

October 3, 2022

Eppler Express



Monday, October 3 Thursday, October 6

- 7th & 8th Grade Volleyball Heritage @ Eppler 4:00
- Half Day Secondary Afternoon Conferences (Virtual) 12:00 pm - 3:00 pm

Tuesday, October 4 Friday, October 7

- Fire Drill 10:15 am
- 7th & 8th Grade Football Eppler @ L'Anse Creuse North 3:30 and 5:00
- None

Wednesday, October 5 Saturday, October 8

- 7th & 8th Grade Volleyball Jeannette @ Eppler 4:00
- None

What's Inside:



What's Happening this Week at Eppler




[Upcoming Activities](#)

Additional Information:

- [Sports Information](#)
- [Eppler Highlights](#)
- [General School Information](#)
- [Counseling Information](#)
- [Educational Camps/Enrichment / Activities/Community Ed](#)
- [Reward Programs](#)
- [UHS Athletics Boosters](#)

Important Websites and Resources:

- [Eppler Website](#)
- [Eppler Express](#)
- [Exam Review Guides](#)
- [Summer Educational Opportunities](#)
- [Student Handbook](#)
- [UCS District Website](#)
- [Report Bullying](#)
- [PowerSchool Portal / Information](#)
- [22-23 School-Year Calendar](#)

	<p>Did You Know ...</p> <p>Don't miss out on important school information. Click here to sign up for School Messenger!</p>
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School News & Information

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 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>

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 receive a pride pin, certificate, chieftain ink pen and pizza lunch with the administrators. Great Job!!





Eppler Jr. High Chieftain Pride Donation Program

NO BUYING! NO SELLING! NO HASSLE!

100% of your donation directly benefits our school!

● 100% Tax Deductible ●

Donor Name: _____

Eppler Student(s): _____

Donation Amount: _____

PLEASE MAKE CHECKS PAYABLE TO: EPPLER JUNIOR HIGH

All money received is used to benefit students in a variety of ways to purchase resources to provide every child an excellent education experience.

THANK YOU FOR YOUR GENEROUS SUPPORT!!

Thank you to those families that have donated! You are truly appreciated!!



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 **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 st Time	2 nd Time	3 rd Time	4 th time
<ul style="list-style-type: none">• Taken to Office• Parent must pick up	<ul style="list-style-type: none">• Taken to Office• Parent must pick up• After-School Detention	<ul style="list-style-type: none">• Taken to Office• Parent must pick up• Saturday School	<ul style="list-style-type: none">• Taken to Office• Parent must pick up• One-Day 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.

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:**

3 TIMES WITHOUT ID = FREE 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.

2023 Eppler Junior High Yearbook Order Form

Now is the time to order your yearbook! Save \$5 by ordering early.
All orders must be placed directly through Jostens, go to JOSTENSYEARBOOKS.COM/
Orders must be received by October 14th to receive this special price.

WAYS TO ORDER FROM HOME:

WEB



JostensYearbooks.com

SCAN



CALL



1.877.767.5217
8AM - 5PM CST
MONDAY-FRIDAY

GET FOUR FREE ICONS

WHEN YOU PERSONALIZE* YOUR COVER AND ORDER BY
October 14th

*Purchase name personalization for your yearbook, then choose up to four free icons

5236	5682	5783	5884	5985	6086	6187	6288	5011
5238	5239	5019	9050	5015	5240	5022	5982	5001
5002	5003	5004	5005	5006	5008	5009	5010	5130
5582	5583	5584	5585	5980	5981	5586	9001	9007
9025	9006	5013	5014	5258	5241	5360	5242	5025
5592	5362	5363	5364	5365	5247	5587	5588	5589
5590	9042	9051	5023	5255	5256	5257	5012	5366
5367	5253	5018	5021	5591	9036	9037		

Eppler Clubs & Organizations

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! There is no start or end date– keep bringing these items in!

Eppler Booster Club

We need you!! Please help!!

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

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

**JOIN THE
BOOSTER CLUB**

Eppler Parent Involvement Committee (EPIC)

The following is a list of dates and times of the Eppler Parent Involvement Committee (EPIC) 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

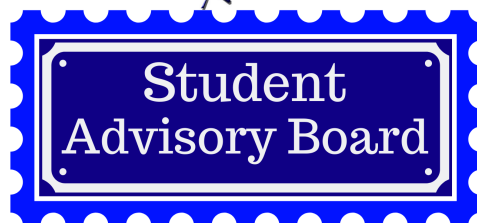
Monday, February 27 @ 9:05 am
Wednesday, March 22 @ 9:05 am
Tuesday, April 25 @ 9:05 am
Wednesday, May 24 @ 9:05 am

Student Council

updated 9/1/22

Student Council members are expected to attend one meeting each month. Students can attend either the morning meeting at 7:30 am or the afternoon meeting at 3:00 pm. Meetings are in room 118.

