

October 5, 2026

Eppler Express



Monday, October 5	Thursday, October 8
- Chess Club, Room 118, 2:55 - 3:55 pm Spirit Week: Adam Sandler Day 8/7 Volleyball @ Davis 4:00 PM / 5:30 PM	- Homework Club, 2:55 - 3:55 pm, Media Center - Magic : The Gathering Room 126 2:50 – 3:45 PM Spirit Week: Dress for the Wrong Occasion Day - Fire Drill 10:15 am - Fall Bus Evacuation Drills As Buses Arrive
Tuesday, October 6	Friday, October 9
NO HOMEWORK CLUB Spirit Week: Anything but a Backpack Day - Junior High Evening Conferences (Virtual) 4:30 – 7:30 PM 8 Football @ New Haven (8th ONLY) 3:30 PM	- AVID Bagel Sales 2nd Hour Spirit Week: Class Color Day 7th = Orange / 8th = White / 9th = Black - Fall Pep Assembly 6th Hour - UHS Varsity Football v Warren Mott (Homecoming) Parade 4:15 PM / Game 7:00 PM 8th Grade Specialty Program Survey Due in US History Classes
Wednesday, October 7	Saturday, October 10
Spirit Week: Decades Day - Fall Count Day - StuCo Donut Sale, 1st Hour - StuCo Jets Pizza Fundraiser (21 and VanDyke) 4:00 – 8:00 PM Fall Count Day 7/8 Volleyball @ Jeanette 4:00 PM / 5:30 PM	None.
	Sunday, October 11
	None.

What's Inside:

What's Happening this Week at Eppler

[Upcoming Activities](#)

[Additional Information:](#)

- [School News & Information](#)
- [Sports Information](#)
- [Clubs & Organizations](#)
- [District News](#)
- [Power School](#)
- [Reward Programs](#)
- [Early Dismissals/Attendance.](#)

Important Websites and Resources:

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

Eppler Chieftain Code of Conduct:

Be Respectful, Be Responsible, Be Reasonable... And above all, be kind to everyone!

Monday, October 12	Thursday, October 15
- College Gear Monday - Chess Club, Room 118, 2:55 -3:55 pm 7/8 Volleyball v Bemis 4:00 PM / 5:30 PM	- Homework Club, 2:55 - 3:55 pm, Media Center - Magic : The Gathering Room 126 2:50 – 3:45 PM
Tuesday, October 13	Friday, October 16
- Homework Club, 2:55 - 3:55 pm, Media Center. 7/8 Football v Jeannette @ Swinehart 3:30 PM / 5:00 PM	AVID Bagel Sales 2nd Hour
Wednesday, October 14	Saturday, October 17
8th Grade MST Specialty Program Presentation - Kona Ice Truck All Lunches 8th Grade UAIS Specialty Program Presentation - NJHS Meeting Media Center 3:00 – 4:00 PM 7/8 Volleyball @ Shelby 4:00 PM / 5:30 PM - Yearbook Fundraiser, Dairy Queen Utica, 4:00 - 9:00 pm	None.
	Sunday, October 18
	None.

[Click here](#) to view the 2026-2027 District Calendar

Vision and Mission Statements

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

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

EPPLER CHIEFTAIN PRIDE

Donation Program

No Buying! No Selling! No Hassle!

100% of your donation directly benefits our school!

100% tax deductible

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:

Donations of school supplies are always welcome. Below is a list of the most popular items that we go through.

Pencils, glue sticks, 3x5 index cards, black and blue Expo markers, colored pencils, crayons, lined paper (loose leaf), facial tissue, hand sanitizer, cleaning wipes. These items can be dropped off in the main office.

Purchase of Resources to Provide Every Child an Excellent Education Experience

Thank you for your generous support!



2026-2027 EPPLER JUNIOR HIGH SCHOOL YEARBOOK

IT'S MORE THAN A YEARBOOK

It's a collection of moments that define your year.

NOW \$42.00

Order by 10/16/26



ORDER YOUR YEARBOOK TODAY!

