

September 29, 2025



Eppler Express



Monday September 29	Thursday, October 2
<ul style="list-style-type: none">8/7 Volleyball @ Bemis 4:00 pmChess Club, 2:50—3:50 pm, Room 19College Gear Monday:	<ul style="list-style-type: none">Fire Drill 8:15 amJunior High Afternoon Conferences 12:00 – 4:00 pm Half-Day Dismissal at 10:57 am
Tuesday, September 30	Friday, October 3
<ul style="list-style-type: none">7/8 Football @ Anchor Bay West 4:30 pm (8th Grade ONLY)Homework Club, 2:55—3:55 pm, Media Center	<ul style="list-style-type: none">Fall Pep Assembly Main Gym 5th and 6th HoursAVID Bagel Sales, 2nd hour
Wednesday, October 1	Saturday, October 4
<ul style="list-style-type: none">Fall Count Day8/7 Volleyball v Shelby 4:00 pm	<ul style="list-style-type: none">Saturday School Media Center 9:00 am – 12:00 pm
	Sunday, October 5
	<ul style="list-style-type: none">None.

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](#)
- [Reward Programs](#)
- [Early Dismissals/Attendance.](#)

Important Websites and Resources:

- [Counseling Information](#)
- [UHS Athletics Boosters](#)
- [Eppler Website](#)
- [Eppler Express](#)
- [PaySchools](#)
- [Student Handbook](#)
- [UCS District Website](#)
- [Report Bullying](#)
- [PowerSchool Portal / Information](#)

Eppler Chieftain Code of Conduct:

Be Respectful,

Be Responsible,

Be Reasonable...

And above all, be kind to everyone!

Monday October 6	Thursday, October 9
<ul style="list-style-type: none"> Chess Club, 2:50—3:50 pm, Room 19 College Gear Monday: 8/7 Volleyball v Jeannette 4:00 pm 	<ul style="list-style-type: none"> Homework Club, 2:55—3:55 pm, Media Center Fall Bus Evacuation Drills As Buses Arrive in the Morning ESAB Meeting Room 136 3:00 – 4:00 pm
Tuesday, October 7	Friday, October 10
<ul style="list-style-type: none"> 8th Grade Future Focus Event Walsh 8:30 am – 12:00 pm 7/8 Football @ Jeannette 3:30 pm Junior High Evening Conferences 4:30 – 7:30 pm 	<ul style="list-style-type: none"> AVID Bagel Sales, 2nd hour
Wednesday, October 8	Saturday, October 11
<ul style="list-style-type: none"> 7/8 Volleyball Davis @ Eppler 4:00 pm NJHS Meeting, 2:50 pm - 3:05 pm, Room 20 	<ul style="list-style-type: none"> None.
	Sunday, October 12
	<ul style="list-style-type: none"> None.

[Click here](#) to view the 2025-2026 District Calendar

2025—2026 School Calendar Update

- Wednesday, September 17, 2025 No School; Teacher Full Day DPPD
- Wednesday, October 22, 2025 No School; Teacher Full Day DPPD
- Election Day Tuesday, November 4, 2025 No School; Teacher Virtual DPPD Day
- Thanksgiving Holiday No School Wednesday, November 26, 2025 – Friday, November 28, 2025
- Winter Holiday Break No School Monday, December 22, 2025 – Friday, January 2, 2026
- Wednesday, January 14, 2026 No School Teacher Full Day DPPD Day
- Monday, January 19, 2026 No School MLK, Jr. Holiday
- Mid-Winter Break No School Monday, February 16, 2026 – Friday, February 20, 2026
- Spring Break No School Monday, March 30, 2026 – Friday, April 3, 2026
- Memorial Day Holiday No School Friday, May 22, 2026 – Monday, May 25, 2026
- Last Day of School Wednesday, June 10, 2026

Vision and Mission Statements

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

Eppler Junior High School Mission Statement: Parents, students, teachers, and administrators will collaborate as a community to foster a safe and respectful learning environment that will promote independent critical thinking and problem solving.

WHAT'S NEXT FOR UCS? PROJECT PROPOSALS FOR EPPLER JUNIOR HIGH SCHOOL



SAFETY

PHASE 1: Projects in this phase will be scheduled for summer 2024 through 2026

- Create additional layers of security to limit access for exterior entry points at main entrance and corridors, such as shatter-resistant glass
- Replace drinking fountains with water bottle filling stations

SUCCESS

- Modernize school sign with digital technology

PHASES 2-5

- Upgrade network infrastructure
- Upgrade security systems (cameras and access control)
- Improve the track and bleachers

- Improve exterior façade and landscaping
- Upgrade the gym's lighting and audio system
- Improve the media center
- Renovate restrooms
- Upgrade power systems
- Upgrade interior and exterior lighting systems
- Purchase instructional technology equipment for classrooms
- Purchase computers for students and staff
- Purchase classroom furniture
- Purchase media center furniture