**STUDENT
COUNCIL**



Do you want to make a difference in YOUR school? Would you like to be a voice for you and your fellow students at Eppler? Please consider being a part of the Eppler Student Advisory Board (ESAB).

ESAB applications may be found in the main office, or on the following link :

[ESAB Application 2022-2023.docx](#)

Applications must be submitted to the main office by October 5, 2022.

Meetings will be held in Room 122

Tuesday, October 11 @ 3:05 pm

Wednesday, November 9 @ 3:05 pm

Tuesday, December 6 @ 3:05 pm

Tuesday, January 10 @ 3:05 pm

Tuesday, February 7 @ 3:05 pm

Tuesday, March 7 @ 3:05 pm

Wednesday, April 12 @ 3:05 pm

Wednesday, May 10 @ 3:05 pm

Eppler & Utica H.S. Sports

7th & 8th Grade Football

UCS 7th & 8th GRADE FOOTBALL 2022

Game Times: @ 3:30/5:00 pm except when noted

Tuesday, September 20

Bemis @ Seneca

Davis @ L'Anse Creuse North

Wyandotte @ Eppler

Heritage @ Anchor Bay South

Algouquin @ Jeannette

Malow @ Romeo

Shelby - Bye

Tuesday, September 27

Shelby @ Bemis

L'Anse Creuse East @ Davis

L'Anse Creuse Central @ Eppler

L'Anse Creuse South @ Heritage

Jeannette @ Fraser

Malow - Bye

Tuesday, October 4

Iroquois @ Bemis

Davis @ L'Anse Creuse Central

Eppler @ L'Anse Creuse North

Fraser @ Heritage

Anchor Bay South @ Jeannette

Malow @ Anchor Bay North

Romeo @ Shelby

Tuesday, October 11

Bemis @ Malow

Wyandotte @ Davis

Eppler @ L'Anse Creuse East

Heritage @ Jeannette

Iroquois @ Shelby

Tuesday, October 18

Romeo @ Bemis **R 4:30/6**

Davis @ Eppler

Heritage @ Algonquin

Jeannette @ L'Anse Creuse South

Seneca @ Malow

Anchor Bay North @ Shelby

Tuesday, October 25

Bemis @ Anchor Bay North

Jeannette @ Davis **R 4:30/6**

Eppler @ Heritage **SW 4:30/6**

Malow @ Iroquois

Shelby @ Seneca

Tuesday, November 1

Shelby @ Malow **SW 4:30/6**

All others - Bye

**UCS
7th & 8th Grade
Volleyball
Fall - 2022**

Game Time: 4:00

September 19 – October 10: 8th grade game followed by the 7th grade game

October 12 – November 3: 7th grade game followed by the 8th grade game

Monday, September 19

Davis @ Shelby
Eppler @ Malow
Heritage @ Jeannette
Bye: Bemis

Wednesday, September 21

Heritage @ Malow
Eppler @ Shelby
Davis @ Bemis
Bye: Jeannette

Monday, September 26

Davis @ Heritage
Bemis @ Jeannette
Shelby @ Malow
Bye: Eppler

Wednesday, September 28

Jeannette @ Shelby
Heritage @ Bemis
Eppler @ Davis
Bye: Malow

Monday, October 3

Malow @ Bemis
Jeannette @ Davis
Heritage @ Eppler
Bye: Shelby

Wednesday, October 5

Jeannette @ Eppler
Malow @ Davis
Shelby @ Bemis
Bye: Heritage

Monday, October 10

Bemis @ Eppler
Shelby @ Heritage
Malow @ Jeannette
Bye: Davis

Wednesday, October 12

Shelby @ Davis
Malow @ Eppler
Jeannette @ Heritage
Bye: Bemis

Monday, October 17

Malow @ Heritage
Shelby @ Eppler
Bemis @ Davis
Bye: Jeannette

Wednesday, October 19

Heritage @ Davis
Jeannette @ Bemis
Malow @ Shelby
Bye: Eppler

Monday, October 24

Shelby @ Jeannette
Bemis @ Heritage
Davis @ Eppler
Bye: Malow

Wednesday, October 26

Bemis @ Malow
Davis @ Jeannette
Eppler @ Heritage
Bye: Shelby

Tuesday, November 1

Eppler @ Jeannette
Davis @ Malow
Bemis @ Shelby
Bye: Heritage

Thursday, November 3

Eppler @ Bemis
Heritage @ Shelby
Jeannette @ Malow
Bye: Davis

2022-2023 Homecoming Parade

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



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.

