

Counseling Information

Counselors

Marla Ostrom	A-J/AVID	marla.ostrom@uticak12.org	(586) 797-2992	
Kristy Newell	K-Z	kristy.newell@uticak12.org	(586) 797-2993	Alternating Wednesdays, Thursday, Friday
Diane Schodowski	K-Z	diane.schodowski@uticak12.org	(586) 797-2993	Monday, Tuesday, alternating Wednesdays

Bullying



If at any time you feel threatened or bullied *please* see your counselor (Mrs. Ostrom or Mrs. Newell), Mr. Pantano, Mrs. Cunningham, or a teacher. We are here to help you in any way that we can at any time! You may also [click here](#) to send an email (marla.ostrom@uticak12.org).

Parent Resources for Suicide Free Schools – [Click here](#) for important information

We are a county-wide quality of life initiative formed to enhance personal and social health through community efforts.

Caring people in Macomb County collaborated in 2015 to bring suicide prevention education and materials to schools, parents and community groups.

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

PowerSchool/Unified Classroom, the school district's student information system, is used to schedule, take attendance, store grades, and produce transcripts, report cards, progress reports, and more. **Student report cards and progress reports will be email through this system.**

PowerSchool has new resources for parents that are accessible through its new Unified Classroom. PowerSchool's Unified Classroom is replacing the traditional Parent Portal. It is filled with helpful, new features such as attached assignments, enhanced communication tools, and convenient Naviance sign-on for secondary parents.

[Click here](#) for instructions to switch your traditional PowerSchool account to the Unified Classroom.

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.

Graduation Requirements

[Click here](#) for Utica Community Schools graduation requirements.

Summer School Credit Recovery – [Click here](#) for more information

[Click here](#) for summer school credit recovery opportunities. Contact your student's counselor if you have questions/concerns about summer school.

Mrs. Ostrom (A-J/AVID) – marla.ostrom@uticak12.org

Mrs. Newell (k-Z) – kristy.newell@uticak12.org

Specialty Programs – [Click here](#) for more information, timelines, application process, etc.

The secondary programs include the Utica Academy for International Studies (IB), the Utica Center for Mathematics, Science and Technology (MST) and the Utica Center for Science and Industry (CSI). The specialty programs are unique offerings designed to supplement the district's comprehensive high schools. The programs are among a portfolio of choices to meet the individual needs, talents and interests of our students.

Career & Technical Education Programs






Utica Community Schools offers Career and Technical Education (CTE) programs at all four of our district high schools as well as the Instructional Resource Center. These programs are designed to prepare students for a broad range of employment opportunities and continuing education. Follow-up studies continue to find that the most successful high school graduates were those who took a college-prep program and a Career Technical Education program of study. CTE programs are staffed by teachers with related business and industry experience that enhances the learning process with real-world relevance.

[Click here](#) for more information including programs offered and prerequisites.

Transferring to a New School

When a student transfers from Eppler to a new school during the year, a parent/guardian must notify the counseling office at least one week before the student's last day. Please call the counseling secretary, at (586) 797-2904 with questions.

SAT & PSAT Phone Apps

SAT Daily Practice App		Search for App on Google Play or App Store.
Instant Practice and Test Scoring (SAT and PSAT 10)		https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app
Khan Academy		Search for App on Google Play or App Store.



Utica Community Schools is committed to promoting the safe and effective use of technology. Through our district's K-12 digital citizenship initiatives, we are providing students with information that promotes the proper use of digital content and tools.

A tool that families can use to help protect their children is the Michigan Child Protection Registry. This free service from the State of Michigan protects children's e-mail, cell phone numbers and Instant Messaging addresses from receiving inappropriate, adult-themed material.

The registry can be accessed by visiting www.protectMIChild.com. In addition, parents can click on the Protect MI Child icon, which will soon appear on the district and school Web sites for direct access to the registry.

The Truth about Vaping and E-Cigarettes

Teen E-Cigarette use (vaping) is on the rise. Suppliers are marketing products towards young adults through product packaging, social media, athlete sponsors, etc. Many teenagers are engaging in the dangerous practice of vaping. We encourage you to read the information below, taken from a presentation by Corey Beckwith, LLMSW, a Public Health Coordinator at ACCESS, and have a conversation with your child about the risks involved in vaping.

Why do teens say they use E-Cigarettes (Vape)? (*Monitoring the Future*, 2015, 12th grade students)

- 20.5% - To have a good time with friends
- 20.7% - To relax or relieve frustration
- 22% - Because of boredom
- 38.4% - Because it tastes good
- 53.6% - To see what it's like

How do E-Cigarettes (Vape devices) work? (*Truth Initiative*, 2017)

- Devices are made up of a liquid nicotine cartridge/tank (e-liquid), atomizer (heat source), and a battery.
- They can be small and discreet and can look like other things such as USB drives, inhalers, etc.
- JUUL is the most common among students/young adults – ALL JUUL pods contain nicotine.
- 37% of teen and young adult JUUL users do not know they are inhaling nicotine. They think they are inhaling "flavor."
- 25% of JUUL users ages 15-24 say they are not "vaping," they are "JUULing."

What's REALLY in an E-Cigarette (Vape device)? (FDA.GOV)

- Nicotine – Addictive chemical found in most e-cigarettes
- Propylene Glycol – Liquid used in smoke machines
- Vegetable Glycerin – Liquid used to make soap
- Flavorings – Chemicals used to make flavors like popcorn, vanilla, and strawberry (meant to be eaten, not inhaled into lungs)
- Chemicals created by over-heating e-liquid, including formaldehyde and acetaldehyde (also found in cigarette smoke)

What we KNOW about Vaping health risks: *Vaping can...*

- lead to nicotine addiction. (US Surgeon General)
- lead to smoking cigarettes. (National Institute of Health)
- weaken the immune system. (University of North Carolina)
- cause damage to gums and mouth. (University of Rochester)
- cause nicotine poisoning – rapid heart rate, nausea, sweating. Cigarettes do not contain enough nicotine to poison but JUULs do. (American Association of Poison Control Centers)
- create second hand vapor. (American Lung Association)
- create carcinogens like in aerosol. (Penn State)
- lead to lung disease by inhaling flavorings. (American Lung Association)
- also include the use of THC (marijuana) liquid filled devices. Marijuana today is 3 to 7.5 times stronger than it was in the 1990's. About 1 in 6 teen marijuana users will become addicted. (CDC)