PROJECTS IN PROCESS/COMPLETED

- Replace interior door hardware to integrate improved locking system based on industry-level safety standards*
- Replace public address system*
- Upgrade HVAC system*

*Funded by 2018 bond issue

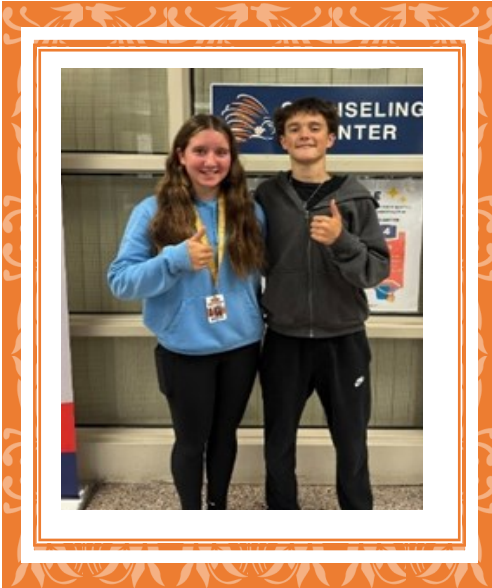


UTICA
COMMUNITY
SCHOOLS

WWW.UTICAK12.ORG/SAFETYANDSUCCESS

NEW Eppler Information

Childhood Cancer Awareness



Eppler Junior High School held a spirit week to raise awareness for childhood cancer, led by students Aaron and Cadence Eiberger with support from their mother, Tammie Fowler. The event was inspired by their younger brother, Beckett, who was diagnosed at the age of 3 with ATRT, a rare and aggressive brain cancer.

Students and staff participated in themed days like Pajama Day, Sports Jersey Day and Twin Day to show support. The week highlighted the importance of empathy, awareness and community, reminding everyone that childhood cancer affects the whole family—and that no one fights alone.

Read more: <https://bit.ly/4nfKvIU>

Yearbook

2025-2026 EPPLER JUNIOR HIGH SCHOOL YEARBOOK

Jostens

COUNTLESS AMAZING MEMORIES. ONE ICONIC YEARBOOK.

NOW \$40.00

That's a savings of \$8.00

Order by 09/12/2025



TO ORDER:

YEARBOOK	\$40.00
SIGNATURE PACKAGE <small>Includes: Yearbook, Enhanced Personalization, Autograph Pens, Autograph Section</small>	\$59.00
ENHANCED PERSONALIZATION	\$9.00
ICONS	FREE!
AUTOGRAPH SECTION	\$5.00
PHOTO POCKETS	\$5.00
DONATE A YEARBOOK	\$40.00
CLEAR PROTECTIVE COVER	\$5.00

SCORE FOUR FREE ICONS
WHEN YOU PERSONALIZE YOUR COVER



More icon options are available online.



Share your student's photos with the yearbook staff to be featured in the yearbook more.

1



Open your phone's camera and scan this code.

Or visit photos.jostens.com/upload

2

Upload your favorite photos from the year.

3

Tag students for the yearbook staff.

Flexible payment options are available at checkout. Taxes, service fees and delivery fees will be added, if applicable.

Year Long Eppler Information

Eppler Cell Phone/Device Policy

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 Tik Tok, Snapchat, Instagram, Facebook, and ALL others

During School Hours

Cell Phones/Electronic Devices/Earbuds/Headphones
CAN NOT be displayed or used anywhere in school without permission.

Cell Phones/Electronic Devices/Earbuds/Headphones
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.

1st time

Taken to Office

Phone call home. Student picks up phone from office, end of day.

2nd time

Taken to Office

Parent Must Pick Up Phone

3rd time

Taken to Office

Parent Must Pick Up Phone. After School Detention

4th time

Taken to Office

Parent Must Pick Up Phone
Saturday School

5th / + times

Taken to Office.

Parent Pick Up Phone.
Phone banned from School.
Suspension

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.

On September 3, 2025, we met with 7th, 8th, and 9th grade students to address the 2025-2026 Student and Parent Handbook. Below you will find a few key points that we went over with all the students. Everything that we addressed can be found in the UCS 2025-2026 Parent and Student Handbook.

A few key points:

- Students must have a pass when they leave the classroom.
- Students must have their IDs on and visible. (September 11, is picture make up day, everyone should have an ID after the 11th)
- Cell phones should not be used during instruction, lunch, or passing time. (Teacher discretion if cell phones needed for educational purposes) this includes earbuds and headphones.
- Big backpacks are not allowed in the classroom. (Especially 1st and 6th hour) Students need to be using their lockers and string backpacks.
- No food or drinks in the classroom or hallways. (water is allowed)
- Attendance-Regular attendance, being on time, and active participation in class contribute to student success. "Excessive absences" is defined as more than 10 in a semester. Please review the Attendance policy with your student.
- Dress code (Students' dress must not disrupt the educational process, interfere with the maintenance of a positive teaching/learning climate, or compromise reasonable standards of health, safety, and decency)



2025—2026 Attendance Information

Regular attendance and active participation in class are integral parts of a student's total education. Students can achieve educational benefits only through regular class attendance and a serious commitment to an educational program.

