

Wednesday 8/19/26

Today is Wednesday Aug 19, 2026

I'm _____.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 84 and the high is 94,

Juniors, here is your reminder that the pSAT is October 20th, there are plenty of resources to study such as Albert, practice tests, and tutors. Please check your emails so you can register by the Aug. 27th deadline.

Sophomores don't you worry, you get to be in on the fun too! Your pACT is October 27th. No registration required sophomores.

All of these dates can be found on the early college connect.

College classes have begun. Check your SPCC self service to review your course start dates. **You must complete the start up activity TODAY! You do not want to be dropped. It will hurt your gpa and put you behind.**

The Wellness Center opens on Monday, August 24th.

The Club Fair will be August 27th in the Salon during lunches.

Today will start mix it up lunch. Dr. Mann will send an email out to teachers letting them know when they have lunch. Outside will all go at once and vice versa.

Today is Picture Day in the salon.

Daily Positive/Joke of the day: "It always seems impossible until it's done." Keep Pushing, nothing is impossible.

Tuesday, 8/11/26

Today is Tuesday, August 11th, 2026!

I'm _____.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **78** and the high is **96**,

Juniors, here is your reminder that the pSAT is October 20th, there are plenty of resources to study such as Albert, practice tests, and tutors. Please check your emails so you can register by the Aug. 27th deadline.

Sophomores don't you worry, you get to be in on the fun too! Your pACT is October 27th.

All of these dates can be found on the early college connect.

College classes begin on Friday. Check your SPCC self service to review your course start dates. You must complete the start up activity on day 1.

The Wellness Center opens on August 24th.

Daily Positive/Joke of the day: Today is a fresh chance to grow, shine, and bring kind energy to the world. **You carry everything you need inside you right now to make this day a good one**

Friday, 8/7/26

Today is Friday, August 7th, 2026!

I'm Willow.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 78 and the high is 90,

Juniors, here is your reminder that the pSAT is October 20th, there are plenty of resources to study such as Albert, practice tests, and tutors. Please reach out to your counselor if you need assistance

Sophomores don't you worry, you get to be in on the fun too! Your pACT is October 27th.

All of these dates can be found on the early college connect.

Student council, there is a mandatory meeting today during lunch in the collab lab beginning at 12:35

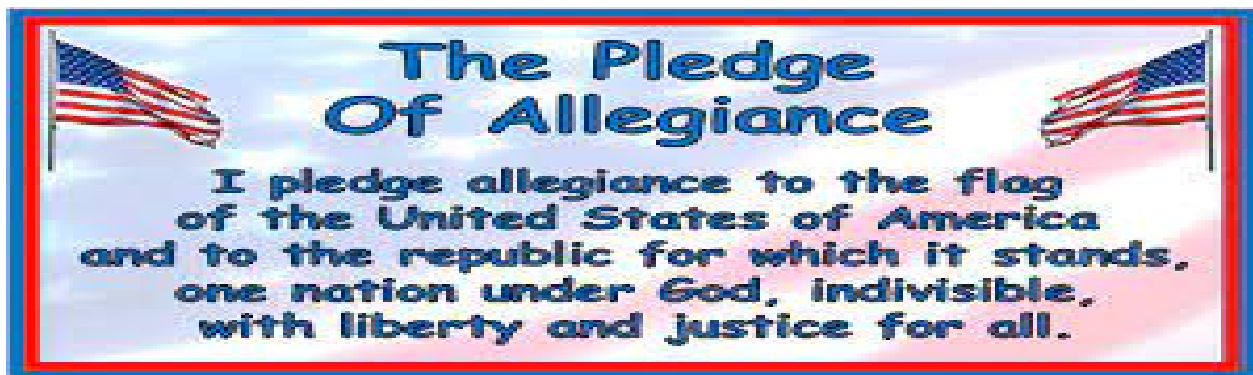
Daily Positive/Joke of the day: Why did the obtuse angle go to the beach?
Because it was over 90 degrees!

Thursday, 8/6/26

Today is Thursday, August 6th, 2026!

I'm **Willow**.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **76** and the high is **89**,

Juniors, here is your reminder that the pSAT is October 20th, there are plenty of resources to study such as Albert, practice tests, and tutors. Please reach out to your counselor if you need assistance

Sophomores don't you worry, you get to be in on the fun too! Your pACT is October 27th.

All of these dates can be found on the early college connect.

Daily Positive/Joke of the day:

Wednesday, 8/5/26

Today is Wednesday, August 5th, 2026!

I'm **Willow**.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **75** and the high is **86**, with a chance of rain beginning around four.

Juniors, here is your reminder that the pSAT is October 20th, there are plenty of resources to study such as Albert, practice tests, and tutors. Please reach out to your counselor if you need assistance

Sophomores don't you worry, you get to be in on the fun too! Your pACT is October 27th.

All of these dates can be found on the early college connect.

Daily Positive/Joke of the day: you are confined only by the walls you built around yourself

Tuesday, 8/4/26

Today is Tuesday, August 4th, 2026!

I'm **Willow**.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **76** and the high is **82**, with a chance of rain beginning around four.

Friday, 5/11/26

Today is Tuesday, May 12, 2026!

I'm **Stephen**.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **62** and the high is **73**.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th. **Exam review is mandatory if you have an exam the following day. Math 1, Math 3, Biology, English 2 and NC Virtual exams CANNOT be exempted.**

ATTENTION: If you have an exam, you **MUST** go to exam review for that exam, it's required. If you don't attend, you will have to make up the whole review time with Dr. Mann

If you haven't already purchased a yearbook they are currently \$72 and can be purchased until May 22nd!

Daily Positive/Joke of the day:

Why should you never play poker in the jungle? Too many cheetahs!

Friday, 5/11/26

Today is Friday, May 11, 2026!

I'm **Willow** and I'm ____.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **67** and the high is **75**.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th. Exam review is mandatory if you have an exam the following day. Math 1, Math 3, Biology, English 2 and NC Virtual exams CANNOT be exempted.

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If you haven't already purchased a yearbook they are currently \$72 and can be purchased until May 22nd!

Daily Positive/Joke of the day:
How do you stop a bull from charging?
Cancel its credit card!

Friday, 5/8/26

Today is Friday, May 8, 2026!

I'm ____ and I'm ____.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like ____ and the high is ____.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th. Exam review is mandatory if you have an exam the following day. Math 1, Math 3, Biology, English 2 and NC Virtual exams CANNOT be exempted.

If you haven't already purchased a yearbook they are currently \$72 and can be purchased until May 22nd!

Senior Sunset is Friday at 6:30p in the back of UCEC. It is for 12th and 13th graders only. Teachers feel free to stop by. The students would love to see you.

Daily Positive/Joke of the day:

Thursday, 5/7/26

Today is Thursday, May 7, 2026!

I'm Willow and I'm ____.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 66 and the high is 72.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th. Exam review is mandatory if you have an exam the following day. Math 1, Math 3, Biology, English 2 and NC Virtual exams CANNOT be exempted.

Reminder: Exam sign out forms are due TODAY! Parents can fill out the online form they received in their emails.

If you haven't already purchased a yearbook they are currently \$72 and can be purchased until May 22nd!

Senior Sunset is Friday at 6:30p in the back of UCEC. It is for 12th and 13th graders only. Teachers feel free to stop by. The students would love to see you.

Daily Positive/Joke of the day:

Hey, have you ever noticed what's odd?

Every other number

Wednesday, 5/6/26

Today is Wednesday, May 6, 2026!

I'm Mariana and I'm Stephen.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 67__ and the high is 78 __.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th. **Exam review is mandatory if you have an exam the following day.**

Reminder: Exam sign out forms are due tomorrow May 7th

HAPPY BIRTHDAY Ms. Kuhn!!!

If you bought a yearbook and were unable to pick up your yearbook last Friday, stop by Mr. Carsch's table today during first lunch from 12:35-1:05! If you haven't already bought one, they are currently \$72 and can be purchased until May 22nd! Please inquire at the table as well! It will be located by the doors on your way outside for lunch.

**Daily Positive/Joke of the day:
Your potential is endless, go do what you were created to do.**

Tuesday, 5/5/26

Today is Tuesday, May 5, 2026!

I'm Zarina and I'm Cleo

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 66 and the high is 81.

ATTENDANCE RECOVERY: Attendance recovery has begun, please go to Mr. Soto's room at 9:00am if you need to make up for attendance.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th.

If you bought a yearbook and were unable to pick up your yearbook last Friday, stop by Mr. Carsch's table today during first lunch from 12:35-1:05! If you haven't already bought one, they are currently \$72 and can be purchased until May 22nd! Please inquire at the table as well! It will be located by the doors on your way outside for lunch.

Fun fact: Halley's Comet and the Eta Aquarids Meteor Shower will be visible tonight around 2-5am looking towards East. Halley's Comet only shows up every 70-80 years! Make sure to check it out!

Daily Positive/Joke of the day:
Everyday is a new beginning, take advantage of it!

Friday, 5/1/26

Today is Monday, May 4, 2026!

I'm **Zarina** and I'm **Cleo**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 58 and the high is 78.

ATTENDANCE RECOVERY: Attendance recovery began yesterday at 9:00am in Mr. Soto's room.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th.

Daily Positive/Joke of the day:

Choose to see the good in others, just as they should choose to see the good in you

Thursday, 4/30/26

Today is Thursday, April 30, 2026!

I'm **Willow** and I'm ____

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **57** and the high is **73**.

Please take down your poster if you ran for a STUCO position last week.

Today during lunch will be painting class with Willow. If you were one of the 15 to register please grab your lunch and head straight to the Wellness Center. All supplies will be provided. It will be a great session!

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

The Yearbook distribution party will be Tomorrow, May 1st during 1st lunch in trailer 3. If you bought a yearbook, bring your invitation for the party!

ATTENDANCE RECOVERY: Attendance recovery began today at 9:00am in Mr. Soto's room.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:
What do you call a magic dog? A Labracadabrador.

Wednesday, 4/28/26

Today is Wednesday, April 29, 2026!

I'm **Mariana** and I'm **Stephen**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **64** and the high is **79**.

Today there is rotaract meeting on the second floor auditorium at 4pm! It looks really good on college applications so make sure you attend!

Please take down your poster if you ran for a STUCO position last week.

Tomorrow during lunch will be painting class with Willow. If you were one of the 15 to register please grab your lunch and head straight to the Wellness Center. All supplies will be provided. It will be a great session!

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

The Yearbook distribution party will be on Friday, May 1st during 1st lunch in trailer 3. If you bought a yearbook, bring your invitation for the party!

ATTENDANCE RECOVERY: Attendance recovery begins today, April 29th at 9:00am in Mr. Soto's room.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

SPCC will have ice cream floats from 12-4 to talk about Honors Society, rising Juniors and seniors are encouraged to learn more as it applies to you! Make sure to check out and check with Mr. Murray AND that you are back before your class!

