

Eppler Express

| Monday, May 22 | Thursday, May 25 |
|---|---|
| Chess Club Meeting 3:00 - 4:00 pm Media Center | Homework Club, Media Center @ 2:55 - 3:55 pm Chieftain of the Month 11:45 am - 12:45 pm, Room 106 AVID Field Day 5th and 6th Hour |
| Tuesday, May 23 | Friday, May 26 |
| Homework Club, Media Center @ 2:55-3:55 pm 6th grade visit 7th & 8th grade track vs. Shelby @ 4:00 (Swinehart, Utica) | Student Council Spirit Day: Red, White & Blue Day |
| Wednesday May 24 | Saturday, May 27 |
| Spring Drama Presentation Drama Room 7:00 pm | • None |
| EPIC Meeting Media Center Con- ference Room 9:05 am - 10:00am | Sunday, May 28 |
| | • 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 / Naviance
- Reward Programs

Important Websites and Resources:

- Counseling Information
- UHS Athletics Boosters
- Eppler Website
- Eppler Express
- PaySchools
- Student Handbook
- UCS District Website
- Report Bullying
- <u>PowerSchool Portal</u> / <u>Information</u>
- 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
- 4. To receive the 12-digit code, please contact the Main
- 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.

Build Your Future Booklet

The vision of Utica Community Schools is to empower our students to transform their lives and their futures. We do this by providing students with the quality options that are designed around their interests and career goals. Central to these options is our Career and Technical Education (CTE) programs.

Your $8^{th} - 12^{th}$ grade student will shortly come home with the book Build Your Future, The Complete Guide to A Skilled Trades Career. This book was provided through a State of Michigan legislative funding appropriation and with the help of the Skilled to Build Michigan Foundation.

This guidebook examines the 10 biggest myths surrounding the trades as well as outlines earning potential and provides information on what careers in these trades might look like. Please take the time to sit down with your student and review this guidebook, talk about the opportunity in skilled trades, and the value of CTE.

Given the wide range of our programs, we encourage students to consider coursework that will make them stand out on their college or job applications. CTE is one of those key areas as it benefits every career field.

If you have questions about CTE courses available through Utica Community Schools, please reach out to your child's guidance

Summer Learning

Dear Eppler Parent/Guardians,

Below is a link to all of the summer learning programs offered to all Utica Community School students. Take a few moments to explore the different options available including credit forward, credit recovery, and enrichment courses. <u>All programs are FREE this summer!</u> In addition, breakfast, lunch, and transportation will be provided to students attending in-person courses. All registrations must be done online. Please email your student's counselor if you have any questions.

Mrs. Raupp A-K, <u>April.Raupp@UticaK12.org</u> Mrs. Blanchard L-Z, <u>Autumn.Blanchard@UticaK12.org</u>

Summer Programs / Summer Learning (uticak12.org)



EPPLER JUNIOR HIGH SCHOOL DAILY SCHEDULE

1ST HOUR 8:00 – 8:58

2ND HOUR 9:04 - 10:00

3RD HOUR 10:06 - 11:02

4TH HOUR 11:08 – 12:47

A Lunch 11:08 – 11:39 Lunch

11:45 - 12:47 Class

B Lunch 11:08 – 11:39 Class

11:45 - 12:10 Lunch

12:16 - 12:47 Class

C Lunch 11:08 – 12:10 Class

12:16 - 12:47 Lunch

5TH HOUR 12:53 – 1:49

6TH HOUR 1:55 – 2:51

EXAM DAY SCHEDULE

1ST EXAM 8:00 – 9:28 2ND EXAM 9:34 – 11:02

BE PROMPT!



HALF—DAY

Dismissal @ 11:02 AM

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 ——— 3 rd Time ——— 4 th 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

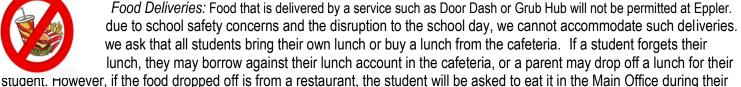
15 TIMES WITHOUT ID = \$5 REPLACEMENT & SUSPENSION

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 8:00am

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 2022-2023 school year. Please note that there are separate handbooks for Grades 7-8, and Grades 9-12. Please see the updated attendance policies on pages 3-6 in the Grades 7-8 Handbook, and pages 2-7 in the Grades 9-12 Handbook.

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. All items not picked up by June 9th will be donated to a local charity resale store.



NWEA Winter Progress Reports

Dear Parents,

Winter NWEA MAP Growth student progress reports are now available on your parent PowerSchool Account at this link: https://ps.ucs.misd.net/public/home.html.

Attached are directions on how to access and download the file. The file can only be accessed through a web browser, such as Edge, Chrome or Safari. Please note that the link is not available through the App.

If you have any questions about this report, please contact your student's teacher.

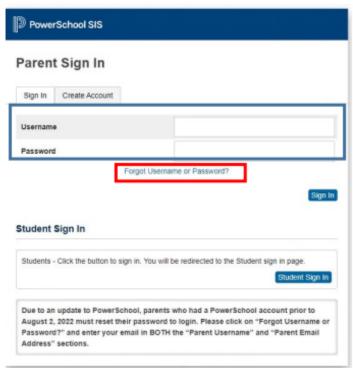


HOW TO ACCESS NWEA STUDENT PROGRESS REPORTS USING THE PARENT POWERSCHOOL WEB BROWSER ACCOUNT

NWEA Student Progress Reports are only available when accessing your Parent PowerSchool account in a web browser, such as, Google Chrome, Windows Edge, or Safari (desktop or mobile). Report Cards are not available in the Parent PowerSchool App.

 To view your student(s) report, access the Parent PowerSchool account website: https://ps.ucs.misd.net/public and login using your username and password. https://ps.ucs.misd.net/public and login using your username and password.

If you forgot your username or password, click on Forgot Username or Password? to retrieve your login credentials.



 If you do not have a Parent PowerSchool account, click on the link below to access the directions for creating an account. https://www.uticak12.org/Page/994

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!

School Store



Show Your School Spirit



Eppler hoodies are back in stock

They say Chieftains across the front, so they can also represent Utica High in the future! Cost is \$28 for adult small through extra large. There will also be a limited amount of 2xl and 3xl available for \$30. **We also have embroidered Chieftain socks in orange or black**. We are running a special on the socks for just \$10! You can choose orange or black.

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 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 9:05 am – 10:00 am. We look forward to seeing you!

