Eppler Express





Monday, September 2	Thursday, September 5
Labor Day Holiday NO SCHOOL HAPPY ABOR DAY	Open House 6:30 pm
Tuesday, September 3	Friday, September 6
• None.	• None.
Wednesday, September 4	Saturday, September 7
None.	None.
	Sunday, September 8
	None.

Eppler Chieftain Code of Conduct Chieftains are... Respectful Responsible Reasonable

What's Inside:

What's Happening this Week at Eppler Upcoming Activities

Additional Information:

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

Activities/Community Ed

- In Case You Missed It
- Power School
- 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 / 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.

Project Proposals for Eppler

WHAT'S NEXT FOR UCS?

PROJECT PROPOSALS FOR EPPLER JUNIOR HIGH SCHOOL



SAFETY

SUCCESS

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

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

PHASES 2-5

- Upgrade network infrastructure
- Upgrade security systems (cameras and access control)
- Improve the track and bleachers
- Improve exterior façade and landscaping
- Upgrade the gym's lighting and audio system
- · Improve the media center
- · Renovate restrooms
- Upgrade power systems
- Upgrade interior and exterior lighting systems
- Purchase instructional technology equipment for classrooms
- Purchase computers for students and staff
- · Purchase classroom furniture
- Purchase media center furniture

PROJECTS IN PROCESS/COMPLETED

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

^{*}Funded by 2018 bond issue



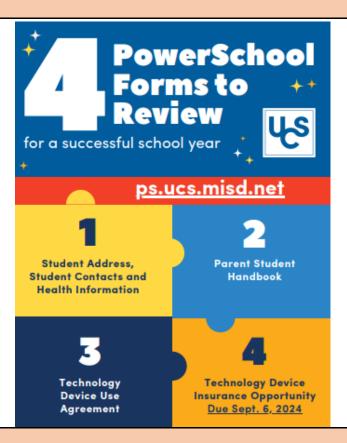




UTICA COMMUNITY

WWW.UTICAK12.ORG/SAFETYANDSUCCESS

Forms to Review

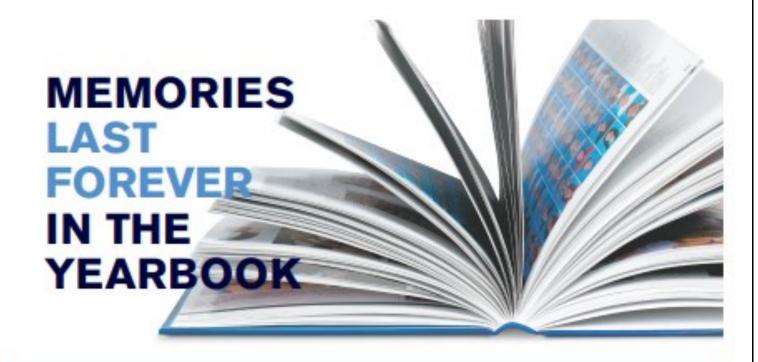


Device Insurance



UCS Device Insurance Plan detailed information.

Back to School
2024-2025 10 THEFT GS FOR
BACK-TO-SCHOOL
Bus stops will be emailed to eligible families on the afternoon of Monday, August 19.
You will be emailed your child's elementary teacher after 3 p.m. on Thursday, August 22 . If you are not receiving regular emails from UCS or your child's school, please contact the school office.
Registration dates for UCS secondary schools have been scheduled throughout August. For information on these dates, please see your school's website.
Suggested school supply lists for elementary students are available on school websites. Specific information on secondary school supplies will be shared by your classroom teachers during the first few days of school. It is generally recommended that secondary students have writing notebooks (one per class, different color), pens, pencils and highlighters.
There are several items that all parents will need to indicate they have reviewed on their PowerSchool accounts in the Forms section: 1) Student Address, Student Contacts and Health Information 2) Parent Student Handbook 3) Technology Device Use Agreement 4) Technology Device Insurance Opportunity (Due September 6, 2024)
School meals will once again be free through the State of Michigan this upcoming school year. Menus are available at: https://uticak12.nutrislice.com . With meals being free, families should still complete a Education Benefits Form through their Family Portal - uticak12.org/familyportal - this will help families that qualify receive reduced registration fees for AP courses, discounted internet access and more!
Utica Community Schools is proud to deliver 1:1 technology to our students. UCS is once again offering an annual insurance plan to help families if there is an accident that causes damage to the school issued device. In order to be considered enrolled in the optional Technology Insurance Program, payments for the 2024-2025 school year must be received no later than Friday, September 6, 2024. Follow this link for more info: http://www.uticakl2.org/device
School begins on Tuesday, August 27. This is a ½ day for elementary students and a full day for secondary students. Available calendar dates are at: http://www.uticakt2.org/calendar
All school offices are now open for the new school year. School begins in Utica Community Schools on Tuesday, August 27.
Have a question about the start of the school year? Just ask us! Use this link (https://www.uticakl2.org/Page/152) for a list of school and district contact information or email ucs@uticakl2.org.