Daily Positive/Joke of the day:

Q: Why did the cookie go to the hospital?

A: Because he was feeling crumbly!

Tuesday, 4/28/26

Today is Tuesday, April 28, 2026!

I'm **Willow**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome Mariana and Zariana for a special announcement

Please welcome Mr. Murray for another special announcement!

It currently feels like **54** and the high is **70**.

Please take down your poster if you ran for a STUCO position last week.

Today is **South Piedmont's Spring Fling!** Make sure you registered. There's food trucks, fun activities from 12:00 - 2:00p. Take your SPCC student ID with you. You can go during your study hall, lunch or if your teacher is taking you as a class. Be sure to sign out and sign back in. 9th graders cannot attend.

Thursday during lunch will be painting class with Willow. If you were one of the 15 to register please grab your lunch and head straight to the Wellness Center. All supplies will be provided. It will be a great session!

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

The Yearbook distribution party will be on Friday, May 1st during 1st lunch in trailer 3. If you bought a yearbook, bring your invitation for the party!

ATTENDANCE RECOVERY: Attendance recovery begins on Wednesday, April 29th at 9:00am in Mr. Soto's room.

EXAMS: Exam review begins May 12th. Exams are May 14th - May 19th.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

Why did the birds nest in the vents?

Because they were venting

(Inspired by Isabella 😊)

Monday 4/27/26

Today is Monday, April 27, 2026!

I'm **Stephen** and I'm Mariana

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **51** and the high is 73.

Please take down your poster if you ran for a STUCO position last week.

Tomorrow is South Piedmonts Spring Fling! Make sure to register, there's food trucks, fun activities from 12-2.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next

school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

If you purchased a yearbook please stop by your advisory immediately after 2nd block to pick up your invitation to the yearbook party. (Keep on 4/27/26 only)

The Yearbook distribution party will be on Friday, May 1st during 1st lunch in trailer 3. If you bought a yearbook, bring your invitation for the party!

ATTENDANCE RECOVERY: Attendance recovery begins on Wednesday, April 29th at 9:00am in Mr. Soto's room

Exam review begins May 12th. Exams are May 14 - May 19th.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

Q: What do you call a bear with no teeth?

A: A gummy bear!

Friday 4/24/26

Today is Friday, April 24, 2026!

I'm **Willow** and I'm **_____**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **70** and the high is **87**.

Please take down your poster if you already ran for a position last week. Tomorrow is South Piedmonts Spring Fling! Make sure to register, there's food trucks, fun activities from 12-3

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

Today Mr. Roncone is doing a CPR course for students that have not completed or passed the CPR requirement during lunches. You should have received an email from him last week with details. Be sure to read that email and be on time. It starts at 12:40p. You will not be allowed to enter late.

Attention everyone, the Yearbook distribution party will be on Friday, May 1st during 1st lunch in trailer 3. If you bought a yearbook, bring your invitation for the party!

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

If you want to see a rainbow, you have to put up with some rain

Thursday 4/23/26

Today is Thursday, April 23, 2026!

I'm Willow and I'm [redacted]

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 66 and the high is 82.

Please take down your poster if you already ran for a position last week.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

This Friday, April 24th Mr. Roncone is doing a CPR course for students that have not completed or passed the CPR requirement during lunches. You should have received an email from him last week with details. Be sure to read that email and be on time. It starts at 12:40p. You will not be allowed to enter late.

Attention everyone, the Yearbook distribution party will be on Friday, May 1st during 1st lunch in the collab lab. If you bought a yearbook, bring your invitation for the party!

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

If you're persistent, you'll get it. If you're consistent, you'll keep it
Wednesday 4/22/26

Today is Wednesday , April 22, 2026!

I'm Mariana and I'm Zarina

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 70 and the high is 88.

Please take down your poster if you already ran for a position last week.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer

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Attention everyone, the Yearbook distribution party will be on Friday, May 1st during 1st lunch in the collab lab. If you bought a yearbook, bring your invitation for the party!

Rotaract announcement (Zarina)

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

What do you call a capybara who tells secrets? A “whispara”!

Today is Tuesday, April 21, 2026!

I'm **Mariana** and I'm **Zarina**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **55** and the high is **71**.

Please take down your poster if you already ran for a position last week.

Today is the day for our special Poetry Club meeting! Since the meeting will be held over at the OCH Main Building, please meet promptly at Dr. Fricke's classroom door **immediately following 2nd Block** to walk over with us. Library Services will be hosting us, and we have several fun activities and pizza planned!

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application **by May 4th**. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

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Rotaract announcement (Zarina)

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

What do you call a capybara who tells secrets? A "whispara"!

Monday 4/20/26

Today is Monday, April 20, 2026!

I'm **Mariana** and I'm **Zarina**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **74** and the high is **86**.

Last week was our student body elections, congratulations Hunter Csollany, Zara Elzayek, Haely Lopez, and Zarina Jabar. Also great job to everyone who ran- we would love to have you a part of the student council so please rerun for another position.

Please take down your poster if you already ran for a position last week.

Just a reminder, all freshmen will go to the community room for student council elections at the beginning of lunch.

Tomorrow is the day for our special Poetry Club meeting! Since our meeting will be held over at the OCH Main Building, please meet promptly at Dr. Fricke's classroom door **immediately following 2nd Block** to walk over with us. Library Services will be hosting us, and we have several fun activities and pizza planned!

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Rotaract announcement (Zarina)

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

Fun fact: today is Kourtney Kardashian and John Cena's birthday! *you can't see me*

Friday 4/17/26

Today is Friday, April 17, 2026!

I'm Mariana and I'm _____

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 74 and the high is 86.

Last week was national assistant principal week. Since we were not here, take time this week to tell Dr. Mann thank you, leave him a nice note or send him an email.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free. **It closes April 19th.**

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application by May 4th. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

This Saturday from 11:00-1:00 UCEC will be celebrating 20 Years as a School. Please feel free to come out and bring your families. We will have food for purchase.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Daily Positive/Joke of the day:

Thursday 4/16/26

Today is Thursday, April 16, 2026!

I'm **Willow** and I'm **_____**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like and the high is .

Last week was national assistant principal week. Since we were not here, take time this week to tell Dr. Mann thank you, leave him a nice note or send him an email.

Let's Talk has a meeting today during second lunch in the wellness center. Please attend, email if you cannot!

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free. It closes April 19th.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application by May 4th. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

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Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

UCEC HOSA is organizing a seminar today, from 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

Attention all students running for student body positions. You must turn in your speech to Dr. Mann be approved by the end of the day TODAY

Daily Positive/Joke of the day:

Wednesday 4/15/26

Today is Wednesday, April 15, 2026!

I'm Willow and I'm [redacted]

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 70 and the high is 91.

Last week was national assistant principal week. Since we were not here, take time this week to tell Dr. Mann thank you, leave him a nice note or send him an email.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free. It closes April 19th.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application by May 4th. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

This Saturday from 11:00-1:00 UCEC will be celebrating 20 Years as a School. Please feel free to come out and bring your families. We will have food for purchase.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

UCEC HOSA is organizing a seminar tomorrow, April 16 from 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

Attention all students running for student body positions. You must turn in your speech to Dr. Mann be approved by the end of the day Thursday

Daily Positive/Joke of the day:

What do you call a fish wearing a bowtie?
Sofishticated

Tuesday 4/14/26

Today is Tuesday, April 14, 2026!

I'm **Zarina** and I'm **_____**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like **70** and the high is **85**.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free. **It closes April 19th.**

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next

school year please complete this application by May 4th. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

This Saturday from 11:00-1:00 UCEC will be celebrating 20 Years as a School. Please feel free to come out and bring your families. We will have food for purchase.

Attention: SPCC is paving a portion of the main parking lot so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

UCEC HOSA is organizing a seminar on April 16 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

Daily Positive/Joke of the day:

Why did the bicycle fall over? Because it was two-tired.

Monday 4/13/26

Today is Monday, April 13, 2026!

I'm **Willow** and I'm **Cleo**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 66 and the high is 81.

Good morning- May registration for driver's Ed opens Monday, April 13th at 8:00 am. Closed on April 19th. Very short window this time

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

Before break, Ms. McFadden sent out an email with a link to the 2026-2027 Student Ambassador Application. If you want to be a Student Ambassador next school year please complete this application by May 4th. Student Ambassadors will NOT have regular meetings. It is not a club or organization. It is a volunteer group that is event based. Most of the events will be around promoting our school and helping with the New Student Orientation (AKA Freshman Bridge).

This Saturday from 11:00-1:00 UCEC will be celebrating 20 Years as a School. Please feel free to come out and bring your families. We will have food for purchase.

Attention: SPCC is paving a portion of the main parking lot starting today so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

UCEC HOSA is organizing a seminar on April 16 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

Daily Positive/Joke of the day:

Look for something positive in each day, even if some days you have to look a little harder.

Welcome Back!

Thursday 4/2/26

Today is Thursday, April 2, 2026!

I'm  and I'm 

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 68 and the high is 82-----.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES - invoices for summer classes will be sent by the registrar to your SPCC email address. Make sure you pay SPCC by May 15th. UCEC will not take any money for summer classes. If you filled out a waiver please allow at least 1 week for payment to be submitted on your behalf.

Student council forms are due today 🍆 Please submit them or talk to Dr. Mann

Attention students! The Student Council is now offering prepaid ticket packages, cyclone bucks, through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events such as upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is TODAY starting at 1:55! Student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your cyclone bucks through infinite campus to be able to purchase your color powder.

Today is White Out!

Speaking of student council, applications for the 26-27 school year are now open! You can pick them up at the front!

Attention: SPCC is paving a portion of the main parking lot starting today so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

UCEC HOSA is organizing a seminar on April 16 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

If you will be leaving the country during Spring Break and you are taking a SPCC Classes? If so, you will need to notify Tech Commons with SPCC so that they can grant you access. You can email, call, or walk over to Tech Commons to get this complete. They will need to know where you are going, when you will arrive and when you will depart.

Daily Positive/Joke of the day:

SPRING BREAK starts tomorrow! We will see you back on April 13th.

Wednesday 4/1/26

Today is Wednesday, April 1, 2026!

I'm **cleo** and I'm **elif**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like -----and the high is -----.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Today is the last day to submit your fee waiver request for summer SPCC classes. Check the email that Mrs. Fleming has sent out.

Attention students! The Student Council is now offering prepaid ticket packages, cyclone bucks, through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events such as upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Speaking of student council, applications for the 26-27 school year are now open! You can pick them up at the front!

Attention: SPCC is paving a portion of the main parking lot starting today so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Spring Fling is set for tomorrow! Student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your cyclone bucks through infinite campus to be able to purchase your color powder.

This week is Spirit Week! Today is Pajama Day, and Thursday is White Out!