During the 2025-2026 school year Eppler Administration will be sending text messages and emails to parents/guardians about their student's attendance. Messages and emails may have a number or email address that you do not recognize. If the messages are about attendance and mention your student, it was sent to you by Eppler Administration.

Together, we know that strong attendance leads to stronger learning. When schools and families partner to make daily attendance a priority, students are better prepared to succeed—both in the classroom and beyond.





EPPLER JUNIOR HIGH SCHOOL **DAILY SCHEDULE**

1ST HOUR 7:55 – 8:53 AM

2ND HOUR 8:59 -9:55 AM

3RD HOUR 10:01 – 10:57 AM

4TH HOUR 11:03 – 12:42 PM

A Lunch 11:03 – 11:34 Lunch

11:40 – 12:42 Class

B Lunch 11:03 – 11:34 Class

11:40 – 12:05 Lunch

12:11 – 12:42 Class

C Lunch 11:03 – 12:05 Class

12:11 – 12:42 Lunch

5TH HOUR 12:48 – 1:44 PM

6TH HOUR 1:50 – 2:46 PM

Doors will open at 7:30 am for breakfast. First bell rings at 7:45 AM.

EXAM DAY SCHEDULE

1ST EXAM 7:55 – 9:23 AM

2ND EXAM 9:29 – 10:57 AM

BE PROMPT!



BACKPACK

expectations for 2025-2026

ATTENTION

PLEASE



Students will NO LONGER be able to carry their large backpacks during the school day from class to class.

Backpacks have become a safety issue in both our hallways and classrooms.

Large backpacks MUST remain in student lockers during the school day.



Students may carry a drawstring tote. These hold a maximum of two books and/or the student's assigned laptop, and can hang on the back of student chairs. Nylon drawstring totes will be available for purchase in The Chieftain Corner Store, or can be purchased at local retailers.



Eppler Jr. High

ID Badge Requirements

(directly from the handbook)



EVERY student must WEAR his or her student ID while on school grounds.

- Student IDs must be worn and visible at all times.
- Student ID must be presented to any school staff member or person of authority upon request.
- The front and back of the ID cannot be altered. Defacing or altering the student ID is prohibited.
- Wearing another student's ID card is prohibited.
- Lost, stolen, altered, damaged, and/or defaced ID cards must be replaced immediately.

Students who fail to adhere to the above are subject to an after school detention and replacement fee.

\$5 ID REPLACEMENT for lost/broken IDs

3 times without ID = detention

6 times without ID = automatic \$5 ID replacement & Saturday School

If you are caught not wearing your badge in school 6 or more times, another badge will automatically be printed, and a \$5 fee will be placed on your student account to be paid. **(EVEN IF YOU ALREADY HAVE A BADGE)**

****Students who are insubordinate or persistently disobedient are subject to further school consequences.**

BAGELS

Plain Bagel
Everything Bagel
Cinnamon Sugar Bagel
Cream Cheese \$0.50



\$1.50

BAGEL SALE

FRIDAYS

BROUGHT TO YOU BY

AVID

Lunch Deliveries : REMINDER



Food Deliveries: Food that is delivered by a service such as Door Dash or Grub Hub will not be permitted at Eppler. due to school safety concerns and the disruption to the school day, we cannot accommodate such deliveries. we ask that all students bring their own lunch or buy a lunch from the cafeteria. If a student forgets their lunch, they may borrow against their lunch account in the cafeteria, or a parent may drop off a lunch for their student. However, if the food dropped off is from a restaurant, the student will be asked to eat it in the Main Office during their 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 7:55

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 2025-2026 school year.

[UCS Handbook](#)

Lost and Found

Please stop in the Counseling Hallway to check out the selection of Lost and Found items.

All unclaimed items will be donated to a local re-sale shop on December 19th.



School Safety

Safety remains a priority for our school. Eppler Junior High School is once again providing training to our students and staff on our safety protocols. The protocols identify actions that students may be asked to take in the event of a potential incident: hold, secure, lockdown, evacuate and shelter.

The protocols will continue to be part of the training while practicing our regular school safety drills, such as fire drills, security drills, tornado drills, evacuation procedures, etc.)

The video is available for you to review at this link: [UCS School Safety: Standard Response Protocol – Junior High - YouTube](#) If you have any questions, please contact our office.