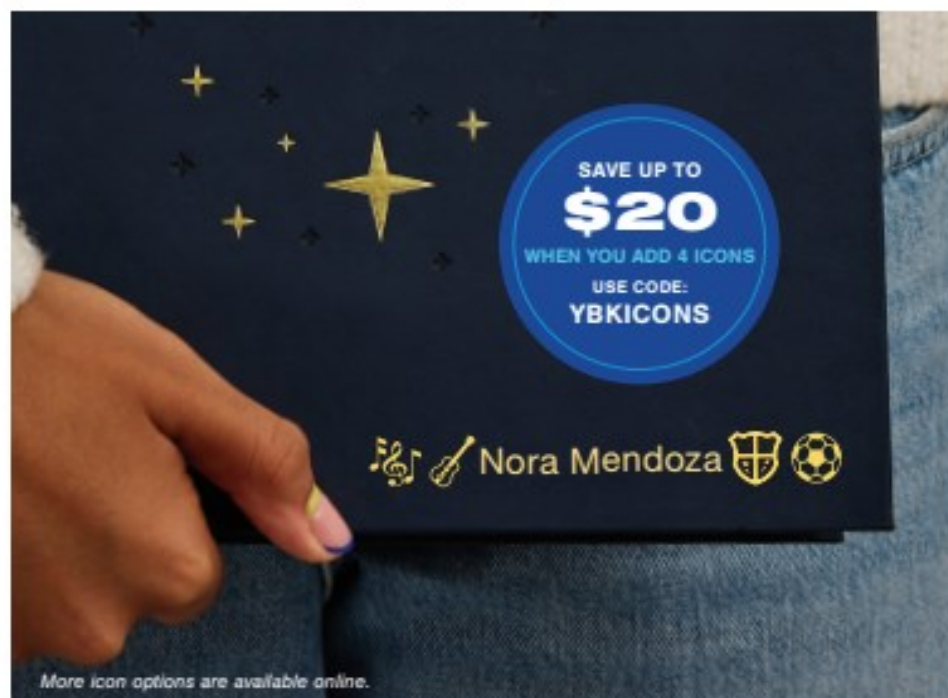
www.jostens.com/bts/1063174

(877) 767-5217

*Choose from a variety of easy payment options at checkout.**

PERSONALIZE YOUR COVER

Make your yearbook one of a kind by personalizing the cover with your name and icons that represent your unique interests.



More icon options are available online.



SHARE YOUR PHOTOS

See more of yourself and your friends in the yearbook.

STEP 1.

Scan the QR code to get started.



Or go to:
photos.jostens.com/upload

STEP 2.

Upload your favorite photos from the year.

STEP 3.

Tag yourself and your friends in the photos.

*Minimum purchase requirements and eligibility restrictions apply. Taxes, service fees and delivery fees will be added, if applicable. One-time use. Exclusions apply (tax, shipping, gift cards, past purchases). Cannot be combined with other offers. Promo period varies by school, valid only during your school's selected dates. See <https://www.jostens.com/officialrules/> for terms.

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EPPLER JUNIOR HIGH
SPIRIT WEEK
 OCTOBER 5-9

OCT. 5 MON
ADAM SANDLER DAY
 DRESS IN THE ACTOR'S SIGNATURE OVERSIZED, ULTRA-CASUAL, & MISMATCHED EVERYDAY STYLE OR LIKE ONE OF HIS MOVIE CHARACTERS

OCT. 6 TUE
ANYTHING BUT A BACKPACK DAY
 BRING YOUR SUPPLIES TO SCHOOL USING A CREATIVE ALTERNATIVE TO YOUR USUAL BACKPACK
 STAFF: ANYTHING BUT A CUP

OCT. 7 WED
DECADES DAY
 DRESS IN NOSTALGIC OUTFIT FROM THE PAST 7TH - 70'S / 8TH - 80'S / 9TH - 90'S
 STAFF: BIRTH YEAR DECADE

OCT. 8 THU
DRESS FOR THE WRONG OCCASION DAY
 WEAR AN OUTFIT MEANT FOR A COMPLETELY DIFFERENT EVENT OR SETTING THAN A NORMAL SCHOOL DAY (SKIING, X-MAS PARTY, PROM)

OCT. 9 FRI
CLASS COLOR DAY
 DRESS IN YOUR CLASS COLORS:
 7TH - ORANGE / 8TH - WHITE / 9TH - BLACK
 STAFF: EPPLER SPIRIT WEAR

SEE MRS. RAUPP OR MS. GRAMMATICO WITH QUESTIONS!

Anything But a Backpack Guidelines

- No humans or animals
- Nothing motorized
- Nothing that would be considered dangerous to others
- Item must fit easily through a classroom door
- Items must be able to easily be taken up and down the stairs
- Item must fit comfortably by student's desk while in class
- Items may not be shared by multiple students

Some ideas of what NOT to use:

- Wheelbarrows
- Full size strollers
- Dolly carts
- Flatbed carts
- Full size shopping carts
- Kayaks/Canoes
- Full size wagons

Some ideas of what CAN be used:

- Small Suitcase
- Bucket
- Toy Shopping Cart
- Laundry Basket
- Picnic Basket
- Amazon Box
- Football Helmet



September Update



Congrats to our September Chieftains of the Month!

Daisy Diaz, Talon Johnson, Saif Salam Mohammed, James Massaria, Joss Wood,
Mario Long, Theus Hudgins, Daniel Wolken, Alexander Riggs, Harper Sunisloe, Cora Combs and Anes Babovic





EPPLER JUNIOR HIGH SCHOOL **DAILY SCHEDULE**

1ST HOUR 7:55 – 8:53 AM

2ND HOUR 8:59 -9:55 AM

3RD HOUR 10:01 – 10:57 AM

4TH HOUR 11:03 – 12:42 PM

A Lunch 11:03 – 11:34 Lunch

11:40 – 12:42 Class

B Lunch 11:03 – 11:34 Class

11:40 – 12:05 Lunch

12:11 – 12:42 Class

C Lunch 11:03 – 12:05 Class

12:11 – 12:42 Lunch

5TH HOUR 12:48 – 1:44 PM

6TH HOUR 1:50 – 2:46 PM

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

EXAM DAY SCHEDULE

1ST EXAM 7:55 – 9:23 AM

2ND EXAM 9:29 – 10:57 AM

BE PROMPT!



Cell Phone Policy

Utica Community Schools is committed to providing a high-quality education for students and a professional learning environment for staff—free from distractions—to support effective teaching, enhance student well-being, and maintain a safe, focused school environment.

Research studies indicate that cell phone use, particularly for social media and interaction, can interfere with a student's ability to focus on learning and can negatively impact students in many ways. Excessive use of cell phones and social media has been linked to lower academic performance, increased behavioral issues, and other conditions that hinder a student's ability to excel.