UCEC HOSA is organizing a seminar on april 16 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

If you will be leaving the country during Spring Break and you are taking a SPCC Classes? If so, you will need to notify Tech Commons with SPCC so that they can grant you access. You can email, call, or walk over to Tech Commons to get this complete. They will need to know where you are going, when you will arrive and when you will depart.

If you have not met with Ms. Myers or Ms. Waters to register for your fall SPCC classes you will need to report to the collab lab today during 2nd lunch and tomorrow during 1st lunch. Bring your laptops with you. You should also have received an email as well from Ms. Fleming.

Daily Positive/Joke of the day:

Tuesday 3/31/26

Today is Tuesday, March 31, 2026!

I'm cleo and I'm elif

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 65 and the high is 79.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Mrs. Fleming has emailed out. You must be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages, cyclone bucks, through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events such as upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Speaking of student council, applications for the 26-27 school year are now open! You can pick them up at the front!

Attention: SPCC is paving a portion of the main parking lot starting today so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Spring Fling is set for this Thursday! Starting today, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your cyclone bucks through infinite campus to be able to purchase your color powder.

This week is Spirit Week! Today is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out!

Poetry club will have a meeting today during first lunch in Dr. Fricke's room

UCEC HOSA is organizing a seminar on april 16 12:30-1:30 for those who are interested in a career in surgical technology if you are interested see Dr. A to register

If you will be leaving the country during Spring Break and you are taking a SPCC Classes? If so, you will need to notify Tech Commons with SPCC so that they can grant you access. You can email, call, or walk over to Tech Commons to get this complete. They will need to know where you are going, when you will arrive and when you will depart.

Daily Positive/Joke of the day:
what is bigger than a tuna
a three nu

Monday 3/30/26

Today is Monday, March 30, 2026!

I'm **cleo** and I'm stephen **!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 57 and the high is 73.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Mrs. Fleming has emailed out. You must be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages, cyclone bucks, through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events such as upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Speaking of student council, applications for the 26-27 school year are now open! You can pick them up at the front!

Attention: SPCC is paving a portion of the main parking lot tomorrow (3/31) so make sure you start coming earlier to try to get a parking spot. It is going to take 4 weeks.

Spring Fling is set for this Thursday! Starting today, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your cyclone bucks through infinite campus to be able to purchase your color powder.

This week is Spirit Week! Today is Meme Day, Tuesday is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out!

Daily Positive/Joke of the day:

Friday 3/27/26

Today is Wednesday, March 27, 2026!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 69 and the high is 86.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Mrs. Fleming has emailed out. You must be registered for a class by April 1st if you

need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages, cyclone bucks, through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your cyclone bucks through infinite campus to be able to purchase your color powder.

Next week is Spirit Week! Monday is Meme Day, Tuesday is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out!

Daily Positive/Joke of the day:

The things that scare you only make you better and stronger, not fearful

Thursday 3/26/26

Today is Thursday , March 26, 2026!

I'm **Willow** and I'm **Zarina**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 62 and the high 79.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Next week is Spirit Week! Monday is Meme Day, Tuesday is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out! (Keep the whole week)

Daily Positive/Joke of the day:
What did the ocean say to the other ocean?
sea u later

Wednesday 3/25/26

Today is Wednesday, March 25, 2026!

I'm **Cleo** and I'm **Zarina**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 47 and the high 66.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Next week is Spirit Week! Monday is Meme Day, Tuesday is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out! (Keep the whole week)

Poetry Club will be having a meeting today during first lunch in Dr. Fricke's room

Daily Positive/Joke of the day:

Why did the math book look so sad?
because it had too many problems

Believe and succeed cyclones have a great day

Tuesday 3/24/26

Today is Tuesday, March 24, 2026!

I'm **Willow** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 43 and the high 59.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! (Explain what Spring Fling is) Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Next week is Spirit Week! Monday is Meme Day, Tuesday is Jersey Day, Wednesday is Pajama Day, and Thursday is White Out!

Poetry Club will be having a meeting today during first lunch in Dr. Fricke's room

Daily Positive/Joke of the day:
Why do cows wear bells?
Because their horns don't work!

Monday 3/23/26

Today is Monday, March 23, 2026!

I'm **Cleo** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 68 and the high 82.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Daily Positive/Joke of the day:

Why did the student eat his homework?

Because the teacher said it was a piece of cake.

Thursday 3/19/26

Today is Thursday, March 19, 2026!

I'm **Willow** and I'm **Zarina**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 42 and the high 64.

Listen up everyone!

This week is relaxation week! This morning we had dirty sodas! These mini events all take place in the morning between 9:20-9:40.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Myers if you need help registering. **(Keep on announcements until April 1st)**

The Talent Show is TODAY! *let zarina speak*

Student council will be selling pizza, chips, and drinks from 4:30-5:30 today for students staying for the talent show.

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Daily Positive/Joke of the day:

What do you call a cow eating grass? A lawn mooer.

Wednesday 3/18/26

Today is Wednesday, March 18, 2026!

I'm **Stephen** and I'm **Willow**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It currently feels like 30 and the high 49.

Listen up everyone!

This week is relaxation week! Unfortunately due to the bad weather and ACT two of our days were cancelled. However, this morning we had stress ball making, tomorrow we have bracelet making, and Friday we will have dirty sodas! These mini events all take place in the morning between 9:20-9:40.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have

free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

The Talent Show is March 20th. Anyone who wants to display their art at the talent show, please contact Mr. Gehring.

Student council will be selling pizza, chips, and drinks from 4:30-5:30 this Friday for students staying for the talent show.

Attention students! The Student Council is now offering prepaid ticket packages through the school's payment system in Infinite Campus. You can load \$10 or \$20 onto your account and receive tickets to use at school events — including this Friday's Talent Show and the upcoming Spring Fling. Each ticket equals \$1, so the more you load, the more you can enjoy. Visit Infinite Campus to get started!

Spring Fling is set for Thursday, April 2nd! Starting Monday, March 30th, student council will be selling bags of colored powder for the annual UCEC color battle at the end of Spring Fling, so be sure to buy your ticket package through infinite campus to be able to purchase your color powder.

Daily Positive/Joke of the day:

Why was the broom late to work?

It over-swept!

Wednesday 3/11/26

Today is Wednesday, March 11, 2026!

I'm **Zarina** and I'm **Willow**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66_ and the high 88_.

Time is flying by, prom will be here before you know it! Prom is THIS SATURDAY. The winners will be announced at prom. You can buy tickets until Saturday. If you have not purchased your tickets yet, buy them soon. Any outstanding fees must be paid.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

The Talent Show is March 20th. Anyone who wants to display their art at the talent show, please contact Mr. Gehring.

Do you like to write? Have you been wanting to submit your work for a chance to win money? Then listen up! The Western Carolina Writing Competition is open for submissions till this Friday! They have a poetry, nonfiction, and fiction section. If you are interested please see Mrs. Kuhn for the QR code or email her for the link!

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

UCEC is celebrating 20 years this year. On April 18th we are having a BIG celebration for ALL current and past students and teachers/faculty are invited to come out with your families to celebrate this milestone. The event will be from 11:00-1:00 on the field with food trucks! Please see the information on UCEC's Social Media and click on the link to RSVP if you plan to attend. We need to have an approximate number by March 15th. **(Keep until March 15th)**

Daily Positive/Joke of the day:

Tuesday 3/10/26

Today is Tuesday, March 10, 2026!

I'm **Zarina** and I'm **Willow**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently _ and the high _.

Time is flying by, prom will be here before you know it! Prom is THIS SATURDAY. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Anyone who wants to display their art at the talent show, please contact Mr. Gehring

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Daily Positive/Joke of the day:

Monday 3/9/26

Today is Monday, March 9, 2026!

I'm **Zarina** and I'm **Willow**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 63 and the high 77.

Today during lunch students will have the chance to meet Ms. Myers our new SPCC Coordinator in trailer 3. Stop by and grab a cookie!

Time is flying by, prom will be here before you know it! Prom is THIS SATURDAY. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Anyone who wants to display their art at the talent show, please contact Mr. Gehring

Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Today!

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding all juniors to turn in their permission slip for the field trip to UNCC, due TODAY!

UCEC is celebrating 20 years this year. On April 18th we are having a BIG celebration for ALL current and past students and teachers/faculty are invited to come out with your families to celebrate this milestone. The event will be from 11:00-1:00 on the field with food trucks! Please see the information on UCEC's Social Media and click on the link to RSVP if you plan to attend. We need to have an approximate number by March 15th.

Daily Positive/Joke of the day:
67 joke

Friday 3/6/26

Today is Friday , March 6, 2026!

I'm Cleo and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 and the high 78.

Time is flying by, prom will be here before you know it! Prom is less than two weeks away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Monday, March 9.

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding all juniors to turn in their permission slip for the field trip to UNCC, due TODAY!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

UCEC is celebrating 20 years this year. On April 18th we are having a BIG celebration for ALL current and past students and teachers/faculty are invited to come out with your families to celebrate this milestone. The event will be from 11:00-1:00 on the field with food trucks! Please see the information on UCEC's Social Media and click on the link to RSVP if you plan to attend. We need to have an approximate number by March 15th.

Daily Positive/Joke of the day:
How about a frozen joke?
I can't think of anything ELSA!

Thursday 3/5/26

Today is Thursday , March 5, 2026!

I'm **Mariana** and I'm **Cleo**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 65 and the high 77.

Time is flying by, prom will be here before you know it! Prom is less than two weeks away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Monday, March 9.

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding all juniors to turn in their permission slip for the field trip to UNCC, due TOMORROW!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

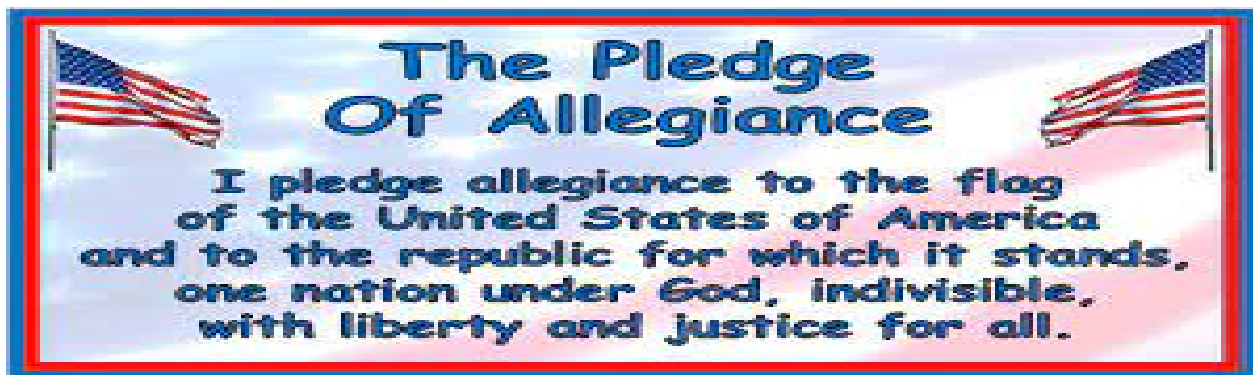
Daily Positive/Joke of the day:
Which candy is always late
because it was ChocoLATE

Wednesday 3/4/26

Today is Wednesday, March 4, 2026!