Early Dismissal Procedures

We have a new process for early dismissals. When you arrive at Eppler please ring the bell at our Main Office door, let us know your student's name, show your id to the camera and we will let you in to our vestibule. With your cell phone please scan the QR code on the red "Scan For Early Dismissal" poster on the wall, type in the information requested, and we will call your student down to leave with you.

STUDENTS: You must come through the front office to exit the school.

How to Report an Absence

- When a student is going to be absent, parents/guardians should report the absence before the school day begins. Calls to the attendance line can be made 24 hours a day, seven days a week. The Shelby Attendance Line is **586-797-2799**. Absences will be input to PowerSchool by 4:00 pm on the date of the absence.
- Per UCS policy, the following reasons for an absence will be accepted as an excused absence; student illness, hospitalization, doctor ordered bed rest, mandatory court appearance, death in the immediate family, family vacation, medical appointments and administrative permission. **All other absences will be unexcused.**

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"

PowerSchool/Text Messaging Service / Schoology

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>

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 questions.

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.



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 SCHOOLGY

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-xxxx** format
4. 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.

Eppler & Utica Athletics

UHS Athletic Event Policy

Utica Athletic Event Admissions Policy

1. All students (home and visitor) must present a school ID for entrance to the game.
2. Only students from the competing schools shall be admitted without adult supervision.
3. All junior high / middle school students must present a school ID AND be supervised by an adult. The adult must attend the event with the student and may not leave the student unsupervised.
4. Tickets are available for presale on GoFan. Tickets may also be purchased at the gate using a credit card or cash.
5. All senior citizens (62+) and children under 12 (with an adult) are admitted free of charge.
6. All patrons must remain in the stands or concourse area. Only team and athletic department personnel are allowed on the sidelines.

Eppler Athletic Event Policy

All students **MUST** present a school ID for entrance to the event and will only be admitted with adult supervision. The adult **MUST** attend the event with the student and may not leave the student unsupervised.

Between the end of the school day and the start of the event, any student attending the event **MUST** either wait outside or in the gym.

Cross Country News!

“Wednesday, at the MAC Red Division Championship at Dakota HS both teams were victorious and came home finishing in 1st and all of the athletes ran their personal best of the season.

On the girls side Claire Cubitt took 1st by over a minute at 11:52.10 and breaking 6 min per mile. Follow by All Conference Naomi Brown 5th, Adalynn Mrak 8th, Salina Patel 10th, and Isabella Suratt 16th. With the help of Navya Hariharan, the team finished 1st place win with 40 points and beating second place by 44 points.

On the boys side they chalked up their 3rd 1st place finishes of the season with 25 points and beating second place by 23 points. With Nicky Lount 3rd, Bennett Roeske 4th, Austin Tow 5th, Rudy Roeske 6th, Charlie Nowicki 7th and Liam Alter 21st to round out the All-Conference medalist. With the help of teammates Marco Vittorini, Marco Ristau, AJ Palczewski, and Isaak McCullough. “

7/8 Football**7th & 8th GRADE FOOTBALL****2025***Game Times: 1st game @ 3:30 pm, 2nd game to follow***Tuesday, September 16**

Malow @ Fraser
 Shelby @ Bemis
 New Haven @ Eppler (8th
Grade game only @ 3:30pm)
 Jeannette @ Davis

Tuesday, September 23

7th Grade Only vs L'Anse
 Creuse S. @ Bemis Jr.
 High 3:30 pm (7th Grade
 ONLY)

Tuesday, September 30

8th Grade ONLY vs An-
 chor Bay South (@ An-
 chor Bay South) 4:30
 start

Tuesday, October 7

Iroquois @ Malow
 Shelby @ Romeo
 Bemis @ L'Anse Creuse North
 Eppler @ Jeannette
 Algonquin @ Davis

Tuesday, October 14

Romeo @ Malow
 Seneca @ Shelby
 L. Creuse Central @ Bemis
 L. Creuse South @ Eppler
 Davis @ New Haven (8th Grade
only @ 3:30pm)
 Davis @ Jeannette (7th Grade
only @ 3:30pm)

Tuesday, October 21

Malow @ Shelby
 Bemis @ Wyandot
 Algonquin @ Eppler
 Jeannette @ L. Creuse South
 Bye - Davis

Tuesday, October 28

Eppler @ Davis
 Jeannette @ Anchor Bay W
 Bye - Malow, Shelby, Bemis

*****All games listed @ Eppler will be played at
 Henry Ford II HS.***

7/8 Volleyball

**7th & 8th Grade
 Volleyball
 Fall - 2025**

Game Time: 4:00 - 1st game, 2nd to follow*September 22 – October 6: 8th grade game followed by the 7th grade game**October 8 – October 22: 7th grade game followed by the 8th grade game**October 27 & 29 games TBD***Monday, September 22**