This policy prohibits student use of wireless communications devices on school grounds during instructional time. The Utica Community Schools Board of Education delegates to the Superintendent of Schools the responsibility for developing administrative rules and regulations for prohibiting the use of wireless communications devices during instructional time in accordance with the Michigan Revised School Code (MCL 380.1303a) and this policy. The Board of Education also recognizes additional restrictions may be necessary based on the age and/or grade level of the students.

Students are personally and solely responsible for the security of their wireless communication devices. Utica Community Schools is not responsible for the theft, loss, or damage of a personal wireless communication device.

The use of wireless communications devices (WCD) by students is prohibited while on school grounds as follows:

While junior high/middle school students may carry wireless communication devices on their person, the device should not be used, seen or heard, from the time a student walks into the school at the start of the day until the final bell at the end of the school day.

At all levels,

- a. WCD cannot be brought into testing rooms.
- b. Use of a WCD is permitted in school vehicles as long as it is not used to violate any Board of Education Policy or any other school rule and is used in a way that is respectful to those around them.
- c. Using the recording capabilities of wireless communications devices is prohibited without the expressed permission of a building administrator.

The following exemptions apply to the prohibition of wireless communications devices:

1. Medically necessary devices determined in a student's health plan.
2. District-owned devices, including, but not limited to, school-issued tablets and laptops.
3. Devices designated by the District to be used for instructional purposes.
4. Devices used for special education programming or devices provided as an accommodation to students as required under Section 504 of Title V of the Rehabilitation Act of 1973, 29 USC 794, or as part of an Individualized Education Plan under Title II of the Americans with Disabilities Act of 1990, 42, USC 12131 to 12165.
5. Lesson-specific academic assignments, at the limited and direct discretion of a classroom teacher.
6. Emergency situations, as described in the Utica Community Schools Emergency Operations Plan. Use of a wireless communications device must not interfere with school emergency protocols or the actions of first responders and must not endanger students or faculty.

Junior high/middle school enforcement mechanisms include:

- a. In the first few weeks of school, the expectations will be shared in rules meetings with students.***
- b. The first violation will lead to a warning letter, issued when the parent/guardian picks up the phone from the office, explaining what will occur if there are continued violations.***
- c. The second violation will lead to detention(s) to be served during lunch or after school.***
- d. The third violation and each subsequent violation will lead to a one-day suspension.***
- e. At all violation levels, devices will be confiscated and a parent/guardian must arrange for the device to be picked up.***
- f. To avoid multiple violations, students, parents/guardians and the building administrator can agree to a plan such as turning the device in each day in the morning and picking it up at the end of the day.***

Student responsibility for wireless communications devices:

Students are personally and solely responsible for the security of their wireless communications devices. The school system is not responsible for the theft, loss, or damage of personal wireless communications devices.

On September 10, 2026, we met with 7th, 8th and 9th grade students to address the 2026-2027 Student and Parent Handbook. Below you will find a few key points that we went over with all the students. Everything that we addressed can be found in the UCS 2026-2027 Parent Student Handbook.

- Students must have a pass when they leave the classroom.
- Students must have their IDs on and visible.
- Students may carry wireless communication devices on their person, the device may not be used, seen or heard, from the time a student walks into the school at the start of the day until the final bell at the end of the school day.
- Big backpacks are not allowed in the classroom. Students need to be using their lockers and string backpacks.
- No food or drinks in the classroom or hallways. (Water is allowed)
- Attendance : regular attendance, being on time, and active participation in class contribute to student success. "Excessive absences" is defined as 10 or more in a semester. Please review the attendance policy with your student.
- Dress Code : Students' dress must not disrupt the educational process, interfere with the maintenance of a positive teaching/learning climate, or compromise reasonable standards of health, safety and decency.



BACKPACK

expectations for 2026-2027

**ATTENTION
PLEASE**

Students will NO LONGER be able to carry their large backpacks during the school day from class to class. Backpacks have become a safety issue in both our hallways and classrooms. Large backpacks MUST remain in student lockers during the school day.



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



Eppler Jr. High

ID Badge Requirements

(directly from the handbook)



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

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

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

\$6 ID REPLACEMENT for lost/broken IDs

3 times without ID = detention

6 times without ID = automatic \$6 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 \$6 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 riffs, shoulders, cut too low or any derogatory or drug/alcohol messages.

Student Drop-off after 7:55

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

Parent Student Handbooks



Please use the following link to access the Parent and Student Handbooks for the 2025-2026 school year.

[UCS Handbook](#)

Lost and Found

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



School Safety

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

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

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



Early Dismissal Procedures

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

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

How to Report an Absence

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

Calling All Shoppers!

We would love to encourage families and staff members to select — or update their current Kroger Community Rewards selection to — Eppler Junior High so those funds can directly benefit our students, classrooms, and teachers. Below is an infographic to provide easy instruction on how to update or change their Kroger account:

Of course, families and community members can also support EPIC through direct donations, helping sponsor classroom requests, or even assisting with grant opportunities and local business donation outreach. However, the Kroger rewards program is such a simple and easy way for many families to contribute at no additional cost, and we are hopeful that increased participation

SHOP KROGER. SUPPORT EPPLER.



STEP 1

Scan the QR code or visit Kroger Community Rewards



STEP 2

Sign in or create your Kroger account

STEP 3

Search for "Eppler Middle School"

STEP 4

Select the school and click Enroll

THEN SHOP AS USUAL AND KROGER GIVES BACK AUTOMATICALLY

PowerSchool/Text Messaging Service / Schoology

PowerSchool– [Click here](#) to go to the district's PowerSchool website

Parent Portal Access through PowerSchool

PowerSchool is the district's student information system used for scheduling, attendance, grades, and delivery of report cards. Please find more information below on how to create and access your Parent Portal Account.