I'm Willow and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 61 and the high 75.

Time is flying by, prom will be here before you know it! Prom is less than two weeks away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Monday, March 9.

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding all juniors to turn in their permission slip for the field trip to UNCC, due March 6th!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

**Daily Positive/Joke of the day:
Why are there pop tarts and not mom tarts?
Because of the pastyarchy!**

Tuesday 3/3/26

Today is Tuesday, March 3, 2026!

I'm Mariana and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 44 and the high 62.

Poetry club will have a meeting starting today at 12:45 in Dr. Fricke's room

Time is flying by, prom will be here before you know it! Prom is less than two weeks away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Monday.

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding for all juniors to turn in their permission slip for the field trip to UNCC, due March 6th!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

Daily Positive/Joke of the day:

Perfection is not attainable, but if we chase perfection we can catch excellence

Monday 3/1/26

Today is Monday, March 2, 2026!

I'm **Mariana** and I'm **Willow**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 45 and the high 54.

Time is flying by, prom will be here before you know it! Prom is less than a month away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

Any student who is interested in Yearbook please see Mr Carsch! Applications can also be found near the front office, they are due on Monday.

We have seen an increase in garbage at the basketball courts during lunch. Please throw your garbage in the garbage cans and be respectful of your school grounds.

Reminding for all juniors to turn in their permission slip for the field trip to UNCC, due March 6th!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

Daily Positive/Joke of the day:

How do you make a tissue dance? Put a little boogie in it.

Friday 2/27/26

Today is Friday, February 27th, 2026!

I'm Mariana and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 55.

Time is flying by, prom will be here before you know it! Prom is less than a month away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. (Keep on announcements until April 1st)

**Any student who is interested in Yearbook please see Mr Carsch!
Applications can also be found near the front office, they are due on
Monday.**

**We have seen an increase in garbage at the basketball courts during
lunch. Please throw your garbage in the garbage cans and be
respectful of your school grounds.**

Reminding for all juniors to turn in their permission slip for the field trip to UNCC!

**March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet
your coordinator and grab a cookie.**

**Daily Positive/Joke of the day:
Why did the cow go to New York City?
To see the Moosicals!**

Thursday 2/26/26

Today is Thursday, February 26th, 2026!

I'm Mariana and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 51 degrees outside and the high is 61.

Time is flying by, prom will be here before you know it! Prom is less than a month away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

Today is the career fair, juniors are required to go in place of junior seminar. Students will report to 1st block on Thursday and your 1st block teacher will take students to Career Day.

Reminding for all juniors to turn in their permission slip for the field trip to UNCC!

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

Daily Positive/Joke of the day:
How does a penguin build a house?
Igloos it together!

Wednesday 2/25/26

Today is Wed, February 25th, 2026!

I'm **Cleo** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 47 degrees outside and the high is 60.

Time is flying by, prom will be here before you know it! Prom is less than a month away on March 14th. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

Tomorrow is the career fair, juniors are required to go in place of junior seminar. Students will report to 1st block on Thursday and your 1st block teacher will take students to Career Day.

March 9th is Cookies with Coordinator day during lunch. Stop by trailer 3 to meet your coordinator and grab a cookie.

Daily Positive/Joke of the day:
what did one ocean say to the other?
nothing, they just waved.

Believe and succeed cyclones
Friday 2/20/26

Today is Friday, February 20th, 2026!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 69 degrees outside and the high is 77

Time is flying by, prom will be here before you know it! Buy tickets soon! Prom is less than a month away on March 14th. You must be at prom to vote on prom king and queen. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out. Search your email for the title "Fee Waivers" and the email should pop up. The deadline to complete the form is April 1st. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. (Keep on announcements until April 1st)

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

The UCEC talent show has been pushed back to March 20th (repeat). Do not stay after school Friday!!! We still need acts! Please sign up or it will be canceled

Daily Positive/Joke of the day:
What do you call a dog that's out in the cold
A chili dog

Believe and succeed cyclones

Thursday 2/19/26

Today is Thursday, February 19th, 2026!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 74

Time is flying by, prom will be here before you know it! Buy tickets soon! Prom is less than a month away on March 14th. You must be at prom to vote on prom king and queen. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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There will be a let's talk meeting TODAY during the second lunch in the wellness center. We will be having a fun activity and discuss important matters such as a service project and spring fling. Please make sure to attend and email if you are unable.

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

The UCEC talent show has been pushed back to March 20th (repeat). Do not stay after school Friday!!! We still need acts! Please sign up or it will be canceled

Daily Positive/Joke of the day:
What kind of shoes do ninjas wear
Sneakers

Believe and succeed cyclones

Wednesday 2/18/26

Today is Wednesday, February 18th, 2026!

I'm **Mariana** and I'm **Zarina**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 53 degrees outside and the high is 66

Time is flying by, prom will be here before you know it! Buy tickets soon! Prom is less than a month away on March 14th. You must be at prom to vote on prom king and queen. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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If you plan on attending this year's Poetry Club field trip to the Imaginon Theater in Charlotte later this month, please see Dr. Fricke for your informational flyer and parent permission form.

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

There will be a let's talk meeting tomorrow during the second lunch in the wellness center. We will be having a fun activity and discuss important matters such as a service project and spring fling. Please make sure to attend and email if you are unable.

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

The UCEC talent show has been pushed back to March 20th (repeat). Do not stay after school Friday!!! We still need acts! Please sign up or it will be canceled

Daily Positive/Joke of the day:
Why don't skeletons fight each other?
They don't have the guts!

Believe and succeed cyclones

Tuesday 2/17/26

Today is Tuesday, February 17th, 2026!

I'm **Zarina** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently ____ degrees outside and the high is ____

Time is flying by, prom will be here before you know it! Buy tickets soon! Prom is less than a month away on March 14th. You must be at prom to vote on prom king and queen. The winners will be announced at prom.

The next drivers ed class has opened. If you have free or reduced lunch bring your approval letter from food and nutrition to Ms. Helms so she can get you signed up for free.

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If you plan on attending this year's Poetry Club field trip to the Imaginon Theater in Charlotte later this month, please see Dr. Fricke for your informational flyer and parent permission form.

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

The UCEC talent show has been pushed back to March 20th (repeat). Do not stay after school Friday!!!

Daily Positive/Joke of the day:
You have everything you need to succeed!

Believe and succeed cyclones

Thursday 2/13/26

Today is Thursday , February 13th, 2026!

I'm **Zarina** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently **43** degrees outside and the high is **55**.

Time is flying by, prom will be here before you know it! Buy tickets soon

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If you plan on attending this year's Poetry Club field trip to the Imaginon Theater in Charlotte later this month, please see Dr. Fricke for your informational flyer and parent permission form.

Today there will be a 4:12 meeting 2nd lunch in mrs davis' trailer, T8

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

- Why can't you trust the king of the jungle? Because he's always lion!

Believe and succeed cyclones
Thursday 2/12/26

Today is Thursday , February 12th, 2026!

I'm Zarina and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 45 degrees outside and the high is 56.

Tomorrow's spirit day is twin day

Time is flying by, prom will be here before you know it! Buy tickets soon

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If you plan on attending this year's Poetry Club field trip to the Imaginon Theater in Charlotte later this month, please see Dr. Fricke for your informational flyer and parent permission form.

Poetry Club meeting will be today, beginning at 12:45.

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

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If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

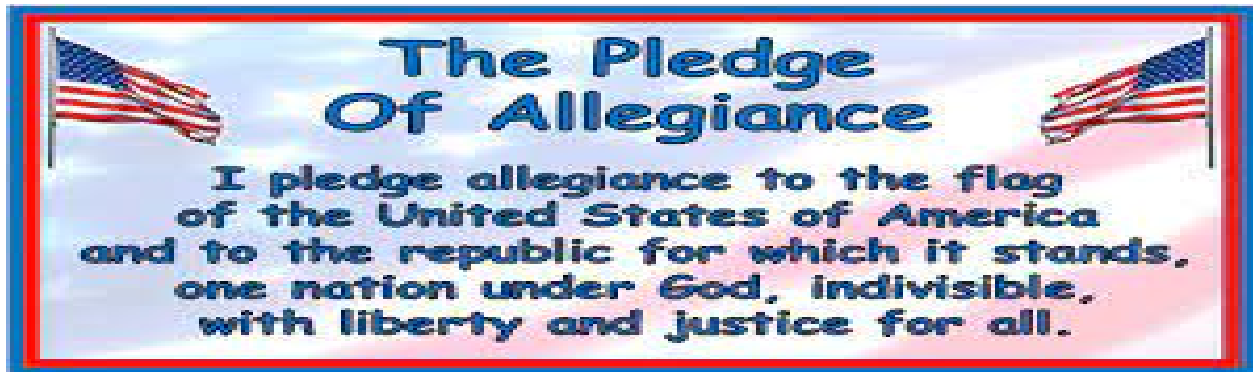
- Why can't you trust the king of the jungle? Because he's always lion!

Believe and succeed cyclones
Wednesday 2/11/26

Today is Wednesday, February 11th, 2026!

I'm Willow and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently **47 degrees outside and the high is 69.**

Today's wellness center lunch activity is valentine cards and slime. Stop by to make a card for a friend, family member or your someone special and pick out a slime. Available while supplies last.

Time is flying by, prom will be here before you know it! Buy tickets soon

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out several times. Search your email for the title "Fee Waivers" and the email should pop up. The deadline to complete the form is April 1st. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. **(Keep on announcements until April 1st)**

If you plan on attending this year's Poetry Club field trip to the Imaginon Theater in Charlotte later this month, please see Dr. Fricke for your informational flyer and parent permission form.

Our next Poetry Club meeting will be this week Thursday, beginning at 12:45.

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

What did the triangle say to the circle?

what?

you're pointless!

Believe and succeed cyclones

Tuesday 2/10/26

Today is Tuesday, February 10th, 2026!

I'm **Zarina** and I'm **Mariana**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently **47 degrees outside and the high is 69.**

Today is stuffed animal day! Tomorrow is RomCom day, dress as your fav rom com character!

Time is flying by, prom will be here before you know it! Buy tickets soon

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out several times. Search your email for the title "Fee Waivers" and the email should pop up. The deadline to complete the form is April 1st. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering.
(Keep on announcements until April 1st)

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Our next Poetry Club meeting will be this week Thursday, beginning at 12:45.

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

What did the triangle say to the circle?
what?
you're pointless!