Monday, September 26 @ 9:05 am Tuesday, October 25 @ 9:05 am Tuesday, November 15 @ 9:05 am Monday, December 12 @ 9:05 am Tuesday, January 24 @ 9:05 am

Monday, February 27 @ 9:05 am
Wednesday, March 22 @ 9:05 am
Tuesday, April 25 @ 9:05 am
Wednesday, May 24 @ 9:05 am

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

Utica Athletic Boosters

Utica Athletic Boosters- Blanket Order Form

Please complete the form below to order a 60-inch by 80-inch soft, plush double sided Utica High School Blanket. Cost per blanket is \$60.00. Blankets must be paid for in advance. <u>Order window will be open until</u>

May 31st. Blankets will take 6-8 weeks to come. Pick up dates will be set once the blankets are in or can make individual arrangements for pick up/drop off.

Payment can be made by check made out Utica Athletic Boosters and mailed to Utica High School 47255 Shelby Rd, Shelby Twp, MI 48317 or Venmo @kim-misuraca-1 (last 4 digits of phone # 5709). Please contact Kim at 810-278-5709 or email kimisuraca@yahoo.com with any questions.



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FRC TEAM #2851 PRESENTS: CREVOLUTION OPENHOUSE May 24th / 6:30pm - 8:00pm

What?

Crevolution Robotics is hosting an OPEN HOUSE for any student with interest in the robotics or STEM/STEAM fields. At the open house, we'll inform any visitors of the many opportunities a student can have from joining or creating their own FLL team.



<u> Why?</u>

Our team wants to get more students and parents involved in the robot-making scene. FLL (First Lego League) is a program that has students K-6 build and program a LEGO robot to complete tasks across a field. The program teaches students essential, critical, and creative thinking skills and strengthens collaboration. Our ultimate goal is to create a center full of students of all grades and backgrounds to be a part of this mission of STEAM in FIRST robotics. No prior knowledge is needed whatsoever.





Located at:

38397 Gladstone Dr Sterling Heights, MI 48312

CONTACT US AT: crevo.robotics@gmail.com

WEBSITE: crevorobotics.org

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.

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: Marla.Ostrom@uticak12.org / Last names L-Z: Autumn.Blanchard@uticak12.org).



EPPLER HOMEWORK CLUB PERMISSION SLIP



| My child, (please print) | • | σrađe | has my r | permission to t | nartici- |
|--|--------------------------------|---------------|--------------|-----------------|-----------|
| pate in Homework Club. I understa | | | | | |
| end of the session. My child unders | stands that it is his/her resp | onsibility to | arrive on t | ime, to bring | all nec- |
| essary materials to the Media Cent | ter, and to be prepared to w | ork. My chi | ld also und | erstands that E | Eppler |
| Junior High school rules apply and | will be enforced. Misbehavi | or can lead t | o dismissal | from being a | |
| participant in the Homework Club. will contact my child's school couns | U , | I ever want t | to verify my | student's atte | ndance, I |
| Parent/Guardian Signature: | | | Date: | | |
| Student Signature: | | | | | |

LAX

WILL IT BE THE GIRLS or WILL IT BE THE BOYS?!?!?!



IKE GIRLS LAX vs UTICA/IKE BOYS LAX





Who: JV vs JV & Varsity vs Varsity

What: End of Year Exhibition When: Saturday – June 3rd Where: Swinehart Field

Time: 5:15p JV & 7:00p Varsity (gates open at 4p)

Why: To celebrate both LAX clubs long hard seasons, support each other, have some laughs, and see who victorious as

bragging rights are on the line. Admission - \$5 adults - \$3 students

UHS-IKE HS Boys Lacrosse Summer Camp

2023 Utica-Eisenhower High School Boys Lacrosse Summer Camp

Camp #: 6091-S23A

Grades: 7th-12th (Fall 2023)

Dates: July 18th & 19th

Times: 12:30 - 3:30

Location: Swinehart Field

Cost: \$70



The Utica/Eisenhower Boys Lacrosse Program is again offering a HS Lacrosse Skills Camp this summer. The 2023 Summer lacrosse camp will be on July 18th and 19th with a focus on the fundamentals, along with practical game situations and competitions. Camp will include offensive, defensive, midfield and goalie skill development.

Last year's the Utica/Ike Boys Lacrosse camp was run by Coach Charlie Hayes and we have secured Coach Hayes again for our 2023 Lacrosse Camp. Coach Hayes was a graduate of Eisenhower HS, played Eisenhower Lacrosse, played D1 Lacrosse at UofD Mercy and is currently a professional lacrosse player in the Professional Lacrosse League (PLL) as part of the Waterdogs Lacrosse Club.

The Boys Summer Lacrosse Camp (July 18th and 19th) is open to 7th thru 12th grade players from all UCS middle schools and high schools

Link to register for 2023 Utica/Eisenhower Lacrosse Summer Camp July 18th and 19th: https://ucscommunityeducation.ce.eleyo.com/course/1845/summer-2023/utica-eisenhower-high-school-boys-lacrosse-skills-camp

Email any questions to ikeboyslacrosse@gmail.com

UTICA FRESHMAN FOOTBALL MEETING



Wednesday, May 31st @ 3:45 pm In the Utica High Weight Room

For all incoming 8th graders from Jeannette, Eppler, & Shelby interested in playing football in 2023



2023 Utica Chieftain Football Round-up



Parent and Player Meeting For ALL Utica football players entering 9th-12th grades

Tuesday, May 30th@ 7:00 pm

In the Utica High School Auditorium

- **Meet the 2023 Utica Football Coaches
- **Hear about Summer Happenings/Important Dates
 - Summer Strength and Conditioning Camp
 - Football Camps
 - Practice Schedules
 - Scrimmages & 7 on 7's
 - Conditioning expectations & Weight Training
 - Fundraisers
 - Black & Orange Game
 - Important Volunteer opportunities
- **Purchase Utica Football Spirit-Wear on-site

**Answer any and all questions regarding summer conditioning, football camp, practice schedule and fall sports schedule

Please contact Coach Matt Marulli @ 586-770-4844 or matthew.marulli@uticak12.org if you have any questions



UTICA SIDELINE CHEER 2023

ATTENTION Current 8th and 9th graders!!

Registration is open for next year's cheer teams at Utica High School!

All are welcome & NO EXPERIENCE IS NEEDED!!!

Register at the link below for our 2023 Sideline Cheer Tryout information.
(Information will be sent soon!!!)

Tryouts will be on Monday, June 5th at Utica High School

Questions??? See Coach Ang in Room #114



UHS Bowling





Utica Girls Cross Country



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/but for more info.