To login, visit: <http://ps.ucs.misd.net/public>

Below are useful documents for you to reference and take full advantage of PowerSchool:

Parents: [Create a Parent Portal Account](#)

Helpful Tips for our PowerSchool Parent Portal: [Click here for info on how to reset your password.](#)

PowerSchool Mobile App:

1. Download the PowerSchool Parent App through your device's [GooglePlay](#) or [Apple App Store](#).
2. Enter the UCS district code: NKDJ (all capitalized)
3. When logging in through your mobile app, you will use the same username/password that you use to login through your desktop.

Questions? Contact your home school to help with your PowerSchool questions.

Text Messaging Service

Utica Community Schools Text Messaging Service

Utica Community Schools offers a texting service for parents. The service allows parents to receive important information such as school closings, safety alerts, school reminders and more, directly from their school(s) on a mobile device.

Newly enrolled UCS parents will receive a text message from the district that reads:

"Utica Community Schools messages. Reply Y to confirm, HELP 4 info. Msg&data rates may apply. Msg freq varies. schoolmessenger.com/tm"

To receive the free* text messages, simply reply "Y" or "Yes" to the message.

Even if you have not received a UCS message to join, parents may opt in by texting "Y" or "Yes" to the short code 67587.

Parents may opt out at any time by replying "Stop" to one of the messages.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.



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 SCHOOLGY

1. Go to www.schoology.com.
2. Click **Sign Up** at the top of the page and choose **Parent**.
3. Enter your Parent Access Code. This is the 12-digit code in **xxxx-xxxx-xxxx** format
4. To receive the 12-digit code, please contact the Main Office
5. Fill out the form with your information.
6. Click **Register** to complete.

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

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

2026-2027 Attendance Information

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

During the 2026-2027 school year Eppler Administration will be sending text messages and emails to parents/guardians about their student's attendance. Messages and emails may have a number or email address that you do not recognize. If the messages are about attendance and mention your student, it was sent to you by Eppler Administration.

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



BAGELS

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



\$1.50

BAGEL SALE

FRIDAYS

BROUGHT TO YOU BY

AVID



EPPLER JUNIOR HIGH'S

GOLDEN TICKET RAFFLE



Earn a golden ticket in *each* class you have ZERO missing assignments in for the *entire* quarter. Then, turn in your ticket(s) to the counseling office for a chance to win an awesome prize!

QUARTER

1

PRIZE

Win a pizza party for you and two of your friends during lunch.



QUARTER

2

PRIZE

Win a movie basket with a gift card to a movie theatre, candy, and popcorn.



QUARTER

3

PRIZE

Win a candy bouquet full of delicious, sweet treats.



QUARTER

4

PRIZE

Win a summer fun basket filled with items to start vacation off right.



Golden tickets will be handed out the last week of each quarter.

Yearbook Dairy Queen Fundraiser

Grab a sweet treat and help support the Eppler Yearbook! Join us at Dairy Queen in Utica on Van Dyke from 4:00–9:00 PM on the following dates:

Wednesday, September 16

Wednesday, October 14

Wednesday, November 11

Wednesday, December 9

15% of proceeds from the fundraiser will be donated back to the Eppler Yearbook.

Bring your family & friends to DQ and treat yourself while supporting our yearbook staff!





EPPLER JUNIOR HIGH SCHOOL

9/23, 10/14, 11/18, 3/17 & 4/21

586.883.5662 | konaiceofutica@kona-ice.com | www.kona-ice.com

COST

\$5-\$8
(depends
on size)

Cash
Apple Pay
Cash App



1.

Start with a fluffy serving of
our finely shaved ice.



2.

Head over to the
Flavorwave® machine and
choose from 10 delicious
Kona Ice syrup flavors.



3.

Add one flavor or mix and
match as many as you like to
create a shaved ice
masterpiece



4.

Enjoy a refreshing treat that's
made just the way you like it!

Visit the
website
for
flavors!

**ALL
LUNCH
HOURS**

A poster for donut sales featuring a background of colorful sprinkles and several donuts with different colored glazes (yellow, pink, purple, blue) and sprinkles. The text is centered and reads:

IT'S DONUT DAY!

Vanilla sprinkle and chocolate donuts will be sold during first hour by Student Council.

\$2.00 EACH

WEDNESDAY, OCT. 7	WEDNESDAY, FEB. 3
WEDNESDAY, NOV. 4	WEDNESDAY, MAR. 3
WEDNESDAY, DEC. 2	WEDNESDAY, APR. 7
WEDNESDAY, JAN. 6	WEDNESDAY, MAY 5

The header for the Jet's Pizza fundraiser, featuring a red and white checkered pattern at the top, followed by the text "JET'S PIZZA" in large green letters with a red outline, and "FUNDRAISER" in large green letters with a red outline below it.

JET'S PIZZA
FUNDRAISER

For every order,
Jet's Pizza will
donate 15% of
that sale back to
Eppler's Student
Council.



46370 VAN DYKE
SHELBY TWP. 48317

586.731.3700

A red starburst graphic with a jagged edge, containing the text "1st WED of every month" in white.