WAYS TO ORDER

ONLINE



JOSTENS.COM/BACKTOSCHOOL

SCAN



CALL



1-877-767-5217

2024-2025 EPPLER JUNIOR HIGH SCHOOL YEARBOOK!

NOW \$38.00

That's a savings of \$9.00

Order by 09/13/2024

JOSTENS PAYMENT PLAN

Spread out the cost of your yearbook with three interest-free payments.

Minimum purchase requirements and eligibility restrictions apply.

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



Tionex, service fees and delivery fees will be added, if applicable.

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 Office
- 5. Fill out the form with your information.
- Click Register to complete.

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

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

Eppler Cell Phone/Device Policy

Eppler Junior High School

CELL PHONE/DEVICE POLICY

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

NO Pictures

NO Phone Calls

NO Texting

NO Social Media

***This includes Tik Tok, Snapchat, Instagram, Facebook, and ALL others

During School Hours

Cell Phones/Electronic Devices/Earbuds/Headphones

CAN NOT be displayed or used anywhere in school without permission.

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

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

1st time 2nd time 3rd time 4th time 5th / + times

Taken to Office

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

Parent Must Pick Up Phone Taken to Office

Parent Must Pick Up Phone. After School Detention Taken to Office

Parent Must Pick Up Phone

Saturday School

Taken to Office.

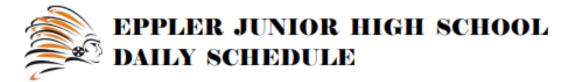
Parent Pick Up Phone.

Phone banned from School.

Suspension

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

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



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

A Lunch Lunch 10:29 a.m. – 11:00 a.m.

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

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

Lunch 11:06 a.m. - 11:31 a.m.

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

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

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

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

EXAM DAY SCHEDULE

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

BE PROMPT!



expectations for 2024-2025



Beginning with the 2024-2025 school year, students will NO LONGER be able to carry their large backpacks during the school day from class to class.

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

Backpacks MUST remain in student lockers during the school day.



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



EVERY student must WEAR his or <u>her</u> student ID while on school grounds.

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

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

\$5 ID REPLACEMENT for lost/broken IDs

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

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

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

Lunch Deliveries : REMINDER



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

student. However, if the food dropped off is from a restaurant, the student will be asked to eat it in the Main Office during their lunch hour. Coffee, smoothies, and outside breakfast brought in the school in the morning must be consumed before going into first hour. This is the practice that takes place at the high school level and Eppler is aligning with Utica High in order to provide consistent expectations for our students. If you would like to apply for the free or reduced lunch program, or to establish a lunch account for your child, please click here.

Thank you for your understanding and we appreciate your support.

Dress Code Rules - REMINDER

Dress code:

Please address the following dress code items with your child:

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

Student Drop-off after 7:20

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.

UCS Handbook

Lost and Found

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

All unclaimed items will be donated to a local re-sale shop on June 7th.



School Safety

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

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

The video is available for you to review at this link: <u>UCS School Safety: Standard Response Protocol – Junior High - YouTube</u> If you have any questions, please contact our office.