Naviance

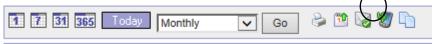
Utica Community Schools has partnered with Naviance to provide a variety of tools for achievement through academic, career and college planning. These tools are located in Naviance Student, a website for students and families to access online resources, communicate with school staff and work on college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

Subscribe to Eppler Calendar Alerts

To subscribe to email alerts for the Eppler calendar:

Go to the **Eppler calendar**



Click on the subscribe to email alerts icon → Select the type of alert wanted

Upcoming Activities

Back to Menu

Click here to view the 2022-2023 District Calendar

| Monday, May 29 | Thursday, June 1 | | |
|---|--|--|--|
| Memorial Day Holiday NO SCHOOL MEMORIAL DAY | 7th / 8th Grades Honors Assembly Cafeteria 2nd hour Instrumental Music Concert Main Gym 7:00 pm Homework Club, Media Center @ 2:55-3:55 pm | | |
| Tuesday, May 30 | Friday, June 2 | | |
| Homework Club, Media Center @ 2:55-3:55 pm | • None. | | |
| Wednesday, May 31 | Saturday, June 3 | | |
| Freshman Honors Night Main Gym 6:30 pm | None. | | |
| | Sunday, June 4 | | |
| | None. | | |

District News



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

APPLY TODAY! CONTACT JENELLE DUBEY



(586) 797-6904



CommunityEdQuestions@Uticak12.org



JOIN US!

- 3 Day free in person course
- Be prepared and equipped to babysit infants and young children
- Hands on course will teach:
 - Behavior Management
 - Age-appropriate activities
 - First Aid & CPR
 - Safety Protocols
 - Bedtime Routines
 - Child care
 - Promoting yourself



Davis Junior High 11311 Plumbrook Sterling Heights, MI 48312

Transportation Available

Camp Dates & Times: each session limited to 20 participants Session A: June 19-21, 2023 Session B: June 26-28, 2023 Session C: July 10-12, 2023 Session D: July 24-26, 2023

All session run 8:45 a.m. to 11:45 a.m.

Free Breakfast & Lunch will be provided daily Breakfast: 8:30 a.m. - 9:00 a.m. Lunch: 12:00 p.m. - 12:30 p.m.

For additional questions please email Lacie Smith at: lacie.smith@uticak12.org

To register CLICK HERE

Online registration will open Wednesday, May 17, 2023, and will close 1 week before each session starts.

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 attengthen realisincy 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



Monthly Theme: Get Kind Week 29: Give a Compliment



"Compliments are like verbal sunshine." ~ Robert Orben, American Comic



A genuine COMPLIMENT is a gift. COMPLIMENTS prompt us to take a moment and reflect on what is shared about us. Giving a COMPLIMENT requires us to be intentional with our experience. It means putting ourselves aside for a moment and truly noticing something wonderful about someone else. Sometimes, GIVING COMPLIMENTS means that we are able to see something in someone else that they may not notice about themselves. What is it like to GIVE A COMPLIMENT?



Pocketful of COMPLIMENTS ~ Provide each family member with a small envelope and have them write their name on the outside of it. Then have family members write two COMPLIMENTS to themselves and two COMPLIMENTS to each family member and place them in the appropriate envelopes. Have everyone read their COMPLIMENTS from their envelopes. A COMPLIMENT helps us to understand what others see and what we may not.





UCS Wellness Podcast

The UCS Wellness team is happy to announce the 13th episode of our podcast series, featuring 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

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)



Link dashboard. The Virtual Library Card gives rd - Tutor.com provides online tutoring and home-

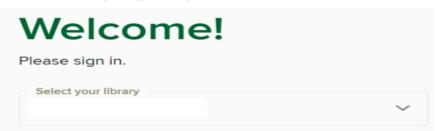
Virtual Library Card



Student Virtual Library Card

⁵1. Click on the Virtual Library Card icon from the ClassLink dashboard.

2. Select the library assigned to your homeschool



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)

UCS100023456

0923

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) | | | |

4. Click Sign in

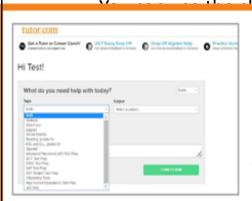


FREE Online Tutoring

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.



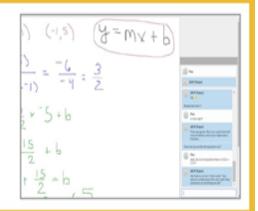
CONNECT WITH A TUTOR

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? Virtual Library Card - Tutor.com(Suburban) You can save your login for this application to auto login on your next visit Fields marked as * are required Barcode UCS100023456 Password 0923 Skip Save

4. Click Save

P-EBT Reconsideration Forms

Parents/guardians: please refer to the following notice regarding whether you are eligible for the Pandemic EBT (P-EBT) program and what factors are used in determining individual student eligibility for P-EBT. If a household feels they should be reconsidered for P-EBT benefits, they must fill out the reconsideration form.

The qualifying events for reconsideration are:

• Must have Free or Reduced-Price Benefits <u>AND</u> enrolled in Virtual Academy for <u>any part</u> of the school year <u>OR</u> enrolled in-person school but missed 5 days or more due to COVID.

The form is fillable, so parents can fill in Section 1 and Section 2. Then email PDF to Food Services at foodservice@uticak12.org

- School year benefits may only be paid through May 11, 2023 due to the end of the Public Health Emergency
- To be considered, all P-EBT Reconsideration forms must be received by MDHHS by June 30, 2023 Parents can call the DHHS helpdesk at 833-905-0028, option 2, Monday Friday from 9:00 a.m. 3:00 p.m. with any questions or they can email at MDHHS-PEBT@michigan.gov.



How-To Guide for School Meals

SECONDARY



Breakfast

Available to all students every day for \$1.75. Breakfast starts 10-15 minutes before school begins and is served in the cafeteria. Menus are posted on monitors in the cafeteria as well as online at Uticak12.Nutrislice.com or on the Nutrislice app.

Lunch

Lunch will take place in the cafeteria and there are numerous items to choose from. Lunch is \$2.90 for junior highs and \$2.95 for high schools. Menus are posted on monitors in the cafeteria and online at <u>Uticak12.Nutrislice.com</u> or the Nutrislice app.



Payment,

For students to access their account they will scan their student ID at the register. If they have forgotten their ID, they can give the cashier their last name. Free and reduced status are confidential, so students will not know.

You can send in cash or check for meals with your student to deposit at the register, or you can pay via credit card at Littica.FamilyPortal.Cloud - here you can also check your child's account balance, spending habits and apply for free/reduced meals.

How-To Guide for School Meals SECONDARY (continued)

Allergies

Students with allergies must fill out an allergy form and return it to the office and the department of Food Service.

Substitutions cannot be accommodated without this form. Access the form at Uticak12.org/foodservice under the 'Allergen Form' section.



Other Important Info

To apply for free/reduced meals, visit <a href="https://linear.com

For a meal to be considered free students must take 3 out of 5 components with 1 of them being a fruit or vegetable. A la carte items, such as second entrees, chips, and bottled beverages, are not included in the meal and must be paid for by the student.

Students may charge up to 5 meals that must then be repaid. You can find the UCS charging policy at Uticak12.org/foodservice.