Believe and succeed cyclones
Today is Monday, February 9th, 2026!

I'm **Willow** and I'm **Mariana**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 29 degrees outside and the high is 47.

Time is flying by, prom will be here before you know it! Buy tickets soon

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out several times. Search your email for the title "Fee Waivers" and the email should pop up. The deadline to complete the form is April 1st. You must also be registered for a class by April 1st if you need your fee waived. Please set up a meeting with Ms. Waters if you need help registering. (Keep on announcements until April 1st)

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

10th graders will be going to Greensboro NC tomorrow! If you are attending have an SPCC class tomorrow, you must send an email to your instructor to inform them TODAY. We will be visiting 2 colleges (UNCG and NC A&T) and the Civil Rights Museum. The trip is FREE and lunch will be included at NC A&T. You will have a chance to buy snacks and drinks at UNCG before boarding the buses to head home. Please bring your own snacks or money for snacks.

If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

"Success is the sum of small efforts, repeated day in and day out."

Believe and succeed cyclones

Thursday 2/5/26

Today is Thursday, February 5th, 2026!

I'm **Willow** and I'm **Stephen**!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently **29 degrees outside and the high is 42.**

Time is flying by, prom will be here before you know it! Buy tickets soon

SUMMER CLASSES 2026 - Any 10th grader or higher that is interested in taking a summer class registration is open now. Classes are \$66 per class. If you have free or reduced lunch or a financial hardship please complete the waiver that Ms. Fleming has emailed out several times. Search your email for the title "Fee Waivers" and the email should pop up. The deadline to complete the form is April 1st. You must also be registered for a class by April 1st if you need your fee

**waived. Please set up a meeting with Ms. Waters if you need help registering.
(Keep on announcements until April 1st)**

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

10th graders will be going to Greensboro NC on February 10th! Permission slips are ready to pick up at the front office cart and are due back by FRIDAY - FEB 6th. We want all 10th graders to attend this trip. We will be visiting 2 colleges (UNCG and NC A&T) and the Civil Rights Museum. The trip is FREE and lunch will be included at NC A&T. You will have a chance to buy snacks and drinks at UNCG before boarding the buses to head home. Please bring your own snacks or money for snacks.

If you like to sing, the UCEC Glee Club started last Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

TODAY - Let's Talk Club will meet during 2nd lunch at 1:05 in the Wellness Center. Today we will talk about weather. Come prepared to share weather stories (snow, hurricanes, thunderstorms, etc.)

Daily Positive/Joke of the day:

Believe and succeed cyclones

Thursday 1/30/26

Today is Thursday, January 30th, 2026!

I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 29 degrees outside and the high is 42.

Time is flying by, prom will be here before you know it! Buy tickets soon

All Juniors report to advisory to get your academic awards and cupcakes

Poetry Club members pls check email

Also Student Council there will be a meeting today during lunch

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

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On Friday ALL 9th and 10th grade students will report to advisory at the start of lunch to receive your honor roll certificates, Academic Letters and Bars that were earned from 1st semester. All students who receive an award can come to Trailer

3 to get a cup cake during the 2nd part of lunch. 11th grade awards will be passed out in Junior Seminar.

If you like to sing, the UCEC Glee Club will be starting up this Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

On this cold day be proud of your hard work and dedication. You have made it halfway through the year with success.

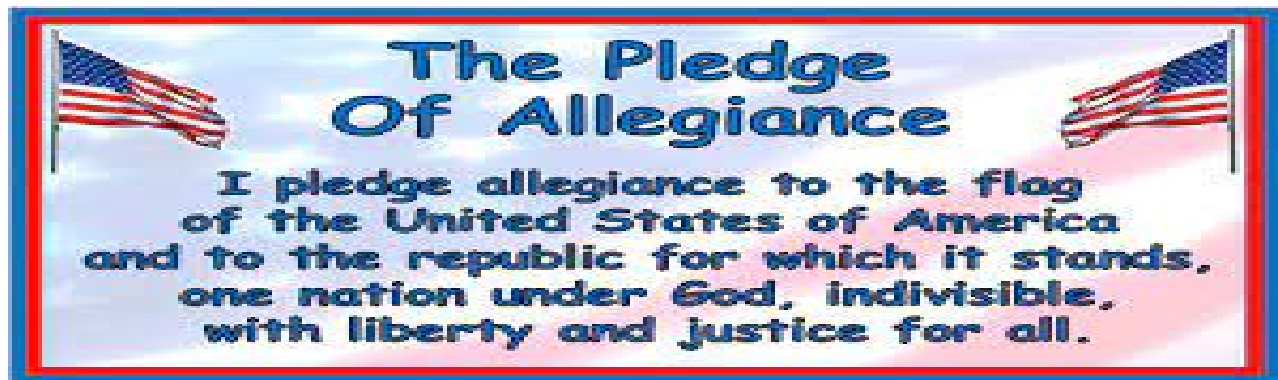
Believe and succeed cyclones

Thursday 1/29/26

Today is Thursday, January 29th, 2026!

I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 44.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends). If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

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On Friday ALL 9th and 10th grade students will report to advisory at the start of lunch to receive your honor roll certificates, Academic Letters and Bars that were earned from 1st semester. All students who receive an award can come to Trailer 3 to get a cup cake during the 2nd part of lunch. 11th grade awards will be passed out in Junior Seminar.

If you like to sing, the UCEC Glee Club will be starting up this Friday after school in Mr. Gehring's Trailer, T6. If you are interested, contact him in person or via e-mail. Feel free to try it out and see if you like it!

Daily Positive/Joke of the day:

On this cold day be proud of your hard work and dedication. You have made it halfway through the year with success.

Believe and succeed cyclones

**Wednesday 1/28/26
Today is Wednesday, January 28rd, 2026!**

I'm _____ and I'm _____!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 44.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

Daily Positive/Joke of the day:

Don't let the rain dwindle your shinesshine

Believe and succeed cyclones

Friday 1/23/26

Today is Friday, January 23rd, 2026!

I'm Willow and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Congratulations to Han Nguyen for placing in the top of the Union County Poetry Out Loud Competition yesterday. Great job to all participants.

It is currently 42 degrees outside and the high is 48.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Also, yearbook applications are available for pick up on the cart near the front door. Filled out packets are due to Mr. Carsch by March 2nd

Students going to Spamalot today were sent an e-mail with instructions. Very few responded to Mr. Gehring that they read the e-mail. Make sure you read and respond.

There are 9 freshman that need to meet with Ms. Waters TODAY during advisory in the conference room at 12:35p. Please check for an email from Ms. Fleming to know if that is you. Teachers the list has been emailed to you all as well.

Daily Positive/Joke of the day:

Why was Cinderella so bad at soccer?

She kept running away from the ball!

Believe and succeed cyclones

Thursday 1/22/26

Today is Wednesday, January 21th, 2026!

I'm Willow and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Congratulations to Leila Johnson, Han Nguyen, and Willow Falanga who will be competing today at the Union County Poetry Out Loud Competition. Good Luck!

It is currently 41 degrees outside and the high is 57.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Students going to Spamalot tomorrow should look for an e-mail from Mr. Gehring with instructions by noon today. Check your e-mail and respond back to him so he knows you have looked at it.

Daily Positive/Joke of the day:

Why did the dad bring two socks to golf? Why? In case he got a hole in one!

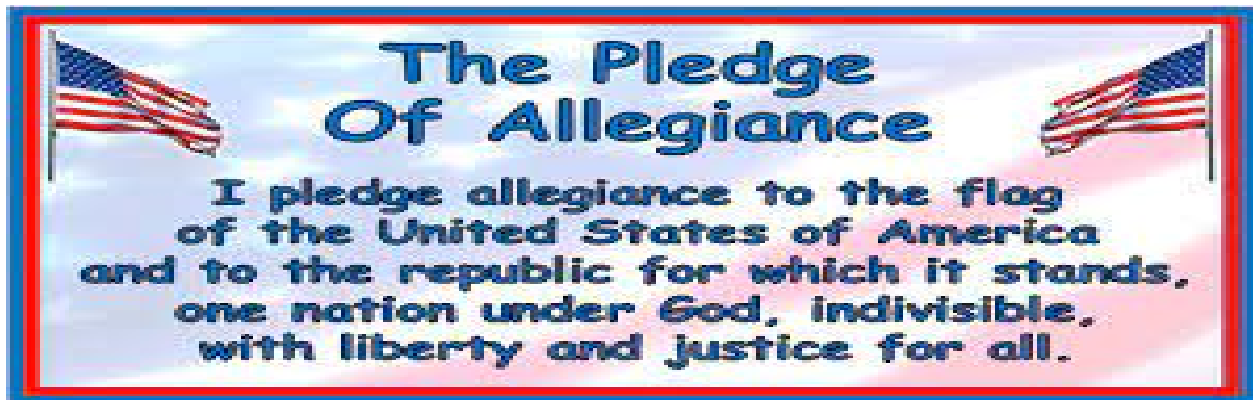
Believe and succeed cyclones

Wednesday 1/21/26

Today is Wednesday, January 21th, 2026!

I'm Willow and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 34 degrees outside and the high is 45.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Students going to Spamalot tomorrow should look for an e-mail from Mr. Gehring with instructions by noon today. Check your e-mail and respond back to him so he knows you have looked at it.

Daily Positive/Joke of the day:

why don't scientists trust atoms? because they want to make everything up.

Believe and succeed cyclones

Friday 1/16/26

Tuesday 1/20/26

Today is Tuesday, January 20th, 2026!

I'm Zarina and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 33 degrees outside and the high is 45.

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Daily Positive/Joke of the day:

why don't scientists trust atoms? because they want to make everything up.

Believe and succeed cyclones

Friday 1/16/26

Today is, January 16th, 2026!

Happy Friday everyone!

I'm Willow and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 25 degrees outside and the high is 46.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Eight** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

TEACHERS: Test for the phone intercom system, afterwards, please email Dr. Mann if you heard it or not

Daily Positive/Joke of the day:

Strength does not come from winning. It comes from struggles. When you go through hardships and decide not to surrender, that is strength -Arnold Schwarzenegger

Believe and succeed cyclones

Thursday 1/15/26

Today is Thursday, January 15th, 2026!
I'm Willow and I am Zarina!
Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 32 degrees outside and the high is 38.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Eight** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Daily Positive/Joke of the day:

Don't forget that a little progress each day leads to big results.

Believe and succeed cyclones!

Wednesday 1/14/26

Today is Wednesday, January 14th, 2026!
I'm Cleo and I am Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome mr murray for a special announcement

It is currently 47 degrees outside and the high is 53.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Seven** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Yearbook is looking for fun memories to add to the yearbook. (for example, like hanging out with your friends)

If you have any pictures, email them to Stephen Muncy!

Daily Positive/Joke of the day:

Keep your face towards the sunshine, and the shadows will fall behind you.
Believe and succeed cyclones!