Jeannette @ Shelby
 Malow @ Bemis
 Eppler @ Davis

Wednesday, September 24

Bemis @ Jeannette
 Eppler @ Malow
 Davis @ Shelby

Monday, September 29

Shelby @ Malow
 Eppler @ Bemis
 Davis @ Jeannette

Wednesday, October 1

Bemis @ Davis
 Shelby @ Eppler
 Malow @ Jeannette

Monday, October 6

Jeannette @ Eppler
 Bemis @ Shelby
 Malow @ Davis

Wednesday, October 8

Shelby @ Jeannette
 Davis @ Eppler
 Bemis @ Malow

Monday, October 13

Jeannette @ Bemis
 Malow @ Eppler
 Shelby @ Davis

Wednesday, October 15

Malow @ Shelby
 Bemis @ Eppler
 Jeannette @ Davis

Monday, October 20

Davis @ Bemis
 Eppler @ Shelby
 Jeannette @ Malow

Thursday, October 23**Wednesday, October 22**

Eppler @ Jeannette
 Shelby @ Bemis
 Davis @ Malow

Monday, October 27

Schedule TBD

Wednesday, October 29

Schedule TBD

UTICA-FRASER UNIFIED
VARSITY HOCKEY



PROGRAM OUTLINE

AUGUST 2024

The Utica-Fraser Varsity Hockey program operates on a meticulously planned 12-month schedule designed to optimize player development, team cohesion, and competitive performance. The program is divided into four seasons: Spring, Summer, Fall, and Varsity.

Throughout the comprehensive 12-month program of Utica-Fraser Varsity Hockey, players undergo rigorous training and competitive play to optimize their skills and performance on the ice. With approximately 96 practices, spanning from skill refinement sessions to strategic drills, athletes are finely tuned for success. Complementing these practices are roughly 32 strength and conditioning workouts, ensuring players maintain peak physical condition year-round. Across approximately 63 games, players have ample opportunities to apply their training in real-game scenarios, honing their abilities and fostering team cohesion. This holistic approach to player development underscores the program's commitment to excellence, teamwork, and continuous improvement, laying the groundwork for success both on and off the ice.



VARSITY SEASON: NOVEMBER - FEBRUARY

The Varsity season (November-February/Early March) marks the pinnacle of the program, characterized by intense training, rigorous competition, and a focus on achieving success on the ice. With three practices per week and weekly strength and conditioning workouts, players undergo comprehensive preparation to excel in the 27-game regular season and playoffs.

In addition to on-ice performance, the Varsity season incorporates off-ice activities such as fundraisers, charity events, and community engagements, fostering team bonding and instilling values of sportsmanship and giving back to the community.

Throughout the year, the coaching staff works closely with players to assess individual progress, set goals, and provide guidance for improvement. The program's holistic approach to player development ensures that athletes not only excel on the ice but also grow as individuals, embodying the principles of teamwork, discipline, and perseverance.

SEASONS

SPRING - APRIL & MAY

During the Spring season, the team welcomes new players interested in joining the Utica-Fraser Family. Our spring program focuses on maintaining player fitness and skill development through weekly practice sessions and team workouts. Approximately 8 games are scheduled during this time, providing opportunities for players to apply their skills in a competitive setting and build team chemistry.

Spring hockey is coached by our off-season coaching staff, who has been involved with the program for that last several years. This gives us a smooth transition as we progress from season to season.

SUMMER - JUNE & JULY

As the Summer season unfolds, the intensity ramps up with bi-weekly practices and twice-weekly strength and conditioning workouts. Up to 15 games are played during this period, allowing coaches to assess player progress and team dynamics while continuing to refine skills and tactics.

Summer hockey is coached by the varsity coaching staff - Evan Gizinski, Steve Erwin and Jake Gammicchia.

FALL - SEPTEMBER & OCTOBER

Heading into the Fall season, the team increases practice frequency to three or more sessions per week. With a greater emphasis on game preparation and competition, more games are played than in other seasons. This period serves as a critical ramp-up for the upcoming varsity season, with players competing for roster spots and honing their skills for the challenges ahead. Players will receive personalized Utica-Fraser Unified jerseys for the fall hockey season.

Fall hockey is coached by our off-season coaching staff. Once again, ensuring a smooth transition throughout seasons so our program is always moving in the same direction.

UTICA-FRASER HOCKEY

FREQUENTLY
ASKED QUESTIONS

August 2024



WHAT ARE THE FINANCIAL EXPECTATIONS



Utica-Fraser Varsity Hockey's 12-month program stands out as one of the most affordable high school hockey options, priced at around \$4,000. The program offers comprehensive training and competition, including approximately 96 practices, 32 strength and conditioning workouts, and 63 games over the 12 months. With a focus on skill refinement, strategic drills, and physical conditioning, players are primed for success on and off the ice. From intense Varsity season playoffs to community engagements and charity events, athletes develop both as skilled players and disciplined individuals that will prepare them for the next chapter of their lives.