Jeannette Junior High School and Utica Alternative Learning Center are considered CEP or Community Eligibility Provision schools. This means the entire school qualified for no cost meals, but should still complete the Household Income Report (HIR) at <u>Utica.FamilyPortal.Cloud</u> to help the school qualify for federal funding and for parents to qualify for other benefits.



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>

UCS Food and Nutrition

Did you know that we offer vegetarian options every day? Please go to https://uticak12.nutrislice.com for menu offerings.



Family Portal Replacing "Send Money to School"

Attention all families: Sendmoneytoschool.com, the site used to deposit funds to your student's meal account, has been replaced. Please begin using https://utica.familyportal.cloud to deposit funds. If you currently have an account with sendmoneytoschool.com your children will

be moved over to the new account after completing registration.

Please view this video showing how to create an account on the new website: https://utica.familyportal.cloud/tutorials.

This site also contains the link to apply for free and reduced price meals. As a reminder, the USDA subsidized free meal program ended June 30, 2022. Families without an approved free or reduced price meal application will be charged the full meal price next school year. You can apply for the 2022-2023 school year as early as July 1.

How-To Video for School Meals link with your school community: https://youtu.be/ukSHx6zqPro



UCS Community Education

The Utica Chieftains Present:



2023 Chieftain Elite Strength and Conditioning Camp

A safe, varied, unique, and up to date strength and conditioning program spanning the entire summer off-season. Each program will be catered to all levels. Current coaches along with collegiate athletes will be directing an hour and a half of intense, creative, workouts designed to give athletes an up-tempo experience. All current MHSAA COVID-19 procedures will be followed. All high school sports will be supported throughout the summer. Students will finish the summer with better speed, agility, explosiveness, balance, and body control. REMIND UPDATES: text @f47ga3 to "81010"



6420-S23A - Grades K-8 6420-S23B - Cheer 9-12

6420-S23C - Girls Grades 9-12

6420-S23D – Boys Grades 9-12

| Dates: | June 13-July 20 (No camp week of July 3) |
|---------|---|
| Days: | Tuesday, Wednesday, Thursday |
| Time: | Cheer grades 9-12 (6:30-8:00am) Girls grades 9-12 (8:00-9:30am) Boys grades 9-12 (8:30-10:00) start times and duration may be adjusted 1st wk |
| Place: | Utica High (Report to Swineheart day 1) |
| Grades: | 9- 12 (Fall 2023) |
| Coach: | UHS Varsity Coaches and College Athletes |
| Cost: | \$65 (9-12) \$80 (K-8) |
| Bring: | Shoes suitable for sprinting and athletic movement, shorts and shirt. |
| | BRING YOUR OWN WATER!!! |

No refunds. No registrations taken on site.

Register online or by phone

ucscommunityeducation.ce.eleyo.com

586-797-6900



UCS Community Education

The Utica Chieftains Present:

2023 Utica Chieftain Youth Strength and Speed Camp



Grades 3 - 8 Course #: 6908-S23

Introduction to the basics and safety of body weight strength, explosiveness and speed exercises that are safe, varied, unique, and up to date. The program will be catered to prepare youth athletes for the football season with workouts designed to increase strength, speed, agility, and injury prevention. Current Utica football coaches along with collegiate athletes will be directing creative workouts designed to give athletes an up-tempo experience. Students will finish the summer with better strength, speed, agility, explosiveness, balance and body control. Shoes suitable for sprinting and athletic movement, shorts and shirt. BRING YOUR OWN WATER!!!



| Dates: | June 13-June 29 |
|---------|---|
| Days: | Tuesday, Thursday |
| Time: | 9:00 - 10:15 am |
| Place: | Utica High (Report to Swineheart day 1) |
| Grades: | 3-8 (Fall 2023) |
| Coach: | UHS Varsity Coaches and College Athletes |
| Cost: | \$40 |
| Bring: | Shoes suitable for sprinting and athletic movement, shorts and shirt. |
| | BRING YOUR OWN WATER!!! |

No refunds. No registrations taken on site.

Register online or by phone

ucscommunityeducation.ce.eleyo.com

586-797-6900



2023 UTICA GIRLS BASKETBALL POSITION CAMP

PURPOSE OF THE CAMP: To teach and demonstrate the importance of the fundamentals of the game with special emphasis on developing specific skills at the perimeter and post positions.

Each camper will receive instruction that will be needed to succeed at the junior high and high school level. In addition, they will be able to practice the skills learned through live competitive game situations.

STAFF: Our camp is run by Dave Hinkle, assisted by current and former Chieftain players and coaches. A low camper to instructor ratio will be provided.

WHAT TO BRING: Each camper should come fully prepared to participate on the first day with appropriate shoes, T-shirts and shorts.



CAMP #: 6154-S23A

DATES: June 19-22 (Mon-Thu) TIME: Noon-2:00 pm

LOCATION: Utica High School Enter Door #5

GRADES: 7-9 (Fall 2023)

COST: \$65



2023 **UTICA BOYS FUNDAMENTAL** BASKETBALL CAMP

PURPOSE OF THE CAMP: To teach and demonstrate the importance of the fundamentals of the game of basketball.

Each camper will receive instruction on the fundamentals of individual and team principles both offensively and defensively. All facets of the game will be demonstrated and practiced daily, including the fundamentals of shooting, rebounding, individual and team defense and ball handling. Rules and good sportsmanship will be stressed.

STAFF: Our camp is run by Dave Hinkle, assisted by current and former Chieftain Players and Coaches. A low camper to instructor ratio will be provided.

WHAT TO BRING: Each camper should come fully prepared to participate on the first day with appropriate shoes, T-shirts and shorts.

CAMP #: 6153-S23A

DATES: June 19 - 22 (Mon-Thu)

TIME: 9:00-11:00 am

LOCATION: Utica High School Enter Door #5

GRADES: 3-6 (Fall 2023)

COST: \$65



Register online or by phone.

ucscommunityeducation.ce.eleyo.com/ (586) 797-6900

No refunds. No registrations taken on site.

Register online or by phone.

ucscommunityeducation.ce.eleyo.com/ (586) 797-6900

No refunds. No registrations taken on site.



UCS Community Education



31st ANNUAL UTICA GIRLS **FUNDAMENTAL BASKETBALL CAMP**

PURPOSE OF THE CAMP: To teach and demonstrate the importance of the fundamentals of the game of basketball.

Each camper will receive instruction on the fundamentals of individual and team principles both offensively and defensively. All facets of the game will be demonstrated and practiced daily, including the fundamentals of shooting, rebounding, individual and team defense and ball handling. Rules and good sportsmanship will be stressed.

STAFF: Our camp is run by Dave Hinkle, assisted by current and former Chieftain players and coaches. A low camper to instructor ratio will be provided.