**1st WED
of every
month**

4-8PM
PICK UP
OR
DELIVERY

SEPTEMBER 2
OCTOBER 7
NOVEMBER 4
DECEMBER 2
JANUARY 6
FEBRUARY 3
MARCH 3
APRIL 7
MAY 5
JUNE 2

Eppler & Utica Athletics

UHS Athletic Event Policy

Utica Athletic Event Admissions Policy

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

Eppler Athletic Event Policy

1. **ALL** students **MUST** present a school ID for entrance to the game and will **ONLY** be admitted with adult supervision.
2. The accompanying adult **MUST** attend the event with the student and **MAY NOT** leave the student unsupervised.
3. Between the end of the school day and the start of the event, any student attending **MUST** either wait outside the school or in the main lobby **ONLY**.
4. Students on the current Low Citizenship List **MAY NOT** attend any after school events.



**7th & 8th GRADE
FOOTBALL 2026**

Game Times: 3:30 pm first game, second game to follow.

R = Game will be played @ Runkle Field SW = Game will be played @ Swinehart Field

*8th Grade Game Only

Tuesday, September 22

Shelby @ Anchor Bay
Malow @ Romeo
*Bemis vs. New Haven
Eppler @ LC North
Jeannette vs. LC Central
Davis @ LC East

Tuesday, September 29

Shelby vs. Iroquois
Malow vs. Anchor Bay
Bemis @ LC South
Eppler vs. LC East (SW)
Jeannette vs. Algonquin
*Davis vs. New Haven

Tuesday, October 6

Shelby @ Seneca
Malow vs. Wyandot
Bemis @ LC East
*Eppler @ New Haven
Davis vs. Jeannette (R)

Tuesday, October 13

Shelby @ Wyandot
Malow vs. Seneca
Bemis vs. LC North
Eppler vs. Jeannette
(SW)
Davis @ Algonquin

Tuesday, October 20

Shelby vs. Romeo
Malow @ Fraser
Bemis @ LC Central
Eppler vs. Algonquin (SW)
*Jeannette vs. New Haven
Davis @ LC North

Tuesday, October 27

Shelby vs. Malow (SW)
Malow @ Shelby
Bemis vs. Jeannette (R)
Davis vs. Eppler

Monday, November 2

7th Grade Only

Bemis vs. Davis (SW)
Jeannette vs. Eppler (SW)



7th & 8th Grade
Volleyball 2026

|Game Time: 4:00 - 1st game, 2nd to follow

September 21 – October 5: 8th grade game followed by the 7th grade game

October 7 – October 21: 7th grade game followed by the 8th grade game

UCS Tournament October 26 & 28 games

7th Grade @ Malow

8th Grade @ Eppler

Monday, September 21

Jeannette @ Eppler

Bemis @ Shelby

Malow @ Davis

Wednesday, September 23

Shelby @ Malow

Eppler @ Bemis

Davis @ Jeannette

Monday, September 28

Bemis @ Davis

Shelby @ Eppler

Malow @ Jeannette

Wednesday, September 30

Bemis @ Jeannette

Eppler @ Malow

Davis @ Shelby

Monday, October 5

Jeannette @ Shelby

Malow @ Bemis

Eppler @ Davis

Wednesday, October 7

Eppler @ Jeannette

Shelby @ Bemis

Davis @ Malow

Monday, October 12

Malow @ Shelby

Bemis @ Eppler

Jeannette @ Davis

Wednesday, October 14

Davis @ Bemis

Eppler @ Shelby

Jeannette @ Malow

Monday, October 19

Jeannette @ Bemis

Malow @ Eppler

Shelby @ Davis

Thursday, October 22

Shelby @ Jeannette

Davis @ Eppler

Bemis @ Malow

Monday, October 26

Teams to be seeded

after 10/21 games have

concluded

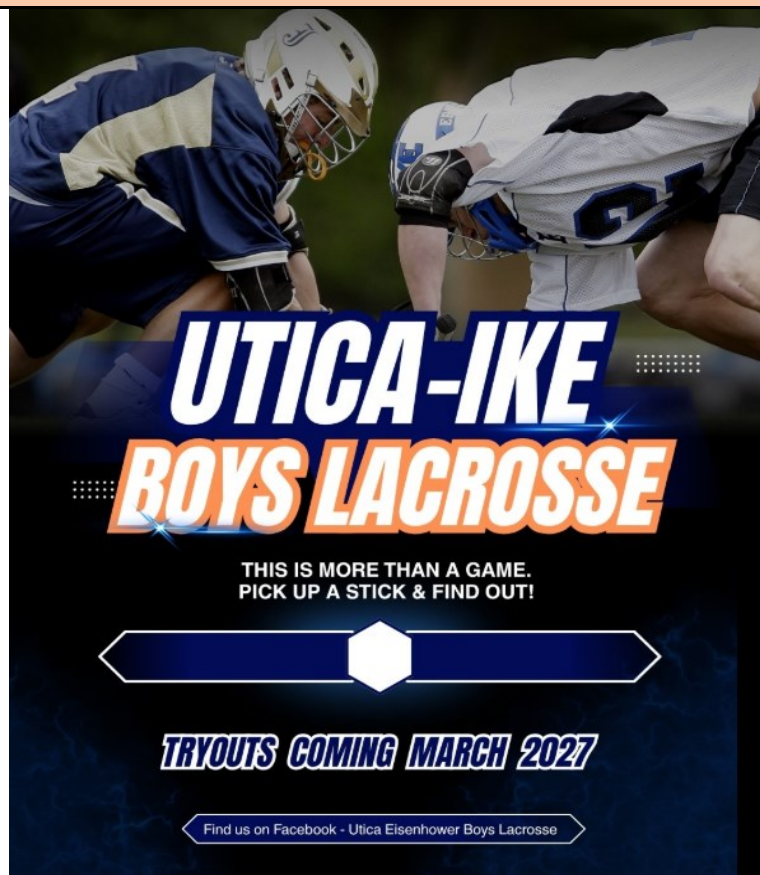
Wednesday, October 28

Teams to be seeded

after 10/21 games have

concluded

Utica-Ike Boys Lacrosse



UHS Girls Basketball



Utica High School Girls Basketball Preseason Meeting

WHAT: Short informational meeting for Girls Basketball tryouts in November.