WHERE ARE THEY NOW?

Since 2018, the Program has moved on alumni that have achieved remarkable success, advancing to higher levels of play and institutions. Many have transitioned to collegiate hockey, joining esteemed programs such as Oakland University, Rochester College, Northern Michigan, Michigan State University, Adrian College, Cleary University, and University of Michigan Dearborn. Others have pursued opportunities with elite junior teams like the Metro Jets and Motor City Gamblers. The program's impact extends beyond the ice, fostering lasting connections among alumni who return to participate in the annual alumni game over Christmas break. These achievements reflect the program's commitment to developing not only skilled athletes but also successful individuals.



WHY UTICA-FRASER HOCKEY?

As a part of the Utica-Fraser Unified program, players are a part of more than just a hockey team. By uniting athletes on the same team, the program creates a supportive environment where everyone can thrive. Through shared experiences on ice or in the locker room, participants develop lifelong friendships, build self-confidence, and learn valuable lessons in teamwork and discipline.

Wearing the Utica-Fraser crest symbolizes pride, unity, and a commitment to upholding the values of sportsmanship, excellence, and teamwork both on and off the ice.

Utica-Fraser Varsity Hockey is deeply committed to giving back to the community, partnering with organizations like The Rainbow Connection, Wounded Warrior Project, Michigan Flyers, The Refuge, Cancer Awareness, Operation Believe, and many others. Through fundraisers, charity events, and volunteer initiatives, players actively support causes that make a difference in the lives of others. From hosting awareness campaigns to participating in fundraisers, the team exemplifies the values of compassion and community involvement.

Our dedication and commitment to giving our players life-lasting memories is what separates high school hockey from other youth leagues.

Eppler Clubs & Organizations

Homework Club

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 2:55 PM to 3:55 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 2:55 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 3:55 PM. Students will need to sign in each day that they participate. Students need to arrange for their own transportation home. *Supervision will not be available after 4:00 PM.*

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) _____, grade _____, has my permission to participate in Homework Club. I understand that it is my responsibility to provide transportation for my child at the end of the session. **My child understands that it is his/ her responsibility to arrive on time, to bring all necessary materials to the Media Center, and to be prepared to work.** My child also understands that Eppler Junior High school rules apply and will be enforced. Misbehavior can lead to dismissal from being a participant in the Homework Club. Students will sign in, and if I ever want to verify my student's attendance, I will contact my child's school counselor.

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____

Eppler Chess Club



The Eppler Elephants will be stomping the competition again this year!! Coach Marwan and Coach Alex are holding the first Chess Club meeting 09/15/25 from 2:50—3:50 pm, Room 19.

Stop by room 19 to get your permission slip today.

Eppler Parent Involvement Committee (EPIC)

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

Tuesday, September 23	Wednesday, February 25
Tuesday, October 21	Thursday, March 19
Tuesday, November 11	Tuesday, April 21
Wednesday, December 10	Tuesday, May 19
Wednesday, January 21	

9th Grade NJHS Members

MANDATORY MEETINGS: Meetings are from 2:55—3:25 pm (may end earlier) Please make sure you have a ride or plan to get home. If you have practice, you should discuss this with your coach as they usually let you arrive late. If you are at IB or UHSAA, you should get to Eppler as soon as possible. If there is a game or practice that cannot be missed, you need to discuss this with me PRIOR to the meeting. If you miss 2 meetings, you may be removed from NJHS. If you have a doctor appointment or a prior

Wednesday, September 10	Wednesday, February 11
Wednesday, October 8	Wednesday, March 11
Wednesday, November 12	Wednesday, April 8
Wednesday, December 10	Tuesday, May 13
Wednesday, January 14	

ESAB

Meetings will be from 3:00—4:00 pm, Room 136



Thursday, October 9
Tuesday, December 9
Tuesday, February 10
Tuesday, April 7



Applications will be available beginning Monday, September 8

Student Council

- ◇ Student Council Meeting Dates (subject to change)
- ◇ Meetings will be held in the Media Center at 7:00 am.
- ◇ Bring your Stu Co folder, pencil/pen.
- ◇ Meetings are MANDATORY. If you can not attend, let Mrs. Raupp or Mrs. Grammatico know you will be absent PRIOR to the meeting.

Tuesday, September 23	Tuesday, February 24
Tuesday, October 7	Tuesday, March 10
Tuesday, October 21	Tuesday, March 24
Tuesday, November 11	Tuesday, April 7
Tuesday December 2	Tuesday, April 21
Tuesday, January 13	Tuesday, May 5
Tuesday, January 27	Tuesday, May 19



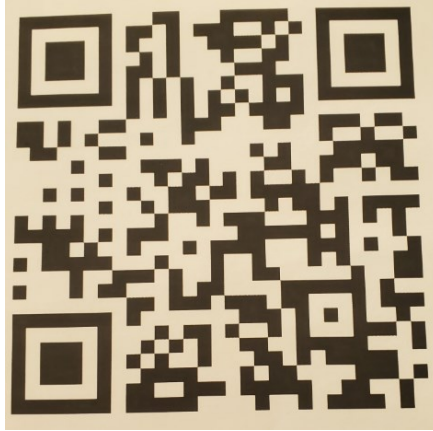
S.T.A.T.I.C.