Utica High School Athletic Department Troy Hayes – Athletic Director

Utica Athletic Event Admissions Policy

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

UCS 7th & 8th GRADE FOOTBALL 2024

Game Times: @ 3:30 pm and 5:00 pm Stadium Game Times: 4:30pm & 6:30pm

Tuesday, September 17	Tuesday, September 24	Tuesday, October 1
Eppler @ New Haven	Anchor Bay South @ Davis	L'Anse Creuse South @ Davis
Davis @ Jeannette	Algonquin @ Jeannette	Anchor Bay South @ Eppler
Bemis @ Shelby	Fraser @ Bemis	Anchor Bay North @ Malow
Malow @ Fraser	Seneca @ Malow	Iroquois @ Shelby
	Shelby @ Anchor Bay North	Bemis @ L'Anse Creuse East
	Bye: Eppler	Jeannette @ New Haven
Tuesday, October 8	Tuesday, October 15	Tuesday, October 22
Jeannette @ Eppler	Eppler @ L'Anse Creuse South	Eppler @ Algonquin
Davis @ Algonquin	New Haven @ Davis	Shelby @ Malow SW
Malow @ Iroquois	Malow @ Romeo	Bye: Davis
Romeo @ Shelby	Shelby @ Seneca	
L'Anse Creuse North @ Bemis	Bemis @ L'Anse Creuse Central	
	Bye: Jeannette	
Wednesday, October 23	Tuesday, October 29	
L. Cre South @ Jeannette SW	Davis @ Eppler SW	
Wyandotte @ Bemis R	Jeannette @ Anchor Bay South	
	Bye: Bemis, Malow, Shelby	R: Runkel Field
		SW: Swinehart Field

UCS 7th & 8th Grade Volleyball Fall - 2024

Game Time: 4:00 - 1st game, 2nd to follow
September 23 - October 7: 8th grade game followed by the 7th grade game
October 9 - October 23: 7th grade game followed by the 8th grade game
October 28 & 30 games TBD

Monday, September 23	Wednesday, September 25	Monday, September 30
Davis @ Bemis	Eppler @ Jeannette	Shelby @ Jeannette
Eppler @ Shelby	Shelby @ Bemis	Davis @ Eppler
Jeannette @ Malow	Davis @ Malow	Bemis @ Malow
Wednesday, October 2	Monday, October 7	Wednesday, October 9
Jeannette @ Bemis	Malow @ Shelby	Bemis @ Davis
Malow @ Eppler	Bemis @ Eppler	Shelby @ Eppler
Shelby @ Davis	Jeannette @ Davis	Malow @ Jeannette
Monday, October 14	Tuesday, October 15	Friday, October 18
Jeannette @ Eppler	Jeannette @ Shelby	Eppler @ Davis
Bemis @ Shelby	Malow @ Bemis	
Malow @ Davis		
Monday, October 21	Wednesday, October 23	Monday, October 28
Bemis @ Jeannette	Shelby @ Malow	#1 vs #2
Eppler @ Malow	Eppler @ Bemis	#3 vs #4
Davis @ Shelby	Davis @ Jeannette	#5 vs #6
Davis (ii) Bliviby	Davis (6) Jeannette	Higher seed is the home
		team
Wednesday, October 30		
#1 vs #4		
#2 vs #5		
#3 vs #6		
Lower seed is the home		
team		

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!

AFTER-SCHOOL HOMEWORK CLUB

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

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

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

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



EPPLER HOMEWORK CLUB PERMISSION SLIP



My child, (please print)		, grade	, has my	permission to
participate in Homework Club. I u	nderstand that it is my re	sponsibility to	provide tran	sportation for
my child at the end of the session.	My child understands th	at it is his/he	r responsibili	ity to arrive on
time, to bring all necessary materi	als to the Media Center,	and to be pre	pared to wor	rk. My child
also understands that Eppler Junior	High school rules apply	and will be er	iforced. Mish	ehavior can
lead to dismissal from being a partic want to verify my student's attenda	•			, and if I ever
Parent/Guardian Signature:			_ Date:	
Student Signature:			_	

Chess Club will be up and running again this year! We will meet September 16 from 2:15-3:15 in Mrs. Byron's room 19. Coach Marwan will teach you how to play, and how to improve your game. Please pick up the chess paper from Mrs. Byron in room 19.

Chess Club

We are the Eppler Elephants and we stomp on the competition!!