Tuesday 1/13/26

Today is Tuesday , January 13th, 2026!

I'm Cleo and I am Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 35 degrees outside and the high is 57.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Five** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Thank you to all of you who supported our competing students at last Friday's Poetry Out Loud Competition! It was close and every contestant shined! Our top three winners are:

- First Place: Leila Johnson
- Second Place: Han Nguyen
- Third Place: Willow Falanga

Leila and Han will advance to the Union County Competition that will be held next week! Congratulations!

Time is flying by, prom will be here before you know it! Buy tickets soon

Daily Positive/Joke of the day:

What do you call an alligator in a vest?
an investigator!

Believe and succeed cyclones! Have a great day!

Monday 1/12/26

Today is Friday, January 12th, 2026!

I'm Cleo and I am Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 34 degrees outside and the high is 49.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Five** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Daily Positive/Joke of the day:

Be the light to someone else's sunshine.

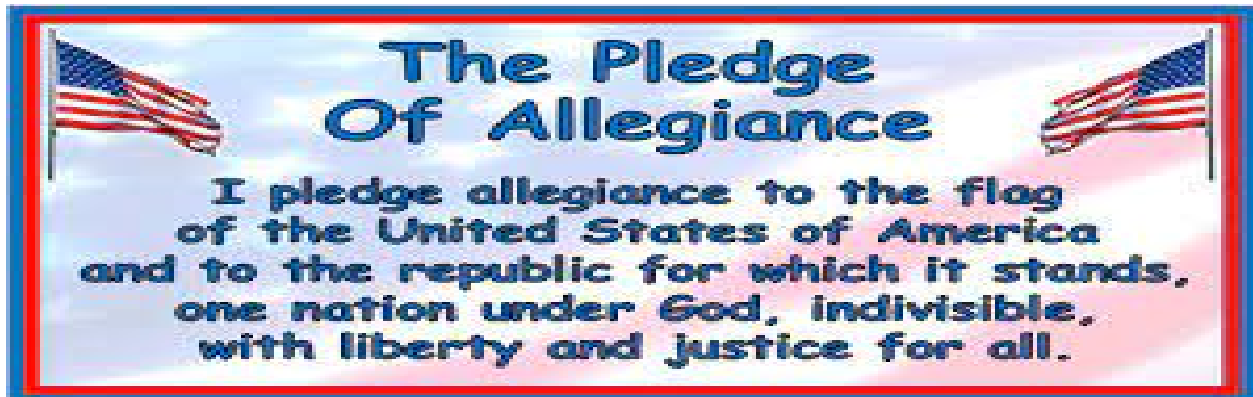
Believe and succeed cyclones! Have a great day!

Friday 1/9/26

Today is Friday, January 9th, 2026!

I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Today is our UCEC Poetry Out Loud Competition! Our contestants have been hard at work practicing their recitations and are ready to perform for you! The winners will be announced at the competition today and will appear in our school announcements on Monday. If you know someone who is competing today, give them your positive support and wish them well!

It is currently 48 degrees outside and the high is 65.

11th graders will have grade level meeting today, leaving at 12:15 for the SPCC salon

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. Right now **Five** confirmed acts, though several others have indicated interest. We need 10-12 Acts to have a show so contact Mr. Gehring this week. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Daily Positive/Joke of the day:

Your potential is endless, go do what you were created to do
Believe and succeed cyclones! Have a great day!

Thursday 1/8/26

Today is Thursday, January 8th, 2026!
I'm Willow!
Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome Mrs. Cooper for a special announcement

It is currently 48 degrees outside and the high is 65.

11th graders will have grade level meeting today, leaving at 12:15 for the SPCC salon

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Daily Positive/Joke of the day:
Your potential is endless, go do what you were created to do
Believe and succeed cyclones! Have a great day!

Wednesday 1/7/26

Today is Wednesday, January 7th, 2026!
I'm Stephen and I'm Willow!
Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 71.

10th graders will have grade level meeting today, leaving at 12:15 for the SPCC salon

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. **(Keep in the announcements till 1/16)**

Time is flying by, prom will be here before you know it! Buy tickets soon

Daily Positive/Joke of the day:

How does a cat like its steak cooked? Medium Rare

Believe and succeed cyclones! Have a great day!

Tuesday 1/6/26

Today is Tuesday, January 6th, 2026!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

ALL STUDENTS, check infinite campus as there have been schedule changes, make sure you know your new schedule if it's been altered!

It is currently 49 degrees outside and the high is 63.

For the next three weeks, students will be spending one of their lunches in advisory, completing state mandated things. Mr. Murray sent out an email with more information, so be sure to read it.

9th graders will have grade level meeting today

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. **(Keep in the announcements till 1/16)**

Daily Positive/Joke of the day:

Knock, knock!

Who's there?

Cows go.

Cows go who?

No, cows go moo!

Believe and succeed cyclones! Have a great day!

Monday 1/5/26

Today is Monday, January 5th, 2026!

I'm Willow

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

First things first, welcome back! I hope you all had a wonderful break and a great New Years!

ALL STUDENTS, check infinite campus as there have been schedule changes, make sure you know your new schedule if it's been altered!

It is currently 47 degrees outside and the high is 56.

It's time to get ready for the UCEC Talent Show, which will be on February 20th. Do you have a talent? Do you sing, dance, play an instrument, are you a comedian, write poetry, act...? If you would like to show off your talent, contact Mr. Gehring in Trailer 6 or by e-mail to let him know you are interested. **(Keep in the announcements till 1/16)**

Daily Positive/Joke of the day:

All dreams are within reach. All you have to do is keep moving towards them!
Believe and succeed cyclones! Have a great day!

Thursday 12/11/25

Today is Thursday, December 11th, 2025!

I'm Willow

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 48.

Have you selected a poem to recite at this year's Poetry Out Loud School Competition? It's not too late to participate; you still have a whole month to practice. Scan the QR codes on the signs in the hallway and email your poem title to Dr. Fricke. Our school competition is Friday, January 9th during 4th block! See you there!

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

If you missed picking up a permission slip for Spamalot with Mr. Gehring, make sure you see him today as this is your last chance. Also, if you have not turned in your permission slip and plan on going see him today in Trailer 6.

This week is Spirit Week. Today is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Daily Positive:

Difficult roads often lead to the most beautiful destinations

Believe and succeed cyclones! Have a great day!

Wednesday 12/10/25

Today is Wednesday, December 10th, 2025!

I'm Willow and I'm Stephen

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 33 degrees outside and the high is 52.

Have you selected a poem to recite at this year's Poetry Out Loud School Competition? It's not too late to participate; you still have a whole month to practice. Scan the QR codes on the signs in the hallway and email your poem title to Dr. Fricke. Our school competition is Friday, January 9th during 4th block! See you there!

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Reminder that from now until tomorrow bring in your canned food items.

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

If you missed picking up a permission slip for Spamalot with Mr. Gehring, make sure you see him today as this is your last chance. Also, if you have not turned in your permission slip and plan on going see him today in Trailer 6.

This week is Spirit Week. Tomorrow is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

Why did the director split the Wicked movie into two parts?

Because they were afraid of defying gravity all at once!

Believe and succeed cyclones! Have a great day!

Tuesday 12/9/25

Today is Tuesday , December 9th, 2025!

I'm Mariana and I'm Stephen

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 41.

Have you selected a poem to recite at this year's Poetry Out Loud School Competition? It's not too late to participate; you still have a whole month to practice. Scan the QR codes on the signs in the hallway and email your poem title to Dr. Fricke. Our school competition is Friday, January 9th during 4th block! See you there!

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Reminder that from now until dec 11th bring in your canned food items.

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

If you missed picking up a permission slip for Spamalot with Mr. Gehring, make sure you see him today as this is your last chance. Also, if you have not turned in your permission slip and plan on going see him today in Trailer 6.

This week is Spirit Week. today is Pajama Day, Tuesday is Holiday Character Day (Dress like the Grinch, Santa, or your favorite holiday character, Wednesday is Holiday Color Day (wear red, green, and white with your favorite holiday accessories) and Thursday is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

Which of Santa's reindeer has bad manners?

Rude-olph!

Believe and succeed cyclones! Have a great day!

Monday 12/8/25

**Today is Monday , December 8th, 2025!
I'm Cleo and I'm Junior**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 41.

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Reminder that from now until dec 11th bring in your canned food items.

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

If you missed picking up a permission slip for Spamalot with Mr. Gehring, make sure you see him today as this is your last chance. Also, if you have not turned in your permission slip and plan on going see him today in Trailer 6.

This week is Spirit Week. today is Pajama Day, Tuesday is Holiday Character Day (Dress like the Grinch, Santa, or your favorite holiday character, Wednesday is Holiday Color Day (wear red, green, and white with your favorite holiday accessories) and Thursday is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

Believe and succeed cyclones! Have a great day!

Friday 12/5/25

Today is FRIDAY , December 5th, 2025!

I'm _____ and I'm _____

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 43 degrees outside and the high is 45.

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Reminder that from now until dec 11th bring in your canned food items.

ALL UCEC students will earn 30 minutes of community service for every five cans donated!

Also! For every 2 cans you donate you get a raffle ticket. These raffle tickets will give you a chance to win a VISA gift card for the 1st, 2nd, and 3rd place winners!

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **Mr. Gehring needs permission slips returned to him by today so don't delay. Contact him ASAP!**

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Next week is Spirit Week. Monday is Pajama Day, Tuesday is Holiday Character Day (Dress like the Grinch, Santa, or your favorite holiday character, Wednesday is Holiday Color Day (wear red, green, and white with your favorite holiday accessories) and Thursday is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

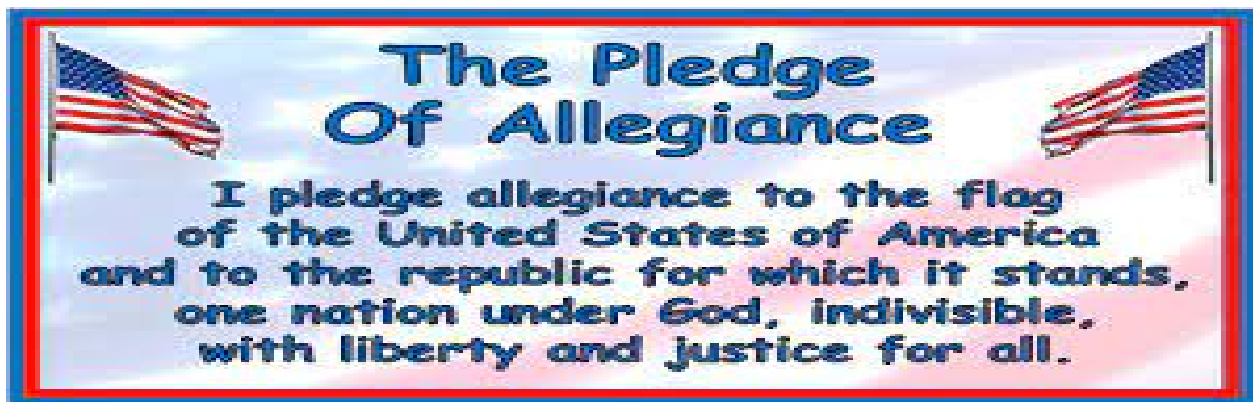
Believe and succeed cyclones! Have a great day!