WHAT TO BRING: Each camper should come fully prepared to participate on the first day with appropriate shoes, T-shirts and shorts

CAMP #: 6152-S23A

DATES: June 19-22 (Mon-Thu) TIME: 9:00-11:00 am

LOCATION: Utica High School Enter Door #5 GRADES: 3-6 (Fall 2023)

COST: \$65



Register online or by phone.

ucscommunityeducation.ce.eleyo.com/ (586) 797-6900

No refunds. No registrations taken on site.





Summer 2023 Community Education

Utica High School Girls SUMMER SOFTBALL CAMPS

Improve softball skills with emphasis on in-fielding, out-fielding skills, bunting, pitching and hitting techniques. Players that have their own cleats, gloves, batting helmet and bats are asked to bring them. Please dress for outdoor practice and bring a water bottle. Players will be broken up based on grade level and ability level.



| Camp: | #6146-S23A | |
|-----------|---|--|
| Grades: | 3 rd – 6 th (Fall 2023) | |
| Time: | Noon – 2:00pm | |
| | | |
| Camp: | #6146-S23B | |
| Grades: | 7th – 9 th (Fall 2023) | |
| Time: | 2:00pm – 4:00pm | |
| | | |
| Dates: | June 20th – June 22nd | |
| Location: | Utica High School Softball Field | |
| Cost: | \$50 (includes T-shirt) | |
| | | |

Register online or by phone

ucscommunityeducation.ce.eleyo.com



UCS Community Education
Summer 2023

33rd ANNUAL UTICA GIRLS VOLLEYBALL CAMP



For Girls Entering Grades 3-9

All facets of the game will be demonstrated and practiced daily, including the fundamentals of passing, setting, hitting, offensive and defensive strategies. The rules of the game and good sportsmanship will be stressed throughout the week. Our camp is run by the girl's volleyball UCS coaching staff, assisted by current and former UCS students. A low camper to instructor ratio will be provided.

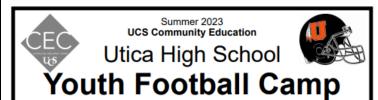




Register online or by phone

ucscommunityeducation.ce.eleyo.com





Grades 1- 8 Course #: 6096-S23A

This camp will provide intensive teaching sessions that will develop basic football skills for lower grade level players, with an emphasis on fundamentals, safety, and general understanding of the game of football. Higher level players will be involved in season preparation, while obtaining a jump start on the Utica offense, defense, and special teams. Detailed technique and skills will be emphasized, with each session being mapped out to get the most out of our limited time.

Register by July 14th



| | July 17-20 (Mon-Thu) |
|-----------|---|
| Location: | Swinehart Field |
| | (Across from Utica High) |
| Time: | 5:00-6:30 pm |
| Grades: | 1-8 (Fall of 2023) |
| | Matt Marulli and Utica High football staff |
| Fee: | \$40 (bring water bottle) |

Register online or by phone

ucscommunityeducation.ce.eleyo.com

586-797-6900

No refunds. No registrations taken on site.



Summer 2023 UCS Community Education

Utica High School Football Camp

Grades 9 - 12 Course #: 6096-S23B

This camp will provide intensive teaching sessions that will develop basic football skills for lower grade level players, with an emphasis on fundamentals, safety, and general understanding of the game of football. Higher level players will be involved in season preparation, while obtaining a jump start on the Utica offense, defense, and special teams. Detailed technique and skills will be emphasized, with each session being mapped out to get the most out of our limited time.

Register by July 21st



| Dates: | July 24-27 (Mon-Thu) |
|-----------|---|
| Location: | Swinehart Field |
| | (Across from Utica High) |
| Time: | 6:00-8:30 pm |
| Grades: | 9-12 (Fall of 2023) |
| Coaches: | Matt Marulli and Utica High football staff |
| Fee: | \$40 (bring water bottle) |

Register online or by phone

ucscommunityeducation.ce.eleyo.com

586-797-6900

No refunds. No registrations taken on site.

Utica High School Football Strength and Conditioning Camp

A safe, varied, unique, and up to date strength and conditioning program spanning the entire summer off-season. The program will be catered to prepare athletes for the football season with workouts designed to increase strength, speed, agility, and injury prevention. Current Utica football coaches along with collegiate athletes will be directing an hour and a half of intense, creative, workouts designed to give athletes an up-tempo experience. Different and varied equipment is used to expose the athlete to all aspects of strength and conditioning. Students will finish the summer with better strength, speed, agility, explosiveness, balance and body control.

Varsity Grades 11 & 12 Course #: 6098-S23A Freshman JV Grades 9 & 10 Course #: 6098-S23B

| Dates: | June 12-July 28 (No camp week of July 3) | |
|---------|--|--|
| Days: | Monday, Tuesday, Wednesday, Thursday | |
| Time: | 7:00-8:30am Varsity (11th and 12th grade) 9:00-10:30am Freshmen & Junior Varsity (9th and 10th grade) | |
| Place: | Swinehart Field & Utica High Weight Room | |
| Grades: | 9-12 (Fall 2023) | |
| Coach: | Coach Matt Marulli & Utica High Football Coaching Staff | |
| Cost: | \$65 | |
| Bring: | Shoes suitable for sprinting and athletic movement, shorts and shirt. | |
| | BRING YOUR OWN WATER!!! | |

Register by June 9th

Register online or by phone

ucscommunityeducation.ce.eleyo.com

No refunds. No registrations taken on site.



The 2023 Summer Enrighment Catalog is here. Inside you will find all of the summer sports camps, health, fitness, dance, art, music, STEAM classes and more.

Browse the 2023 Summer Enrichment catalog here

Click Here to Register

In Case You Missed It

We regret to inform you that three of our finest staff members have decided to retire at the end of this semester. And here is the rest of the story.....

A short note from Mrs. Cunningham

Dear Parents and Students:

I am writing this letter with some happiness and some sadness. It is time for me to say goodbye to Eppler Junior High. At the end of the month, I will be retiring from my position in Utica Community Schools. Throughout my career, I have been at multiple buildings: Shelby Junior High, Davis Junior High, Joan C Seargeant Instructional Resource Center, Henry Ford II High School and finally Eppler Junior High. During my time here, I have said over and over again that there is no other building, staff, students, parents and community that compare. This truly is a one-of-a-kind school family and I will miss my daily interaction with everybody, but it is time for me to start the next chapter in my life.

I also want to take this opportunity to wish each and every one of you the happiest of holidays. May you enjoy time with family and friends, and take some time to recharge.

Mrs. Cunningham

A short note from Mrs. Ostrom

Dear Parents and Students,

I have spent the last 18 ½ years as a counselor at Eppler Junior High, and I consider the people here to be my family. My favorite thing about Eppler is the small hometown feel. For many of you, I have worked with multiple children in your family, and I have gotten to know some of your families very well. I want to share with you that I will be retiring at the end of December to start a new endeavor. There will be a new counselor assigned to students with last names A-K. This was a difficult decision, because I love Eppler so much. It has been my pleasure to work with you over the years, and I have really enjoyed getting to know your children. They are in good hands at Eppler. This staff truly cares about your children. I hope you all have a wonderful holiday break!