Chess club is a great way to meet new friends and to be a part of the Eppler Community! Chess will also foster critical thinking and problem solving skills! There are numerous studies linking learning to play chess with increased academic achievement.



Chess club is open to all students in grades 7-9.

We meet every Monday after school from 2:15-3:15 with Coach Marwan for practice. Chess Club will begin September 16 at 2:15 PM in room 19.

This is club is for fun and learning new strategies. If you are interested in a competitive experience, please check out: www.ltsYourMoveChess.weebly.com for a club and tutoring provided by coach Scott Burnham.

Contact information:			
School advisor: Mrs. Renee Byron renee.byron@uticak12.	org		
Student coach Marwan Hassan HassanM1@stu.uticak12.org			
Please fill out and return this bottom portion to Mr	s. Byron in	room 19	
Student name	grade	math teacher	
Parent name	pare	ent phone number	

Please make sure that your child has a ride available at 3:15 on chess club Mondays!

District News

Wellness



Legacy of Excellence



PowerSchool/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

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.





Monday, September 9	Thursday, September 12
• None.	• None.
Tuesday, September 10	Friday, September 13
• None.	UHS Varsity Football v Grosse Pointe South Swinehart 7:00 pm
Wednesday, September 11	Saturday, September 14
Picture Make-Up Day	None.
	Sunday, September 15
	• None.

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."

Macomb County Crisis Center: 586-948-0222

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

Alateen/Alanon Family Groups:

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

Family Youth Interventions/Youth Shelter:

Polson Control Center:

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

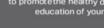
www.mcosa.net www.abovetheinfluence.com www.thetruth.com www.drugabuse.gov

OF SOUTHEASTERN MICHIGAN

Main Office 31900 Utica Road Fraser, Michigan 48026

586.541.CARE (2273) www.careofsem.com









ASSISTANCE

STUDENT

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
- 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 experier difficulties. Student Assistance offers students and their families guidance and support.

Student Assistance Clinicians specialize in risk issues such as substance abuse and isk issues such as substance abuse and mental health problems. A qualified Clinician will conduct initial screenings and assess-ments 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):

egarding alcohol or other drug use Parent participation required

Parent Education Classes:

A series for parents to discuss ways to understand behavior, build self-esteem, increa



INDEPTH:

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

Camp CARE:

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

Teens Talking Truth:

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



Care Solace

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

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

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

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

Disclaimer:

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

UCS Wellness

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





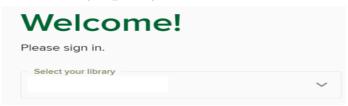


Virtual Library Card

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

- 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

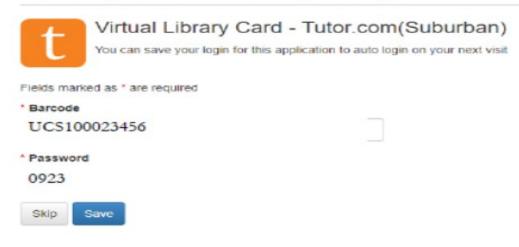
 Click on the Virtual Library Card Tutor.com icon from the ClassLink dashboard.



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

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

Would you like to save your login?



4. Click Save

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.



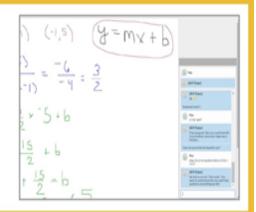
CONNECT WITH A TUTOR

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

UCS Meals Are Nutritious And Delicious!

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

"Hey Alexa, what's for lunch?"

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

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



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

Allergens Form

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

- 1- You must fill out a physician signed MDE Special Needs Accommodation form and send it to the Food Service office. Without this, we cannot make any accommodations. Please make sure to be specific with regards to the allergy (Example: all dairy or just fluid milk intolerance, etc.)
- 2-Because allergies can change, you MUST fill out a new form EVERY YEAR.
- 3- You must indicate to your child's school which days and which menu item you would like at least 48 hours in advance. We will not automatically have these available if we do not hear from parents in advance.
- 4-A vegetarian and nut free options are available every day, so please see the regular menu.
- 5-Juice or water are not acceptable substitutes per 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