Thursday 12/4/25

Today is Thursday , December 4th, 2025!

I'm _____ and I'm _____

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 37 degrees outside and the high is 52.

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Welcome back from break! Hope you had a great thanksgiving!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a

difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

And here's the exciting part: ALL UCEC students will earn 30 minutes of community service for every five cans donated!

Also! For every 2 cans you donate you get a raffle ticket. These raffle tickets will give you a chance to win a VISA gift card for the 1st, 2nd, and 3rd place winners!

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **Mr. Gehring needs permission slips returned to him by December 5 so don't delay. Contact him ASAP!**

Let's Talk Meeting for this week has been canceled, look in your emails to get updates about having a meeting next week instead!

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Next week is Spirit Week. Monday is Pajama Day, Tuesday is Holiday Character Day (Dress like the Grinch, Santa, or your favorite holiday character, Wednesday is Holiday Color Day (wear red, green, and white with your favorite holiday accessories) and Thursday is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

Believe and succeed cyclones! Have a great day!

Wednesday 12/3/25

Today is Wednesday, December 3rd, 2025!

I'm _____ and I'm _____

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 40 degrees outside and the high is 49.

As a reminder Finals Week will begin on Friday, December 12th. Students are required to attend Finals review if they are taking a final exam. Exam review is not optional.

Welcome back from break! Hope you had a great thanksgiving!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

And here's the exciting part: ALL UCEC students will earn 30 minutes of community service for every five cans donated!

Also! For every 2 cans you donate you get a raffle ticket. These raffle tickets will give you a chance to win a VISA gift card for the 1st, 2nd, and 3rd place winners!

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **(Keep in the announcements till December 5)**

There's the winterfest event at SPCC from 11:30 to 1:30. Make sure you have permission to go over if you are going during your study hall period!!!

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Next week is Spirit Week. Monday is Pajama Day, Tuesday is Holiday Character Day (Dress like the Grinch, Santa, or your favorite holiday character, Wednesday is Holiday Color Day (wear red, green, and white with your favorite holiday accessories) and Thursday is Ugly Sweater Day (we will have an ugly sweater contest during lunch!).

Joke of the day :

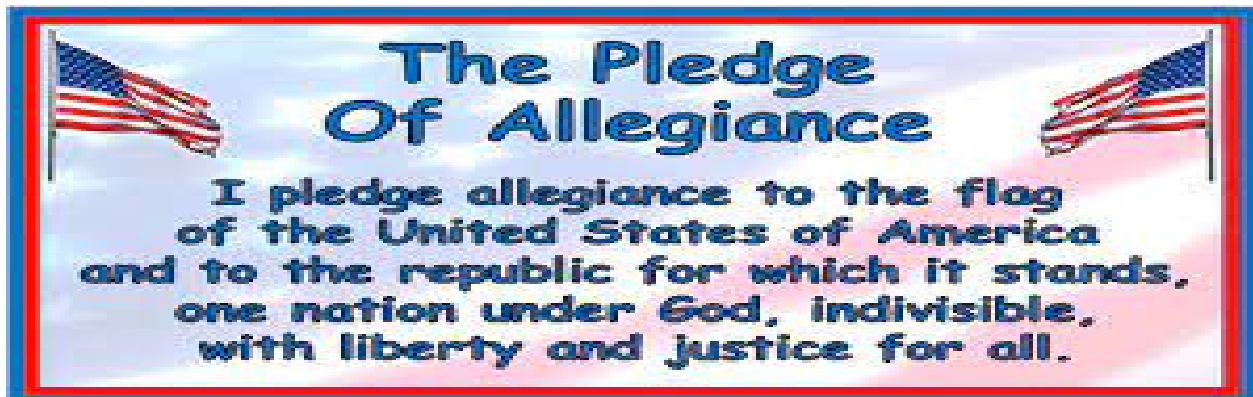
Believe and succeed cyclones! Have a great day!

Tuesday 12/2/25

Today is Tuesday, December 2nd, 2025!

I'm Mariana and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 40 degrees outside and the high is 49.

Welcome back from break! Hope you had a great thanksgiving!

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There's the winterfest event at SPCC from 11:30 to 1:30. Make sure you have permission to go over if you are going during your study hall period!!!

TODAY the UCEC Glee Club will have a concert after school in the Salon at 6 PM. It is free and open to the public. They would love to see you there!!!

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Joke of the day :

Why did the teddy bear say no to dessert? Because she was stuffed!

Believe and succeed cyclones! Have a great day!

Monday 12/1/25

Today is Monday , December 1st, 2025!

I'm Mariana and I'm _____!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 40 degrees outside and the high is 49.

Welcome back from break! Hope you had a great thanksgiving!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

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On December 2nd, the UCEC Glee Club will have a concert after school in the Salon at 6 PM. It is free and open to the public. They would love to see you there! (Keep in the announcements through December 2nd)

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Joke of the day :

Why did the teddy bear say no to dessert? Because she was stuffed!

Believe and succeed cyclones! Have a great day!

Friday 11/21/25

Today is Friday , November 21st, 2025!

I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 60 degrees outside and the high is 72.

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

And here's the exciting part: ALL UCEC students will earn 30 minutes of community service for every five cans donated!

Also! For every 2 cans you donate you get a raffle ticket. These raffle tickets will give you a chance to win a VISA gift card for the 1st, 2nd, and 3rd place winners! Let's Talk will be having a meeting this Thursday during the second lunch. This meeting will be MANDATORY. Please make sure to attend as we will be having a special speaker and fun activity planned

There will be a drumming circle today in trailer 2 during lunch. Come and play anytime after you eat.

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **(Keep in the announcements till December 5)**

On December 2nd, the UCEC Glee Club will have a concert after school in the Salon at 6 PM. It is free and open to the public. They would love to see you there! (Keep in the announcements through December 2nd)

Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Joke of the day :

Why did the cranberry blush? It saw the turkey dressing!

Have a great thanksgiving break! We will see you in DECEMBER!

Believe and succeed cyclones! Have a great day!

Thursday 11/20/25

Today is Thursday , November 20th, 2025!

I'm Zarina and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 55 degrees outside and the high is 70.

The Lets Talk Club is meeting at 1pm in the Wellness Center and they will have an instructor teaching yoga. This meeting is MANDATORY so make sure to attend and bring friends!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

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Shoe boxes are due this Friday! Please make sure to bring back the boxes by Friday morning!

There will be a drum circle on Friday during lunch.

Our UCEC Poetry Out Loud School Competition will be held on **Friday, January 9th, 2026**. Now is the time to select and begin memorizing your poem! (say until THURSDAY)

Drivers Ed registration is about to close soon. Only 1 student has signed up so far. If you want to register for drivers ed do so soon. If you have free/reduced lunch see Ms. Helms.

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **(Keep in the announcements till December 5)**

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Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Daily positive:

Today is a fresh start and a new opportunity for growth!

Believe and succeed cyclones! Have a great day!

Wed, 11/19/25

Today is Tuesday, November 19th, 2025!

I'm Zarina and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 62 degrees outside and the high is 75.

As the holidays approach, let's come together to support families in need and ensure everyone enjoys a cozy and healthy winter season!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

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Shoe boxes are due this Friday!

Let's spread warmth and generosity this winter!

Thank you for being a part of this amazing effort!

Our UCEC Poetry Out Loud School Competition will be held on **Friday, January 9th, 2026**. Now is the time to select and begin memorizing your poem! (say until THURSDAY)

To be eligible to participate in our school competition, you must select a poem from the approved poems list **AND** schedule at least two practice sessions with Dr. Fricke before the December break. Please email her or stop by her classroom for more information and to set up your practice session! (say until THURSDAY)

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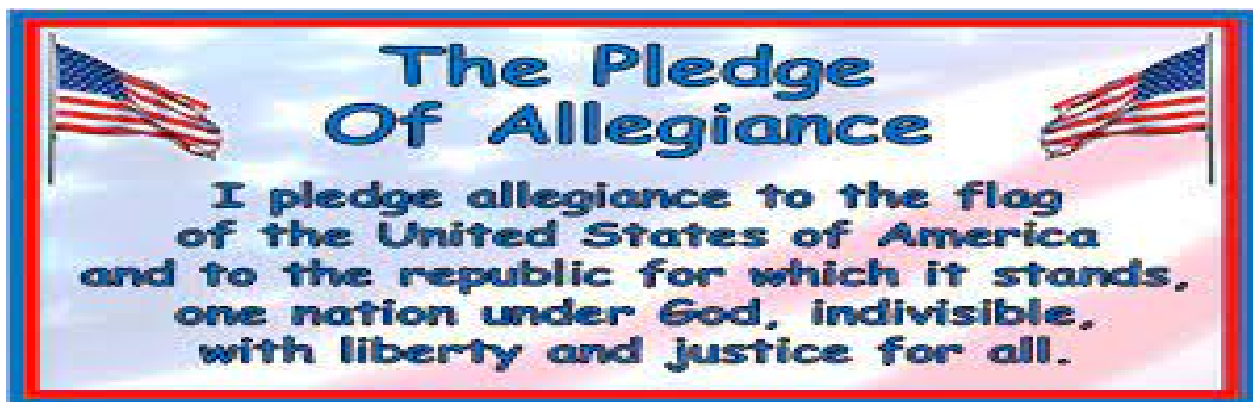
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Wed, 11/19/25

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I'm Zarina and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

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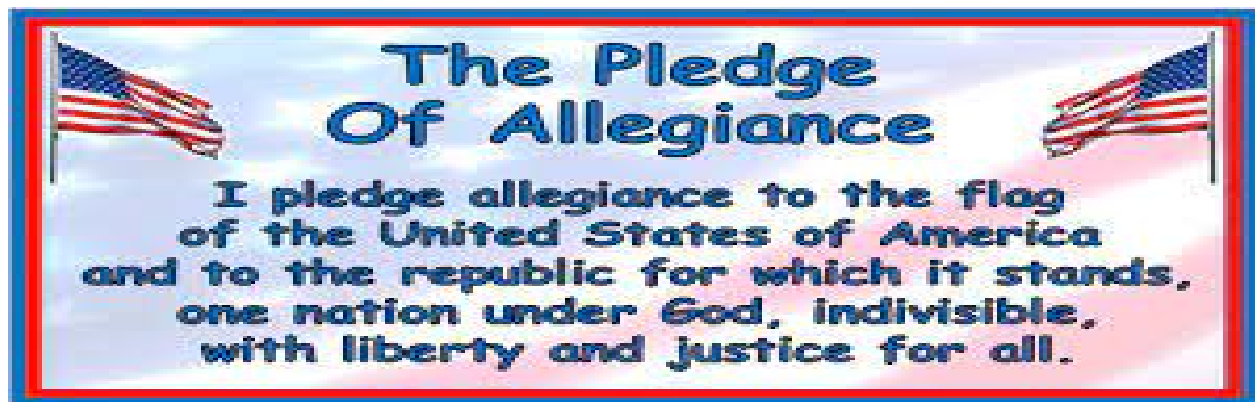
Don't forget to go buy your yearbook! They're on sale now. Please purchase before the price increases.