Sincerely,

Mrs. Ostrom

A short note from Mr. Bernabei

To the Eppler Junior High Family,

After 30 years with the UCS, I have decided to retire from public teaching. It is bittersweet because I absolutely love teaching and was blessed to work with many amazing students and staff. As a Social Studies teacher, my goal was never to teach History, but to try to develop History makers. I hope that I was able to do that with some of the many awesome students that came thru my classroom doors.

I know teachers typically leave at the end of the school year, but another opportunity has presented itself and it works best for me and my family. I pray that all of you have a blessed, peaceful and safe Christmas and second semester. Remember to always be humble, grateful and to treat others how you would want to be treated.

Sincerely,

Mr. Bernabei

MI Special Olympics

Students from UCS enjoyed participating in events at the Macomb County Special Olympics on 5/10/23. Team Eppler did an amazing job, bringing home many ribbons, including a lot of 1st place ribbons. It was an amazing day and enjoyed by all.





A special thank you goes out to the Eppler 7th and 8th grade cheer teams and the Utica Freshmen cheer team for giving our Team an amazingly warm send off as they left for the games.







Chieftains of the Month

Congrats to our March Chieftains of the Month!

Madeline Peraino, Miley Reaves, Maritsa Skowronek, Gabriella Watson, Amaya Kinsman, Kaylee Marsh, Anna Mudgett, Kylie Newcomb, Frances Casem, Celine Flattery, Christian Richard, and Gabriel Hohner

Great Job Everyone!



PSAT 8/9 Score Information

To view their scores, students will need to create a College Board account to get their full PSAT 8/9 score report. (Some AP students have already created a College Board account in their AP classes.)

1. Before you get started have your:

- * Email address
- * Expected high school graduation date (month and year)
- * School year
- 2. Go to collegeboard.org
- 3. Click on "Sign Up"
- 4. Select "I am a Student"
- 5. Create a username and password
 - * Your username should have 6-15 characters and be made up of letters and numbers
 - * Your password must be 7-15 characters with at least one number and one letter
 - * Choose a security question and provide an answer you can easily remember.

Once students have created their College Board account, they can set up an account with Khan Academy. When you link these two accounts, students will get free, personalized SAT practice. Khan Academy resources can also be used to prepare for the PSAT 10/SAT/AP.

How can I use the score report?

The student score report is designed to both clearly summarize the student's current achievement levels and to help guide and encourage next steps for academic progress. As you look through the report with your student, there is a substantial amount of information you will want to review.

On Track for College Readiness?

Grade level benchmarks allow students and educators to understand how they are progressing toward college readiness.

Evaluate Relative Strengths and Weaknesses:

Test scores, cross-test scores, and sub-scores provide an opportunity to evaluate a student's strengths and weaknesses and highlight specific opportunities to strengthen the student's college readiness skills.

Define Next Steps-Actions to Support Skills:

The "Your Scores: Next Steps" page identifies the specific skills that the student should address.

Understanding Results

Test scores, cross-test scores, and sub-scores in Evidence-Base Reading, Writing, and Math will give the student a better understand of areas they need to work on. The scores will also show if the student met or exceeds the benchmark and if they are on track for college readiness.

Percentiles-compare the student's scores with those of all 9th graders in the nation. The score report is designed to help students see how they performed by showing the skill areas covered and whether the answer was correct, incorrect, or omitted.

If you have any questions, please email your student's counselor.

*It is very important that students remember the email address they use, as well as their username and password for the College Board Account they create!

So, write it down someplace safe.

Chieftains of the Month

Congrats to our March Chieftains of the Month!

Evan Wingett, Daniel Itoney, John Paul Iskharia, Joanna Hoti, Melanie Macias-Gonzalez, Lauryn McConachie, Maria Martinez Gonzalez, Jada Austin, Abigail LaRue, Bailey Rousseau, Jaydon Long, and Kylie Abro.

Great Job Everyone!





State Gymnastic Competition

Congratulations to Kristen Meholic!! She took 1st place on Floor in her age division at the State of Michigan Gymnastic competition March 24 in Battle Creek. She scored a 9.4 and came in 6th in all-around making her an official member of the State team for Michigan. We wish her luck as she heads to regionals in Grand Rapids the weekend of 4/21-4/23.



Congratulations to Addisyn Kelley!! She was level 9 state champ (all levels). She also was individual state champ on Vault and beam. That makes her state champ, three years in a row. In three weeks, she will be competing at regional in Fort Wayne, Indiana with the hope to make it to National's. Good Luck Addisyn!!



Science Olympiad

Congrats to Sarah Hutcheon and Lilly McNair who took third place in "Write It Do It" Saturday, 03/18/23. Also pictured, Alex Sesi doing flight.





DSO Middle School Honor Band



Eppler 8th grade student and alto saxophone player, Nathan Siegert, was selected as a member of the DSO Middle School Honor Band. Nathan is the only UCS student to be awarded this honor this school year. This distinction allowed Nathan to play onstage with the rest of the Honor Band at the Detroit Orchestra Symphony Hall on March 6, 2023. Nathan said, "It was a great change of scenery, and it's always nice to be with others who love music and have the same level of accomplishment." When asked about receiving such an accolade and the experience, Nathan replied, "It was amazing to be on the same stage as some of the best musicians in the country, some of whom we got to meet and play with!" Congratulations, Nathan, and thank you for representing Eppler so well!!

SPECIAL THANKS TO:

IPIC - EPPLER'S PARENT/GUARDIAN GROUP

RUMBLE BOXING GYM - WWW RUMBLEBOXINGGYM COM

PATRICK'S PARTY RINTALS - WWW.PATRICKSPARTYRENTALS.COM AVID STUDENTS AND THE MATH DEPARTMENT















OUR ACTIVITIES: GET MOVING MONDAY

The dress for the day was favorite sports team. Students who participated were entered into a drawing to win a \$15 gift card to a local restaurant and

candy. Throughout the day, math teachers took their students to the gym to use several inflatables and health tips were shared at the start of each hour. At lunch, staff was treated to some healthy snacks from the EPIC committee while students could create a 30-day fitness challenge and learn about nutrition using handouts on their lunch tables. The staff prize raffled off was TWO gift bags with mechandise & a week of free passes to Rumble Boxing.

You should aim to get 30-60 minutes of moving your body every day! You do not have to run or play a sport, just find an activity that gets your heart rate up and your body moving. Physical activity is essential for healthy living. It builds muscle, it manages your weight, prevents diseases, and is great for your mental health. So, get moving chieftains!





