Students Taking Action in Christ (STATIC) will be meeting October 23.
Meetings will be held in room 136 after school from 2:55-3:45. All students are welcome.
More meeting dates will be posted after the first meeting.

Have you heard of FIRST? Maybe Lego Robotics? Have you wanted to participate in the past but didn't know how to get started? Here is your chance to be a part of the 2025 season. At the junior high school level, the robotics program is First Tech Challenge (FTC). We have had FTC Robotics teams at Eppler previously and would like to rekindle the flame and establish a new team.

Parents, please register your interested child by scanning the accompanying QR code and completing the registration survey. Please know that teams are not just out there to be joined; they must be built by people like you. We can help with robots, tips and even a support hub to practice with mentors. We need coaches like you to support, encourage and organize. The students will do the rest. No engineering or computer science degrees are necessary.

Scan the QR code for info.





Utica Community Schools
Instrumental Music
Department
Proudly Presents

BAND-A-RAMA 2025

7:00 p.m. on Sunday, October 5 at Runkel
Field, 39701 Dodge Park Road, Sterling
Heights, MI 48313.

Falcon Marching Band – "Come Out and Play"
Chieftain Marching Band – "A Night at the Oscars"
Eagle Marching Band – "Heartbeats in Harmony"
Titan Marching Band – "In the Groove"

**Tickets are \$5 for adults and high school
students with junior high school and younger
students having free admission. Tickets are
available at the entrance and go towards
music scholarships for band students.**



UTICA
COMMUNITY
SCHOOLS

MISD NEWS

Upcoming information to follow.

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 Suicide 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

Poison 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 award-winning 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 at-risk 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!



Care Solace

If you or a family member are looking for help with mental health or substance use, Care Solace can help you quickly find treatment options matched to your needs regardless of the circumstance. Care Solace is a complimentary and confidential service provided to students, staff, and their families by Utica Community Schools.

The Care Solace team is available 24/7/365 and can support you in any language.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 (available 24/7/365)
- Search on your own OR click “Book Appointment” for assistance by video chat, email, or phone via caresolace.com/Utica.

Disclaimer:

Information on individual treatment providers was gathered by Care Solace based on criteria such as geographic proximity, whether the provider accepts the authorized user’s insurance, and whether the provider is accepting new patients. The school district does not recommend, endorse, promote, or refer to any of the individual treatment providers.

UCS Wellness

Utica Community Schools works to support the physical, mental and social-emotional development of all students. Our wellness pages contain a variety of resources for students, teachers, staff, parents and community members. Check out the UCS Virtual Calming Room, Wellness Podcast and Monday Moments, and more at: www.uticak12.org/UCS_Wellness



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**.

The screenshot shows the Tutor.com homepage. At the top, there are navigation links: "Get a Tutor or Career Coach!", "24/7 Essay Drop Off", "Drop-Off Algebra Help", and "Practice Quiz". Below this is a "Hi Test!" greeting. The main section is titled "What do you need help with today?". It features a "Topic" dropdown menu with options like Math, Science, English, Social Studies, Accounting, and more. A "Subject" dropdown menu is also present. A green "CONNECT WITH A TUTOR" button is at the bottom of the form.

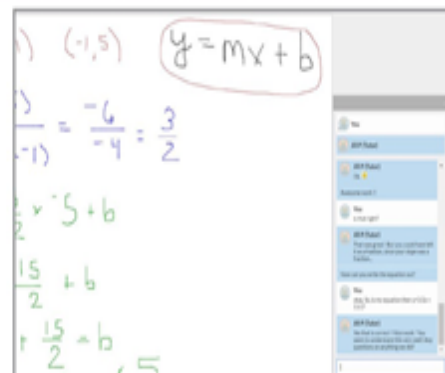
CONNECT WITH A TUTOR

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

UCS Food Service

UCS Food and Nutrition

- UCS is continuing the free school meals program through the early fall of 2025 while the State of Michigan works to adopt a budget by the September 30th deadline.
- All UCS families are asked to complete the *Education Benefits form* [Here](#) - enter "Utica Community Schools" and follow the prompts. These forms help maintain our Title 1 funding as well as other essential funding for our schools. It can also help reduce fees for pay-to-play sports, lower internet costs, reduced AP/college application fees and more!

More information regarding your student's cafeteria account can be found by clicking [HERE](#).