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, October 10 <ul style="list-style-type: none">7th & 8th Grade Volleyball Bemis @ Eppler 4:00	Thursday, October 13 <ul style="list-style-type: none">Half Day : Secondary Afternoon Conferences (Virtual) 12:00 pm — 3:00 pmJunior High Evening Conferences (Virtual) 3:30 pm - 7:30 pm
Tuesday, October 11 <ul style="list-style-type: none">7th & 8th Grade Football Eppler @ L'Anse Creuse East 3:30 and 5:00Eppler Student Advisory Board (ESAB) Meeting 3:05 pm - 4:05 pm Room 122	Friday, October 14 <ul style="list-style-type: none">None
Wednesday, October 12 <ul style="list-style-type: none">7th & 8th Grade Volleyball Malow @ Eppler 4:00	Saturday, Oct 15 <ul style="list-style-type: none">None
	Sunday, Oct 16 <ul style="list-style-type: none">None

2022 BAND-A-RAMA

**OCT. 9
7PM**

Runkel Field

39701 Dodge Park Rd.
Sterling Heights, MI 48313

**Featuring performances by
all four high school marching
bands**

Tickets Available at the Door

\$5 for adults and high school students

**Free admission - junior high school
and younger**

**Proceeds benefit the Louis Gonda
Memorial Music Scholarship to
support UCS music students**



**UCS is proud to be
recognized as one of the
nation's Best Communities
for Music Education**



District News

We are pleased to share with you the calendars for the next two school years. To view the calendars, please see this link:

<http://uticak12.org/ucscalendarioverview>.

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 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

Polson Control Center:
800-222-1222C

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

Substance Abuse Prevention websites:

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



Main Office
31900 Utica Road
Fraser, Michigan 48026

586.541.CARE (2273)
www.careofsem.com

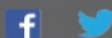


SCAN HERE TO KNOW MORE ABOUT US

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

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

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



STUDENT

ASSISTANCE



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





CARE's Student Assistance

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

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

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

Youth and Family Programs

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

Peaceful Alternatives to Tough Situations (PATTS):

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

* Parent participation required

Teen Intervene:

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

* Parent participation required

Parent Education Classes:

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



INDEPTH:

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

Camp CARE:

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

Teens Talking Truth:

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



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

MONDAY



MOMENTS

NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Happy
Week 2: Find Joy



“Sometimes the source of your joy is your smile but sometimes your smile is the source of your joy.” Thich Nhat Hahn, Vietnamese Monk



What are some moments that bring FUN and JOY into your life?



A JOYFUL Note – A research study (by Y. Ferguson and K. Sheldon) showed that listening to 12 minutes of positive music a day boosts positive emotions. Make a playlist of songs that make you HAPPY. Consider playing songs from your playlist during work or transition times.



www.uticak12.org/UCS_Wellness



UCS Wellness Podcast

The UCS Wellness team is happy to announce the seventh episode of their podcast series. The team worked with community members to create a podcast regarding different areas of physical, mental, and social health for UCS staff, students, and families. These podcasts are available on the UCS Wellness page. [UCS Wellness - Utica Community Schools \(uticak12.org\)](http://uticak12.org)

The seventh podcast in the series is titled "Our Youth and Vaping." 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



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			
Schwarzkoﬀ			
Stevenson			
UAIS			
Utica Alternative Learning Center			
Virtual School (Elementary, Junior High, High School)			

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

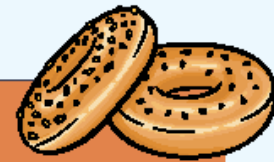
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4. Click Save



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](https://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 [Uticak12.Nutrislice.com](https://uticak12.nutrislice.com) 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 Utica.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 Utica.FamilyPortal.Cloud. Until a student is approved, you will be responsible for paying for meals. UCS will cover the cost this year for all reduced priced meals, so they will be free once approved!

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 Utica.FamilyPortal.Cloud 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 brand named products, like Tyson, Land-O-Lakes and Jennie-O, that you do 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>

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>

Enroll New Student

[On-Line UCS Registration Form](#) (Important - Please have the documents referenced above ready before you begin this process as they are required to register).

Once you complete the registration, you will receive directions to set up an account through our student management system - PowerSchool Unified Classroom. The email will come from Enrollment@uticak12.org. For help setting up a PowerSchool Unified Classroom, please visit [this page for directions on creating a student account](#).

Art Box Studio



Art Box Studio-Drawing **Grades 5th-8th**

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

Questions Contact:
communityedquestions@uticak12.org
or ArtBoxStudio4u@gmail.com
www.ArtBoxStudioLLC.com

6071-F22A Tues. 9/27-10/25/22 Drawing @ Eppler Jr. High 6:00-7:30pm
6071-F22B Tues. 11/08-12/06/22 Drawing @ Eppler Jr. High 6:00-7:30pm
Tuition: \$97 5wks. New Experience each session!!!

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



Superintendent's Student Advisory Board

All 9th grade
UCS students
are welcome
to apply!

**NOW
ACCEPTING
APPLICATIONS!**



Applications are now being accepted to join the Superintendent's Student Advisory Board. Interested ninth grade students may apply via the online application through 11:59 p.m. on Monday, October 3, 2022. To be considered, applicants must complete their application AND have a UCS teacher, school counselor or school administrator submit a letter of recommendation by 11:59 p.m. on Monday, October 3, 2022.

Here is the link for the online application: <https://www.tfaforms.com/5012974>