menus by clicking here or</u>
<u>visiting https://uticak12.nutrislice.com</u>



All meals are free this year thanks to the Michigan School Meals law. Students that would like to be eligible for benefits, such as pay-to-participate sports, college entrance/AP testing fees, summer EBT cards and more need to complete the Eligibility Benefits Form or the School Meals and Summer EBT Form. These forms are available at https://utica.familyportal.cloud.

Allergens Form

We take food allergies and student safety very seriously. If your student has any food allergies, please have your physician fill out the MDE Dietary Needs Form and return it to the food service office. MDE Special Diet Form.

- 1- You must fill out a physician signed MDE Special Needs Accommodation form and send it to the Food Service office. Without this, we cannot make any accommodations. Please make sure to be specific with regards to the allergy (Example: all dairy or just fluid milk intolerance, etc.)
- 2-Because allergies can change, you MUST fill out a new form EVERY YEAR.
- 3- You must indicate to your child's school which days and which menu item you would like at least 48 hours in advance. We will not automatically have these available if we do not hear from parents in advance.
- 4-A vegetarian and nut free options are available every day, so please see the regular menu.
- 5-Juice or water are not acceptable substitutes per UŚDA guidelines. At this time, we have Kikkoman Soy milk as a substitute. You're welcome to send in your own milk with your child if they don't like it.
- 6-We will do the best we can to accommodate other requests but there may be some limitations. For questions, please call our food service office at 586-797-1180

Community Education



Art Box Studio-Drawing Grades 5th-8th

Strengthen drawing skills and challenge your creativity. A variety of media, such as, graphite, charcoal, ink and more will be introduced. Students encouraged to utilize self-expression. Develop an understanding of line, shape, value, form, perspective and composition. Beginner through Advanced and Returning students are welcome. Bring sketchbook and pencil.

Questions Contact:

communityedquestions@uticak12.org

or ArtBoxStudio4u@gmail.com www.ArtBoxStudioLLC.com

6071-F23A Tues. 9/26 - 10/24/23 Drawing @ Eppler Jr. High 6:00-7:30pm 6071-F23B Tues. 11/14 - 12/12/23 Drawing @ Eppler Jr. High 6:00-7:30pm Tuition: \$97 5wks. New Experience each session!!!



Register Online: ucscommunityeducation.ce.eleyo.com or 586-797-6900
UCS Community Education 38901 Dodge Park Sterling Heights, MI 48312

Community News

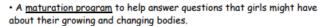
Macomb County



MUST REGISTER – SPACE LIMITED – VERY POPULAR!!

Just Around the Corner...for Girls 4th & 5th Grade

Girls and an important adult in their life are invited to attend...



- The session will cover <u>physical and emotional changes</u> that occur in girls during puberty, including menstruation.
- · A short video will be followed by a lively discussion session.

Local school districts usually present a maturation/reproductive health program for elementary students during their regular class time. This class is not intended to replace any current reproductive health programs, which may continue as always. The MISD is offering this class to those interested girls and their parent/guardian IN ADDITION to regular school programming.

Open to any adult in the community and any $4^{\rm th}$ and $5^{\rm th}$ -grade girl in the community

Where: VIRTUALLY ON ZOOM

When: Thursday, September 28, 2023 - Register <u>HERE</u>
Thursday, December 14, 2023 - Register <u>HERE</u>
Thursday, January 11, 2024 - Register <u>HERE</u>
Tuesday, March 16, 2024 - Register <u>HERE</u>



Time: 6 - 7:00pm (log in at 5:45pm)

MUST Register in advance for this meeting (fills up quickly)
Registration information can also be found on the MISD website: www.misd.net (lick course offering tab and search for 'Just Around the Corner')

After registering, you will receive a confirmation email. A few days before the class, you will receive a reminder and information about joining the meeting (Zoom link).

Contact Sara Orris with questions sorris@misd.net or 586.228.3460

Thank you staff, students and parents!! We had a fun and successful first week at Eppler.



In Case You Missed It

A huge thank you to our EPIC parent group for the Staff Lounge make over.