WHO: All girls that are interested in trying out for the Freshman, JV and Varsity Girls basketball teams. (Parents/guardians are welcome to attend)

WHERE: Utica High School North Aux GYM. (Enter from door 11)

WHEN: Monday October 19th @ 5:30PM. (Open GYM will immediately follow the meeting)

Please scan the QR code below to sign up for tryouts and provide your information.



Eppler Clubs & Organizations

Homework Club

EPPLER JUNIOR HIGH 2026-2027 AFTER-SCHOOL HOMEWORK CLUB

At Eppler Junior High School, we want to help your child have a successful school year. The Homework Club will be available on **Tuesdays and Thursdays** from 2:55 PM to 3:55 PM in the Eppler Media Center. Students can use this time to get academic assistance, complete assignments, work on projects, and/or study for tests. A few high school tutors are usually available.

Each student should bring all necessary materials and books to the media center by 2:55 PM. **Please be advised that if a student comes to Homework Club with nothing to work on, they will not be admitted to Homework Club that day.** All students will be expected to remain in the Media Center until 3:55 PM. Students will need to sign in each day that they participate. Phones use will not be allowed during Homework Club. Students need to arrange for their own transportation home and may use their phone, if needed, to contact their ride at the end of Homework Club. *Supervision will not be available after 4:00 PM.*

If you would like your child to be able to attend Homework Club, please complete the bottom portion of this form and have your child bring it with them 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, emails, 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 2026-2027



My child, (please print) _____, grade _____, has my permission to participate in Homework Club. I understand that I must provide transportation for my child at the end of the session. **My child understands that it is their 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, sleeping, or refusal to work can lead to dismissal from being a participant in the Homework Club. Students will sign in, and if I ever want to verify my child's attendance, I will contact my child's school counselor.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Phone Number: _____

Student Signature: _____

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

STUDENTS TAKING ACTION TOGETHER IN CHRIST

**Come
together
in faith,
friendship,
and fun!**



MEETING DATES:

September 24
October 22
November 19
December 17
January 26
February 9
March 16
April 27
May 25

WHERE:

**Room 136
2:55-3:45pm**

FOR MORE INFORMATION:

**Mrs. Blanchard, Counselor
Autumn.Blanchard@UticaK12.org**

Student Council

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

Wednesday, 9/30/2026
Wednesday, 11/4/2026
Wednesday, 12/2/2026
Wednesday, 1/6/2027
Wednesday, 2/3/2027
Wednesday, 3/3/2027
Wednesday, 4/7/2027
Wednesday, 5/5/2027





MANDATORY MEETINGS: Meetings are held in the **Media Center from 2:50—3:25 pm** (may end earlier). Please make sure you have a ride or plan to get home. If you are unable to attend, please let Mr. Hornibrook in Room 132 know prior to the meeting.

Wednesday, 10/14/2026

Wednesday 02/10/2027

Wednesday, 11/11/2026

Wednesday 03/17/2027

Wednesday 12/09/2026

Wednesday 04/14/2027

EPIC

The following is a list of dates and times for 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 there.

Tuesday, 09/22/2026

Wednesday, 02/24/2027

Tuesday, 10/20/2026

Tuesday, 03/23/2027

Wednesday, 11/18/2026

Thursday, 04/22/2027

Thursday, 12/17/2026

Tuesday, 05/18/2027

Wednesday, 01/20/2027



Magic : The Gathering



Semester 1 Club Meeting Dates:

Room 126 / after school – 4:00pm

○ September 10

○ September 17

○ September 24

NO MEETING 10-1

○ October 8

○ October 15

○ October 22

○ October 29

○ November 10

○ November 12

○ November 19

NO MEETING 11-26

○ December 3

○ December 10

○ December 17



Eppler Chess Club



Calling All Future Chess Champions!



Are you ready to challenge your brain, learn something new, and have some fun after school? The Eppler Junior High Chess Club is officially kicking off on Monday, September 28!



Whether you're a chess master, a beginner, or someone who doesn't even know the difference between a king and a knight, EVERYONE is welcome! We'll teach you how to play, help you develop strategies, and give you the opportunity to challenge your friends in some friendly competition.



Chess Club meets every Monday from 2:55–3:55 PM in Room 118. And the best part? It's completely FREE to join! No experience necessary. Just bring your curiosity, your competitive spirit, and your best game face! Your move, Eppler!

Science Olympiad

Calling All Young Scientists!

What if science class felt less like taking a test and more like an athletic championship? Welcome to Eppler Science Olympiad!

Science Olympiad is the ultimate STEM team sport. Instead of running track or throwing a football, we build rubber-band airplanes, solve forensic crime mysteries, test our knowledge of space, and engineer robotic arms. You compete in pairs, meaning you never have to do it alone. You get a teammate, a slate of awesome hands-on challenges, and the chance to travel to regional and state tournaments wearing team shirts and winning medals. You don't need to be a straight-A genius already - you just need to be curious, like building things, or want to hang out with friends who like figuring out how the world works. Come check us out!

Please see Ms. Markus in Room 125 to check out this fun opportunity!



UHS Esports

Calling All Freshmen Gamers!!

