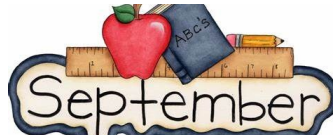


September 1, 2023



# Eppler Express

Monday, September 4	Thursday, September 7
	<ul style="list-style-type: none"> <li>• None</li> </ul>
Tuesday, September 5	Friday, September 8
<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
Wednesday September 6	Saturday, September 9
<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
	Sunday, September 10
	<ul style="list-style-type: none"> <li>• None</li> </ul>

## 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](#)
- [PowerSchool Portal / Information](#)
- [UCS District Calendar](#)

## Eppler Chieftain Code of Conduct

Chieftains are...

**Respectful**

**Responsible**

**Reasonable**

# 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.

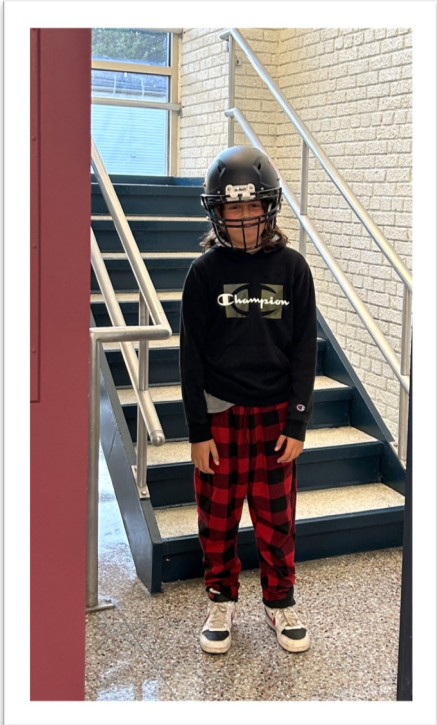
### PARENT ACCESS DIRECTIONS FOR SCHOOLOGY

1. Go to [www.schoology.com](http://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](mailto:techsupport@uticak12.org).

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



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





## **EPPLER JUNIOR HIGH SCHOOL DAILY SCHEDULE**

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

**A Lunch** Lunch 10:29 a.m. – 11:00 a.m.  
Class 11:06 a.m. – 12:08 p.m.

**B Lunch** Class 10:29 a.m. – 11:00 a.m.  
Lunch 11:06 a.m. – 11:31 a.m.  
Class 11:37 a.m. – 12:08 p.m.

**C Lunch** Class 10:29 a.m. – 11:31 a.m.  
Lunch 11:37 a.m. – 12:08 p.m.

5<sup>TH</sup> HOUR 12:14 p.m. – 1:10 p.m.  
6<sup>TH</sup> HOUR 1:16 p.m. – 2:11 p.m.

## **EXAM DAY SCHEDULE**

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

# **BE PROMPT!**



Eppler Junior High School

# CELL PHONE/DEVICE POLICY

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

**NO Pictures**

**NO Phone Calls**

**NO Texting**

**NO Social Media**

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

During School hours 8:00 – 2:51pm

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

Cell Phones/Electronic Devices **ARE NOT** 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 <sup>st</sup> Time	2 <sup>nd</sup> Time	3 <sup>rd</sup> Time	4 <sup>th</sup> time
<ul style="list-style-type: none"><li>• Taken to Office</li><li>• Parent must pick up</li></ul>	<ul style="list-style-type: none"><li>• Taken to Office</li><li>• Parent must pick up</li><li>• After-School Detention</li></ul>	<ul style="list-style-type: none"><li>• Taken to Office</li><li>• Parent must pick up</li><li>• Saturday School</li></ul>	<ul style="list-style-type: none"><li>• Taken to Office</li><li>• Parent must pick up</li><li>• One-Day Suspension</li><li>• Phone banned from building</li></ul>

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.

**Student IDs:**

Since all of our students have now had their pictures taken, it is required 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.



# Eppler Jr. High

## ID Badge Requirements

*(directly from the handbook)*



**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 printed 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



*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 7:20

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

## Parent Student Handbooks

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

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

## Lost and Found

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





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

## NJHS – Planet Green Fundraiser



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

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

# Eppler Clubs & Organizations

## We Need Volunteers

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

Please contact Mr. Pantano at [gerard.pantano@uticak12.org](mailto:gerard.pantano@uticak12.org) if interested in helping with:



**Robotics Club**



**Cultural Diversity Club**

## Eppler Booster Club

**We need you!! Please help!!**

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

If you are interested in either please contact Mr. Paul at [eric.paul@uticak12.org](mailto:eric.paul@uticak12.org)

**JOIN THE  
BOOSTER CLUB**

## Eppler Parent Involvement Committee (EPIC)

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

**Monday, September 25**  
**Tuesday, October 24**  
**Tuesday, November 14**  
**Wednesday, December 13**  
**Tuesday, January 23**

**Wednesday, February 28**  
**Monday, March 18**  
**Tuesday, April 23**  
**Tuesday, May 21**

## EPPLER JUNIOR HIGH AFTER-SCHOOL HOMEWORK CLUB

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At Eppler Junior High School, we are interested in taking positive steps to help your child have a successful school year. The Homework Club will be available on Tuesdays and Thursdays from 2:15 PM to 3:55 PM in the Eppler Media Center. This service is free of charge to Eppler students. Students can use this time to get academic assistance, complete assignments, work on projects, and / or study for tests.