SPECIAL THANKS TO:

THERAPY DOGS INTERNATIONAL AND THE GO TEAM DETROIT

GREG/BRODY, BAVID/CANDY & GRACIE. BERNADELTE (PAM)/BILLIE. SANDY/CREVENNE, SUSAN/CLANCY, YVONNE/COCD. JAN/RINGO

TOTAL BEALTH SYSTEMS - WWW.TOTALHEALTHSYSTEMS.COM

THE ENGLISH DEPORTMENT



WELLNESS WEEK

Epoter Junior High School

March 7, 2023







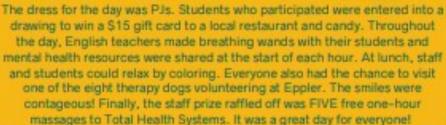






Did you know the Macomb County Crisis

OUR ACTIVITIES: TRANQUIL TUESDAY



carticipated were entered

Center is a place dedicated to helping people help themselves with any problem, anytime? They have specially trained counselors available by phone to provide support to callers facing any situation. Counselors listen to your concerns and can provide community services and resources to help. If you need someone to talk to you can call the crisis center at 1-800-273-TALK any time 24/7, 365 days a year. You can also call 988 for the national crisis hotline also available 24/7, 365 days a year. Your call is confidential and anonymous.























WELLNESS WEEK

Eppler Junior High School

March 8, 2023











intellectual beatth

99

When you add a "s" to the end of this word, it changes from plural to singular and from masculine to feminine. What's the word?

The answer is: Princes to Princess

OUR ACTIVITIES:

WITTY WEDNESDAY

The dress for the day was anything but a backpack. Students who participated were entered into a drawing to win a \$15 gift card to a local restaurant and candy. Science classes worked in groups to make the tallest tower using spaghetti, tape, string, and a marshmallow. At the start of each hour, brain teasers were shared and the class to email the correct answer first won a trip to the school store to get a food/drink item. Then, at lunch, staff & students could do word searches and Sudoku puzzels. Finally, teachers participated in a shamrock hunt to win a 1/2 day off work.

























SPECIAL THANKS TO:

BE SCENE BOUTIQUE - BESCENEBOUTIQUE COM THE SOCIAL STUDIES DEPARTMENT STUDENT COUNCIL ACT II BUR SALON - (586) 254-9171



Wellness Week

paler Junior High School













OUR ACTIVITIES:

The dress for the day was famous pairs. We saw a lot of creative outfits! Students who participated (and their partner) were entered into a drawing to win a \$15 gift card to a local restaurant and candy. To begin each hour, a quote about friendship was shared. Throughout the day, Social Studies classes practiced teamwork to compete against one another in the hula hoop game. Then, at lunch, students played cards, Uno, and checkers with their friends. Finally, staff was entered in a raffle to win a gift basket from Be Scene Boutique in Rochester and a \$100 gift card from Act II Hair Salon. 99

My best friend is the one who brings out the best in me.

Henry Ford-



























A Note from Your Media Center Office Clerk

Hello!

My name is Catharine Rose, and I am the new Media Center Office Clerk at Eppler.





About UCS Loaner Computer Chargers...

Our loaner computer chargers are not supposed to leave the school building.

They are available as a courtesy loan to those students who forgot their own computer chargers at home.

Parents and Students:

This photo shows what a loaner computer charger looks like just in case you see one come home with your student. They are labeled with bright yellow tape and identified with different names of Sports teams.

If you see one of these 14 chargers come home with your student, please remind your student to turn it back in to the Media Center Office ASAP.

Every loaned charger is tracked with the student's name, the Sports name labeled on their charger, date/time out, and date/time in.



A new policy will be enforced for loaned computer chargers. This policy has been implemented due to the growing number of students that are not returning their loaned chargers for several days at a time or are habitual borrowers that have actually permanently lost their charger and are relying on these loaner chargers to get them through the remainder of the school year. On average, between 10 to 20 chargers are loaned out daily. Unreturned chargers by a few students have become an inconvenience for those students that need one on a temporary basis for an hour or two.

New Policy has been Implemented:







If a student keeps a loaned charger longer than 2 school days, and it happens more than twice before the end of this school year, at the time of the "third charger loan", the student will automatically be issued a permanent replacement charger at the current assessed tech fee cost of \$39.00. This fee will show up on your student's account.

If a student becomes a habitual borrower, meaning a loaner charger is borrowed more than 2 times within one month, at the time of the "third charger loan", the student will automatically be issued a permanent replacement charger at the current assessed tech fee cost of \$39.00. This fee will show up on your student's account.

A Note from Your Eppler Media Center Office Clerk

About UCS Shared Loaner Laptops...

These Shared Loaner computers are not supposed to leave the school building. They are labeled In-School Use Only. They're available as a courtesy loan to those students who forgot their computers at home or have turned in a broken computer that needs repair, requiring temporary student computer access in school while they wait for the Media Center Clerk to deploy a new laptop. In general, replacement computers are deployed on the same school day.

Parents and Students:

The photo below is an example of what a Shared Loaner computer looks like just in case you see it come home with your student. Loaners are a bit smaller in overall size (8" x 12") than their district-deployed computers (9" x 13").



Computer Labels explained...

36 = Eppler Jr High School ID Number

SHARED = For In-School Use Only

SL04 = Student Laptop Number 04

The photos below are what district-deployed computers look like, in comparison to the above Shared Loaner computer. Please discourage your students from removing any of the UCS applied computer identification labels!

Also, please discourage your students from applying their own personal stickers to their computers!

New "Sticker Removal" Policy has been Implemented:

When our students' UCS computers are outsourced for repairs, we are seeing additional charges for sticker removal.

All sticker removal fees will be added on as an additional tech fee on your student's account. As a result, the Media

Center Office Clerk will be encouraging students to remove all personal stickers on their computers as they circulate through the Media Center Office for repairs, etc. Please note that if the personal stickers are not removed and our outsourced repair facility charges UCS for sticker removal, you will see this tech fee added on to your student's account.