UTICA

ESPORTS CLUB

JOIN US!

**FALL SEASON
COMPETING
NOW!**

FIND FRIENDS
FORM TEAMS
COMPETE FOR GLORY
EARN SCHOLARSHIPS

**CURRENTLY
LOOKING FOR
SKILLED
PLAYERS IN...**

**RECRUITING
NEW
PLAYERS!
FREE TO PLAY!**

MESSAGE MR.
NEDANOVSKI IF YOU
WANT TO JOIN

OVERWATCH 2
MARVEL RIVALS
SPLATOON 3
ROCKET LEAGUE
SSBU
VALORANT
MARIO KART 8
FORTNITE : ZW
R6: SIEGE
MADDEN & NBA2K

District News

We Need You!



**SCHOOL
CROSSING GUARDS
NEEDED FOR THE
2026-2027 SCHOOL YEAR**

Regular School Crossing Guards work 1 (one) hour in the morning and 1 (one) hour in the afternoon ensuring that students safely cross the street at specific school crossing locations. Work is performed on days school is in session.

**Earn
\$16.32
PER HOUR**

**APPLY ONLINE
SHELBYTWP.ORG/JOBS**

Visiting a UCS School

We are asking for your support to help keep our students safe.

· All visitors to the classroom areas of our school are now being asked to swipe their driver's license or government issued ID before entering the main part of our building. This swipe will quickly provide an updated check against national sex offender registries. This process is for anyone who is going past our school office for any reason.

· If you are planning to volunteer in our classrooms or work directly with a student, you will need to have a volunteer background form on file. The form is located at this link. The background check involves multiple state and federal law enforcement data bases.

- apps.raptortech.com/Apply/OTQ4Mjplbi1VUw==

We greatly appreciate the involvement of our families and the difference you make at Eppler Junior High. Thank you for your partnership with this extra step that will improve safety in our school.

Pathfinder

Do your students know what they want to do after high school? Let the recently updated Pathfinder help them find career and school pathways that fit them. Pathfinder allows you to compare pathways to find the right route. Help them get started at Pathfinder.MiTalent.org. #Pathfinder #Careers #College.

Access to these resources will also be on the district website [College & Career Readiness](#)

Utica Community Schools



Instrumental Music Department



proudly presents

BAND-A-RAMA 2026

Come see all four UCS High School Marching Bands perform!

*Henry Ford II
Falcon
Marching
Band
presents*

**"UNDER THE
WEATHER"**



*Utica
Chieftain
Marching
Band
presents*

**"PIANO
MEN"**



*Stevenson
Titan
Marching
Band
presents*

**"THE MAGIC
OF JOHN
WILLIAMS"**



*Eisenhower
Eagle
Marching
Band presents*

**"MUSICAL
ROYALTY"**



SUNDAY, OCTOBER 11TH at 7:00P.M.

Swinehart Stadium

7255 Shelby Rd, Utica, MI 48317

*Admission \$5 for high school age and above, free for junior high and younger
All proceeds benefit the Louis Gonda Memorial Music Scholarship Fund*



UTICA
COMMUNITY
SCHOOLS

Education Benefits Form

Meals are free for the 2026-27 school year. Did you know that filling out the Education Benefits form may **help reduce fees for pay-to-play sports, lower internal costs, reduced AP/college application fees and more**. The Educational Benefits form can be found [here](#).

AP Exam Registration

Utica CS 2026-2027 AP® Exam Registration

Join your 2026-2027 MyAP Classroom:

- All students will be able to join an AP® Classroom on the College Board MyAP at <http://myap.collegeboard.org> where they will be able to access College Board provided course resources and materials as well as an individualized performance dashboard.
- Teachers will be able to use the resources in the MyAP AP® Classroom for assignments, classroom activities, test and quizzes and more.
- Students will log into the MyAP site at <http://myap.collegeboard.org> with their College Board profiles and **JOIN the AP® Class with a Join Code** (access code) that will be distributed by teachers by **September 25, 2026**. (Simply click on "Join Exam/Class" and enter the code.)

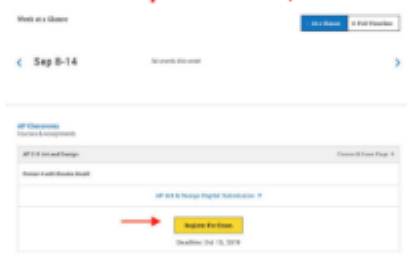
How to register for 2026-2027 AP® Exams:

AP Exam Fees for 2026-2027 is \$110 per exam.

To register for the optional AP® Exams, the additional steps need to be completed:

- **STEP 1: Activate Exam on MyAP** - Students who have joined the AP Classroom on MyAP and choose to take the optional exam, **must also activate the exam by clicking on the yellow "Register for Exam" button** in the class dashboard.

- **Deadline to activate your exam is September 25, 2026**



- **STEP 2: Submit Exam Deposit** - AP Exams are \$110 each. Students who have an active exam on the MyAP System as of September 25 will receive on or around October 1 an invoice for a \$40 per exam deposit to be submitted to complete the exam order. Submit payment online or via mailing in a check or money order.
 - **Deposit must be submitted by November 5, 2026 to order an exam for May 2027.**
 - **BOTH the exam deposit payment AND exam activation steps MUST be completed by November 5, 2026 to have a complete exam order.**
 - LATE registration will open on November 16 with a penalty fee. NO payments or orders will be accepted or processed between November 6 and November 15.
- **STEP 3: Submit Balance Due** - Students who successfully completed step 1 and 2 above by November 5 will receive a custom digital invoice for the balance of fees due. The invoice will be emailed in January. **Deadline to submit the balance of fees due is February 12, 2027.**
- Visit <http://aptsusa.com/utica> for more information

Utica CS 2026-2027 AP® Exam Registration

Frequently Asked Questions:

What if I can't log into my College Board account?