UCS Food and Nutrition

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 brand named 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

Menus can still be found online at <https://uticak12.nutrislice.com>

7th Grade Mixer



MS. SHAKESPEARES' FIELDTRIP LEGASEA AQUARIUM



SCIENCE



MS. ABBOTT'S SCIENTISTS NAILED THE PRINGLE RING CHALLENGE!

MS. ABBOTT'S 7TH AND 8TH GRADE SCIENTISTS CRUNCHED THE NUMBERS - AND THE CHIPS - IN THE PRINGLE RING CHALLENGE! USING ONLY PRINGLES, TEAMWORK, AND LOTS OF PATIENCE, STUDENTS WORKED TOGETHER TO BUILD GRAVITY-DEFYING RINGS. IT WAS ALL ABOUT ENGINEERING, PERSISTENCE, AND COLLABORATION. SCIENTISTS DISCOVERED HOW ESTIMATION, BALANCE, FRICTION, AND STRUCTURAL DESIGN COME INTO PLAY WHEN TRYING TO STACK PRINGLES INTO A COMPLETE RING. THERE WERE PLENTY OF GIGGLES, CREATIVE THINKING, A FEW "CHIP-TASTROPHES," AND BIG CELEBRATIONS WHEN THE RINGS FINALLY STOOD TALL. THE PRIDE ON THEIR FACES WAS PRICELESS - SCIENCE HAS NEVER BEEN SO SNACKTACULAR! A BIG "THANK YOU" TO ALL THE PARENTS WHO SENT IN PRINGLES AND MADE THIS FUN, HANDS-ON ACTIVITY POSSIBLE.





Spirit Week was an absolute blast, filled with a variety of exciting and creative activities that brought everyone together. The highlight for many was the visit from the ice cream truck, offering a sweet treat that added a delightful twist to the festivities. "Anything But a Backpack Day" sparked creativity and laughter, as students brought their books and supplies in everything from laundry baskets to shopping carts, showcasing their inventiveness. Hawaiian Day transformed the school into a tropical paradise, with students donning colorful leis and floral shirts that spread a laid-back island vibe. To top it off, Red, White, and Blue Day fostered a sense of unity and patriotism as everyone dressed in the vibrant colors of the flag, celebrating in spirited style. Overall, Spirit Week was a memorable experience that highlighted the community's enthusiasm and creativity.



Eppler Junior High – Go Gold Week

Childhood Cancer Awareness Week

September 22-26

Monday: Put Cancer to Bed

Wear comfy clothes or pajama pants today to put cancer to bed!

Tuesday – Sports Jersey Day

Wear your favorite sports jersey or school team gear to cheer on all the fighters.

Wednesday – Hat & Hoodie Day

Wear your coolest hat or hoodie for awareness.

Thursday – Twin Day

Dress alike with your best friend to show that no one fights alone.

Friday – Gold Out Pep Day

Rock gold socks, gold beads, gold t-shirts to show your support for Childhood Cancer Awareness

Stop by the office to get a gold ribbon to wear from Wreck-it like Beckett!

Eppler Goes Gold for Childhood Cancer Awareness

Join us in supporting warriors, survivors, and families in our community through
“Wreck-it like Beckett”.

Beckett’s Warriors/Wreck-it like Beckett T-shirt’s will be for sale all week for \$20!



This year, Eppler Junior High is proud to recognize **Childhood Cancer Awareness Week, September 22-26**, a time to honor children and families who face the difficult journey of pediatric cancer.

Our very own **Aaron and Cadence Eiberger** will serve as student ambassadors for this important week. Childhood cancer awareness is very close to their hearts, as their younger brother Beckett was diagnosed with ATRT, a rare and aggressive brain cancer, just after his third birthday. Beckett endured 2 brain surgeries, 30 rounds of radiation, and 5 months of chemotherapy at St. Jude Children’s Research Hospital. Through it all, he showed incredible strength, courage, and resilience – and today, he continues to inspire those around him.

For Aaron and Cadence, this journey has been life changing. Siblings of children with cancer often carry unseen burdens – worrying if their brother or sister will be here in the weeks and months ahead, taking on added responsibilities at home, and navigating the emotional strain that comes with uncertainty. It’s a reminder that cancer affects the whole family, not just the child in treatment. By highlighting their role as ambassadors this week, we honor not only Beckett’s fight but also the strength and resilience of his siblings.

As a family, the Eiberger/Fowler household has turned their experience into advocacy, creating the nonprofit, **Wreck-it Like Beckett**, which provides support and hope to families walking through childhood cancer. By sharing their story, Aaron and Cadence remind us all of the importance of awareness, compassion, and coming together as a community.

As a school community, we invite everyone to participate, learn, and stand united in awareness. By going gold and engaging in these themes, we might shine a light on the reality of childhood cancer, support those impacted, and remind families that they are not alone.