Each child in attendance should bring all necessary materials and books to the media center by 2:15 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 3:15PM. 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 participate in this program, please complete the bottom portion of this form and return it to the counseling office prior to your child's first date of attendance. **The office MUST receive this signed permission slip BEFORE your student can attend.** Phone calls and other notes will not be accepted in place of this signed permission slip.

If you have any questions regarding this program, please contact your child's school [counselor](#)

(Last names A-K: [April.Raupp@uticak12.org](mailto:April.Raupp@uticak12.org) / Last names L-Z: [Autumn.Blanchard@uticak12.org](mailto:Autumn.Blanchard@uticak12.org))

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### 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 Mrs. Raupp at [April.Raupp@UticaK12.org](mailto:April.Raupp@UticaK12.org).

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

LAX

## UTICA- EISENHOWER 2024 BOYS LACROSSE MANDATORY PARENT & PLAYER INTEREST & INFORMATION MEETING

LOCATION – EISENHOWER HS - MEDIA CENTER

DATE – TUESDAY - OCTOBER 3rd AT 6:30P

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

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

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

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

GO UTICA-IKE!

# 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 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.



## 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.

[Click here](#) for the updated parent brochure with more information and step-by-step instructions.



## Upcoming Activities

[Back to Menu](#)

[Click here](#) to view the 2023-2024 District Calendar

<b>Monday, September 11</b> <ul style="list-style-type: none"><li>None</li></ul>	<b>Thursday, September 14</b> <ul style="list-style-type: none"><li>None</li></ul>
<b>Tuesday, September 12</b> <ul style="list-style-type: none"><li>Open House 6:30 PM</li></ul>	<b>Friday, September 15</b> <ul style="list-style-type: none"><li>Utica High Homecoming Parade 4:00</li></ul>
<b>Wednesday, September 13</b> <ul style="list-style-type: none"><li>Picture Make Up Day</li></ul>	<b>Saturday, September 16</b> <ul style="list-style-type: none"><li>None</li></ul>
	<b>Sunday, September 17</b> <ul style="list-style-type: none"><li>None</li></ul>

# District News

## Utica Community Schools School Age Child Care (SACC) **WE ARE HIRING!**

### POSITIONS AVAILABLE:

SACC Directors- \$16/hr  
SACC Assistants- \$14/hr  
Substitutes



### WHY WORK WITH US:

- Best compensation package in Macomb County
- Flexible hours
- Extra income
- Convenient locations
- Morning & afternoon shifts
- Guaranteed \$100 bonus every 10 days worked\*  
\*effective 2023-24 school year; subject to regular review and modification

Apply online: [uticak12.tedk12.com/hire](https://uticak12.tedk12.com/hire)

Questions? Contact Jenelle Dubey:

586.797.6904 or [Jenelle.Dubey@uticak12.org](mailto:Jenelle.Dubey@uticak12.org)



## SACC is Now Hiring! **BI-WEEKLY BONUS!\***



- 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](mailto:CommunityEdQuestions@Uticak12.org)

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

## PowerSchool Forms to Review

# 4 PowerSchool Forms to Review

for a successful school year



[ps.ucs.misd.net](https://ps.ucs.misd.net)

- 1 Student Address,  
Student Contacts and  
Health Information
- 2 Parent Student  
Handbook
- 3 Technology  
Device Use  
Agreement
- 4 Technology Device  
Insurance Opportunity  
Due Sept. 8, 2023



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](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 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

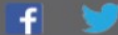


SCAN HERE TO KNOW MORE ABOUT US

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](http://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:

T<sup>3</sup> 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. T<sup>3</sup> 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 \(uticak12.org\)](http://uticak12.org)

Check out Monday Moments, COVID-19 Support Services, Macomb Food Program and more at:

[www.uticak12.org/UCS\\_Wellness](http://www.uticak12.org/UCS_Wellness)

## UCS Wellness Podcast

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

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

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



## Virtual Library Card

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



### Student Virtual Library Card

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

3. Enter in your Virtual Library Card number and pin

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

PIN = MMDD (birth month and birth day)

4. Click Sign in

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



# 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 with a search form titled "What do you need help with today?". The form includes a "Topic" dropdown menu with options like Math, Science, English, and History. There is also a "Subject" dropdown menu and a "Grade" dropdown menu. A green "CONNECT NOW" button is visible 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.

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## 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.

The screenshot shows a chat window with a whiteboard on the left and a chat log on the right. The whiteboard contains handwritten math:  $y = mx + b$ ,  $\frac{3}{2} = \frac{-6}{-4} = \frac{3}{2}$ ,  $2x - 5 + b$ ,  $\frac{15}{2} + b$ , and  $+\frac{15}{2} = b$ . The chat log shows messages from a tutor and a student.

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# Virtual Library Card – Tutor.com



1. 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

4. Click Save

## UCS Meals Are Nutritious And Delicious!

- UCS cafeterias offer a wide variety of different food choices to meet your student's needs
- We serve the same 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

### **"Hey Alexa, what's for lunch?"**

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

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



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

### **Allergens Form**

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

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