- Don't create a new one! Each student should have only ONE College Board account which houses AP, PSAT and SAT scores and information. For log in help visit:
- <https://pages.collegeboard.org/account-help> or <https://myap.collegeboard.org>

What if I qualify for a fee reduction?

- All students regardless of status submit a \$40 per exam deposit by November 5. Students who have successfully been approved for Free-Reduced Lunch status AND who sit for the exam in May will possibly be eligible for a partial refund per MI State subsidies (Subsidies TBD).

How do I submit the fees?

- **Exams are \$110 each.** You will receive a custom invoice for a \$40 per exam deposit based on the exams you activated on MyAP. Payment can be submitted by clicking the View Invoice button in the invoice email OR by mailing in a check or money order. (Instructions on the invoice.) A second invoice will be issued in January for any balance due. A 3.9% credit card processing fee is charged for debit/credit card payments.

I want to add an exam that is NOT on my invoice. What do I do?

- Email info@aptsusa.com to request an updated invoice.
- You will need to confirm that you have also joined the College Board MyAP dashboard with the appropriate Join Code for your exam. Penalty fees apply for registering an exam as of November 16, 2026. FINAL Day to add an exam or make payments is February 12, 2027.

I want to cancel an exam that is on my invoice?

- Email info@aptsusa.com to request that the exam be removed from your invoice (Deadline 2-12)
- If you have already paid a deposit or fees for that exam, the refund amount will be based on the policies posted on <http://aptsusa.com/utica>

2026-2027 Important Deadlines:

Exam Activation Deadline

September 25, 2026

Exam Deposit Payment Due

November 5, 2026

Balance of Fees Due

February 12, 2027

FINAL Day for AP Registration (Final Payments or to add an order): Feb 12, 2027

For more information and details as well as assistance and support visit

<https://aptsusa.com/utica/>



MISD NEWS

Upcoming information to follow.

What students and parents are saying...

"The counselor was wonderful...very interested in helping to place my son where he should be. Thanks!!"

"The yelling has stopped and the talking has started."

"CARE is very responsive to the needs of the clients and I think it is a very good agency. I would one day like to work for CARE."

Resources:

Macomb County Crisis Center:
586-948-0222

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

Alateen/Alanon Family Groups:
800-813-3105

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

Family Youth Interventions/Youth Shelter:
586-465-1212

Poison Control Center:
800-222-1222C

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

Substance Abuse Prevention websites:

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



Main Office
31900 Utica Road
Fraser, Michigan 48026

586.541.CARE (2273)
www.careofsem.com



SCAN HERE TO KNOW MORE ABOUT US

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

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

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



STUDENT ASSISTANCE



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



CARE's Student Assistance

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

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

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

Youth and Family Programs

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

Peaceful Alternatives to Tough Situations (PATTS):

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

* Parent participation required

Teen Intervene:

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

* Parent participation required

Parent Education Classes:

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



INDEPTH:

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

Camp CARE:

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

Teens Talking Truth:

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



Care Solace

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

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

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

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

Disclaimer:

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

UCS Wellness

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



FREE Online Tutoring

Do you need one-on-one help with your homework?

To access the free tutoring:

- On your ClassLink dashboard, select **Virtual Library Card - Tutor.com** (the orange icon with the letter "t" on it).
 - You will need your PowerSchool number to log in. You can email your counselor to ask for your PowerSchool number (Marla.Ostrom@UticaK12.org or Autumn.Blanchard@UticaK12.org). To log in:
 - Barcode: ucs##### (ucs followed by PowerSchool number)
 - Your password is your 2-digit birth **month** and 2-digit birth **day** (example 0408 for April 8)
 - Choose **GET A TUTOR NOW**. If you want a short tutorial on how the site works, you can select **Take the tour**.

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

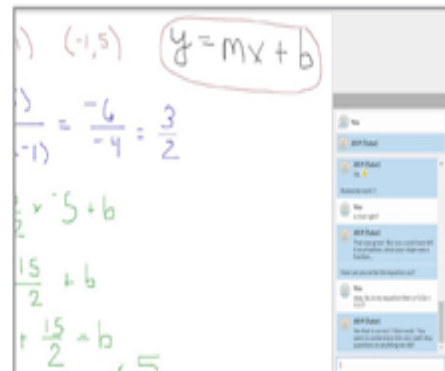
CONNECT WITH A TUTOR

Connect to a tutor quickly and easily. Select your topic, subject and grade level. Then, to get the best tutor for your problem, type out your question and, if you have a file or picture, attach it to your request.

02

CHAT WITH YOUR TUTOR

Use our online classroom to chat with your tutor and share your work on the whiteboard. You and the tutor can draw, type, paste images and use graph paper on the interactive whiteboard.



03

UCS Food Service

UCS Food and Nutrition

- All UCS families are asked to complete the *Education Benefits form* [Here](#) - enter "Utica Community Schools" and follow the prompts. These forms help maintain our Title 1 funding as well as other essential funding for our schools. It can also help reduce fees for pay-to-play sports, lower internet costs, reduced AP/college application fees and more!

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

UCS Food and Nutrition

UCS Meals Are Nutritious And Delicious!

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

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