District Art Show 2023 Award Winners







Jace Jones - Best in show for drawing

 $\textbf{Aaron Paul} - \textbf{Superintendent's award for sculpture,} \quad \textbf{Superintendent's award for}$

painting and Best in Show award for sculpture



Adela Tuci - - Superintendent's award for drawing



Kaylee Young - Best in show for painting



Payton Fertik - - Best in Show for photography



Jackson Jolley - - Superintendent's award for drawing



Alejandra Carrera - Best in show for design



Jaden Junkin - Best in show for photography



Mariana Bleck - Best in show for painting



Emma Bozek - Best in show for drawing



Kylie Brendel- - Superintendent's award for photography



Brookelyn Hohner - Best in show for drawing



Rachel Brown - Best in show for design

Freshmen Mock Election Results

Our Freshmen Mock Election results are in! The winners are:

Most likely to become a millionaire: Hayden Hirmiz and Alex Thielen

Most likely to be a class clown: Alex Shaba and Jonathan McCabe

Most likely to become a professional athlete: Mahti Gwilly and David Minisee

Most likely to be mistaken for a 7th grader: Tate Tomatti and Ahmante Cheateum

Most likely to go to Harvard: Samuel John and Anya Alband

Most likely to sleep through an earthquake: Kayden Crute and Jayden Beasley

Most likely to be a designer on Vouge: Kelly Holt and Antoine Beal

Most likely not to change after junior high/high school: Nikolas Lulgjuraj and Jacob Jarbo

Most likely to be a reality TV star: Kalaya Powell and Cayden Yousef

Most likely to start a band in their garage: Brendan Silver and Anthony Dokaj

Team Chess Championship

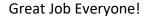
Caleb Boucher, Garet Gertsch, Marwan Hassan, and Evan Wingett represented the Eppler Elephant chess club on February 25 at the 2023 Michigan High School & Junior High Team Chess Championship. The event was held at Oakland University. The team, led by Coach David Boucher, took home a second place trophy! In addition to this, Marwan and Evan earned individual Silver medals for their 4-1 performance! Way to go team!



Chieftains of the Month

Congrats to our February Chieftains of the Month!

Audrey Bare, Dalaney O'Connor, Yug Patel, Jade Burnham, Avery Lewis, Cameron Warren, Nikolina Anceski, Lilly McNair, Ella Laszczak, Audrey Varghese, Addison Clark, Presley Orlowski





Macomb Diversity Summit

Eppler students participated at the Macomb Student Diversity Summit on February 14, 2023.

This Macomb Student Diversity Summit was first convened eight years ago as a way to engage in conversations about diversity with students across the entire county. The event brought together students in grades 8 - 11 to discuss this important topic. The summit continues to have multiple sessions that touch on the challenges, opportunities, and celebrations experienced in diverse school populations and neighborhoods. Each year the student engagement at this event is inspiring and the personal growth from their shared perspectives brings a sense of understanding that is unmatched. The planning committee for this event is continually encouraged by the willingness of Macomb County students to accept people where they are and open their hearts to everyone in our communities.



Shyla Cheateum, Braden Chung, America Gonzalez, Aaron Humes, Amanda Meholic

Caught Being Kind



This year the counseling office is starting a fun program called "Caught Bring Kind"! Teachers and staff are recognizing moments when students are going out of their way to be kind to someone and performing an act of kindness. Then each month we are going around to class-rooms and rewarding the students who were "Caught Being Kind". Kindness is contagious and we want the students to know we see appreciate that! The following students were rewarded recently:

Capuy Juli, Jilaylia Alexaliuet, Micollia Aliceski, Neese Mouliali, Dieliliali Nossol, Viktoria Hialiovski, Namsili Esto, Viktoria Hialiovski, Cali Racelliali, Matilali Neese, Jack Jtorie,

Jiovani Jarbo, Gage Diem, Matthew Mcintyre, Ahmante Cheatum, Brady Vansickle, Madelynn Quinlan, Jaden Ervin, Louis Berant, Hunter Brockway, Stevin Nikoli, Maria Martinez, Jaden Long, Eva Normandin, Angelina Bshara, Baylie Cloud, Cali Kaczmar, Amaya Kinsman.

Leadership Day

Eppler Freshmen Student Council and Avid members joined Utica High School Student Council for their 2nd annual Leadership Day. Students learned about leadership through fun activities, conversations and an inspirational speaker, Tunji Adebayo from FEE.



Chieftain of the Month

Congrats to our January Chieftains of the Month!

Isabella Susalla, Landon Cooke, Mavlyn Moshe, Banah Alsafar, Brendan Silver, Tyler Sutter, Kaitlyn Gorlewski, Brodie Zbytowski, Ashley Wiseman, Patyon Fertick, Olivia Muylaert, Derick Keehn



Great Job Everyone!

Toys for Tots—NEW

Thank you to all the Chieftain families who donated to this years Toys for Tots. NJHS and Student Council were able to collet 178 total toys this year... 100 more than last year!







Caught Being Kind



This year the counseling office is starting a fun program called "Caught Bring Kind"! Teachers and staff are recognizing moments when students are going out of their way to be kind to someone and performing an act of kindness. Then each month we are going around to class-rooms and rewarding the students who were "Caught Being Kind". Kindness is contagious and we want the students to know we see appreciate that! The following students were rewarded recently:

Carley Kleist, Audrey Hinton, Aiden Wenberg, Grace Ealy, Salem Elrod, Jayson Tupo, Nick Florio, Chloe Wilson, Isabella Kashat, Jacob Solomon, Salem Eldrod, Drake McKinnis, Vata Margilaj, Leonia Maclin, Ava Ricketts, Jonah Youno, Kendall Abro, Emmerson Kraemer, Madilyn Fehn, Loriano Mio, Jaxson Readitt, Alenya Margilaj, Lauryn McConachie

Great Job Everyone!

Eppler Wings

Eppler gives you wings, where will you go? Numerous NJHS & AVID students created a wing mural out of college pennants. The pennants that have been used as the feathers of the wings represent the opportunities available to Eppler students who get the most out of their three years here. Serious students are taking a big step towards "soaring" to higher levels of achievement and success.

We invite students to visit the media center and stand between the college pennant wings for a photo. Please make sure students ask a staff member before using their phones for a picture.

Picture below: 9th graders, Anya Alband and Ashly Ritter. Anya and Ashly are both NJHS students as well as AVID students and volunteered hours after school to make this vision come to life



Chieftain of the Month

Congrats to our September Chieftains of the Month!! These students were nominated by one or more staff members for practicing the Eppler Code of Conduct. For being responsible, respectful and reasonable, these chieftains receives a pride pin, certificate, chieftain ink pen and pizza lunch with the administrators. Great Job!!



Chieftain of the Month

Congrats to our November Chieftains of the Month!

Nikolas Lulgjuraj, Tylor Bolis, Lucas Abro, Carl Vetimiglia, Anthony Camilleri, Yousif Gorgees, Kayden Crute, Lily Seitz, Gianna Ligoncki, Angelina Bshara, Alyssa Jones and Hollye Kilburg













2022-2023 Homecoming Parade

Thank you to all the Eppler groups that participated in the UHS homecoming parade.













What's Your Superpower?

On October 20, 2022 Eppler's film star Maritsa Skowronek was recognized by the UCS Board of Education for her role in the documentary called *Chromosomally Enhanced: What's Your Superpower*. 9

The film can be viewed at https://chromosomallyenhancedwhatsyoursuperpower.vhx.tv/

More information on the film can be found at: https://whatisyoursuperpowerfilm.com/







9th Grade Science

Mrs. Heidrich's 9th grade science classes participated in a water balloon toss as part of their unit on Forces and designing safer vehicles