Monday, 11/17/25

Today is Monday, November 17th, 2025!

I'm **Cleo and I'm Zarina!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 56 degrees outside and the high is 65.

As the holidays approach, let's come together to support families in need and ensure everyone enjoys a cozy and healthy winter season!

We invite YOU to be a part of our FOOD DRIVE! Starting now and running until December 11th, bring in your canned food items or nonperishable items to help make a

difference in our community. This fantastic initiative is in partnership with the Heart of Monroe organization and is proudly organized by our Student Council and Interact Club.

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Also! For every 2 cans you donate you get a raffle ticket. These raffle tickets will give you a chance to win a VISA gift card for the 1st, 2nd, and 3rd place winners!

Shoe boxes are due this Friday!

Let's spread warmth and generosity this winter!

Thank you for being a part of this amazing effort!

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To be eligible to participate in our school competition, you must select a poem from the approved poems list **AND** schedule at least two practice sessions with Dr. Fricke before the December break. Please email her or stop by her classroom for more information and to set up your practice session! (say until THURSDAY)

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Don't forget to go buy your yearbook! They're on sale now

Daily Positive/Joke of the day:

As Matthew McConaughey once said “you just gotta keep livin man, L-I-V-I-N.”

Believe and succeed cyclones! Have a great day!

Friday, 11/14/25

Today is Friday, November 14th, 2025!

I'm Mariana and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 48 degrees outside and the high is 66.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. If you need help please see Ms. Waters or email using your SPCC email address with any questions.

UCEC HOSA chapter is proud to announce that we have participated in Regional competitions and we have 3 students who won in the Competitions. In the Forensic science division, Maanya Rajan and Lela Williams won 2nd in the Regionals and will be representing our Regions in State Competition. Devanshi is placed in the top 10 under Medical Terminology. Congratulations to all participants and winners for representing UCEC.

As the holidays approach, let's come together to support families in need and ensure everyone enjoys a cozy and healthy winter season!

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For Thursday, 11/13 through Thursday, 11/20:

Our UCEC Poetry Out Loud School Competition will be held on **Friday, January 9th, 2026**. Now is the time to select and begin memorizing your poem!

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Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **(Keep in the announcements till December 5)**

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Don't forget to go buy your yearbook! They're on sale now

**Daily Positive/Joke of the day:
It always seems impossible until it's done**

**Thursday, 11/13/25
Today is Thursday, November 13th, 2025!**

I'm **Willow!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 67.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. If you need help please see Ms. Waters or email using your SPCC email address with any questions.

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Thank you for being a part of this amazing effort!

For Thursday, 11/13 through Thursday, 11/20:

Our UCEC Poetry Out Loud School Competition will be held on **Friday, January 9th, 2026**. Now is the time to select and begin memorizing your poem!

To be eligible to participate in our school competition, you must select a poem from the approved poems list **AND** schedule at least two practice sessions with Dr. Fricke before the December break. Please email her or stop by her classroom for more information and to set up your practice session!

The Let's Talk meeting has been cancelled for today but we look forward to seeing you at the next meeting.

Each year Mr. Gehring gives an opportunity for students to go see a show at the Belk Theater in Charlotte. This year the opportunity is to see the musical *Spamalot*, based upon the classic film comedy *Monty Python and the Holy Grail*. The event will include eating dinner at Cici's Pizza and then going to the show on Friday, January 23rd, 2026. The cost is \$50. If you are interested, stop by Mr. Gehring's trailer, Trailer 6, and pick up a permission form. **(Keep in the announcements till December 5)**

Don't forget to go buy your yearbook! They're on sale now

Daily Positive/Joke of the day:

No matter how hard the past is, you can always begin again

Wednesday, 11/12

Today is Wednesday, November 12th, 2025!

I'm **Willow and Im Zarina!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 39 degrees outside and the high is 65.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. If you need help please see Ms. Waters or email using your SPCC email address with any questions.

Today, Criminology club will have a meeting during the first lunch.

On Monday the 9th graders toured Wingate University then bowling. We would like to announce the winners.

- The advisory with the highest score - Mrs. Lashley
- The student with the highest score - Grant Thompson with 109 points
- The overall highest scorer - Mrs. Hollis with 138 points

Daily Positive/Joke of the day

The difference between who you are and who you want to be is what you do

Monday , 11/10

Today is Monday , November 10th, 2025!

I'm Willow and I'm Zarina!

34

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 42 degrees outside and the high is 53.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. This is required in order to be registered for your spring classes even if you already submitted your registration form. **Ms. Waters will be out all this week to push through your registration forms.** If you have not submitted your Etrieve forms do so asap. If you need her please send her an email using your SPCC email address.

Daily Positive/Joke of the day

"Happiness is not by chance, but by choice."

Friday , 11/7

Today is Friday , November 7th, 2025!

I'm **Willow!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 71.

4:12 Meeting Today during second lunch in Mrs. Davis' Trailer

9th graders! The Wingate field trip will be on Monday the 10th. It's FREE. Please be on time for school. The bus plans to leave as soon as all buses are in.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. This is required in order to be registered for your spring classes even if you already submitted your registration form. **Ms. Waters will be out all this week to push through your registration forms.** If you have not submitted your Etrieve forms do so asap. If you need her please send her an email using your SPCC email address.

Daily Positive/Joke of the day

"Happiness is not by chance, but by choice."

Thursday, 11/6

Today is Thursday , November 6th, 2025!

I'm **Willow!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome Mrs. Cooper for a special announcement

It is currently 61 degrees outside and the high is 68.

The HOSA club will be having a meeting today, during the second lunch!

4:12 Meeting Friday during second lunch in Mrs. Davis' Trailer

9th graders! The Wingate field trip will be on Monday the 10th. It's FREE. Please be on time for school. The bus plans to leave as soon as all buses are in.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. This is required in order to be registered for your spring classes even if you already submitted your registration form. **Ms. Waters will be out all this week to push through your registration forms.** If you have not submitted your Etrieve forms do so asap. If you need her please send her an email using your SPCC email address.

Daily Positive/Joke of the day

"Every day may not be good, but there's something good in every day."

Let's Talk Club will be meeting Today in the wellness center during the second lunch, this will be a quick meeting discussing officer positions.

Believe and succeed Cyclones, have a great day!

Wednesday, 11/5

Today is Wednesday , November 5th, 2025!

I'm **Stephen and I'm Willow!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome Mrs. Cooper for a special announcement

It is currently 50 degrees outside and the high is 68.

Poetry Out Loud will be meeting today in Dr. Fricke's classroom, beginning at 12:35 and dismissing at 1pm.

The HOSA club will be having a meeting Thursday, during the second lunch!

4:12 Meeting Friday during second lunch in Mrs. Davis' Trailer

Let's Talk Club will be meeting Tomorrow in the wellness center during the second lunch, this will be a quick meeting discussing officer positions.

9th graders! The Wingate field trip will be on Monday the 10th. It's FREE. Please be on time for school. The bus plans to leave as soon as all buses are in.

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so asap. If you need her please send her an email using your SPCC email address.

Daily Positive/Joke of the day

Today is a new beginning, treat it as such!

Believe and succeed Cyclones, have a great day!

I'm **Stephen and I'm Willow!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome Mr. Murray for a special announcement

It is currently 50 degrees outside and the high is 68.

Poetry Out Loud will be meeting today in Dr. Fricke's classroom, beginning at 12:35 and dismissing at 1pm.

Over the last few weeks you learned interesting things about the teachers and staff at UCEC. Mr. Gehring sent out an email with a little quiz for you to complete. Today we would like to congratulate Zarina Jabar, who identified 10/22 people correctly and Olabode Toluwabori, who identified 12 out of 22 correctly. Great job knowing the UCEC staff. For your reward, Mr. Murray has brought back a

UCEC tradition, Grill Bucks. These allow you to purchase items at the SPCC Grill. See him sometime today to pick yours up and enjoy! Keep paying attention to the announcements, as there will be more activities in the

future!

9th graders! The Wingate field trip will be on Monday the 10th. It's FREE. Please be on time for school. The bus plans to leave as soon as all buses are in.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. This is required in order to be registered for your spring classes even if you already submitted your registration form. **Ms. Waters will be out all this week to push through your registration forms.** If you have not submitted your Etrieve forms do so asap. If you need her please send her an email using your SPCC email address.

There is a Teacher Club meeting today at 1:05p in the conference room. Please be on time and bring your lunch if needed.

Art Camp will be held in trailer 2, anyone is welcome.

Poetry Club will be having a meeting today in Dr. Frickes room during first lunch! We will be sharing our shape poems and have a full holiday themed activity!

Daily Positive/Joke of the day
Why did the tiny pepper wear a sweater?
Because it was a little chili.

Believe and succeed Cyclones, have a great day!

Today is Monday , November 3rd, 2025!

I'm **Stephen** and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 49 degrees outside and the high is 67.

Over the last few weeks you learned interesting things about the teachers and staff at UCEC. Mr. Gehring sent out an email with a little quiz for you to complete. Today we would like to congratulate Zarina Jabar, who identified 10/22 people correctly and Olabode Toluwabori, who identified 12 out of 22 correctly. Great job knowing the UCEC staff. For your reward, Mr. Murray has brought back a UCEC tradition, Grill Bucks. These allow you to purchase items at the SPCC Grill. See him sometime today to pick yours up and enjoy! Keep paying attention to the announcements, as there will be more activities in the future!

9th graders! The Wingate field trip will be on Monday the 10th. It's FREE. Please be on time for school. The bus plans to leave as soon as all buses are in.

If you are under 18, any 10th-13th grader must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans to your SPCC email account. This is required in order to be registered for your spring classes even if you already submitted your registration form. **Ms. Waters will be out all this week to push through your registration forms.** If you have not submitted your Etrieve forms do so asap. If you need her please send her an email using your SPCC email address.

There is a Teacher Club meeting today at 1:05p in the conference room. Please be on time and bring your lunch if needed.

There will be an Interact meeting today during the first lunch, please make sure to attend. If you can not attend please email and let them know the reason why.

Daily Positive/Joke of the day

Why did the tiny pepper wear a sweater?
Because it was a little chili.

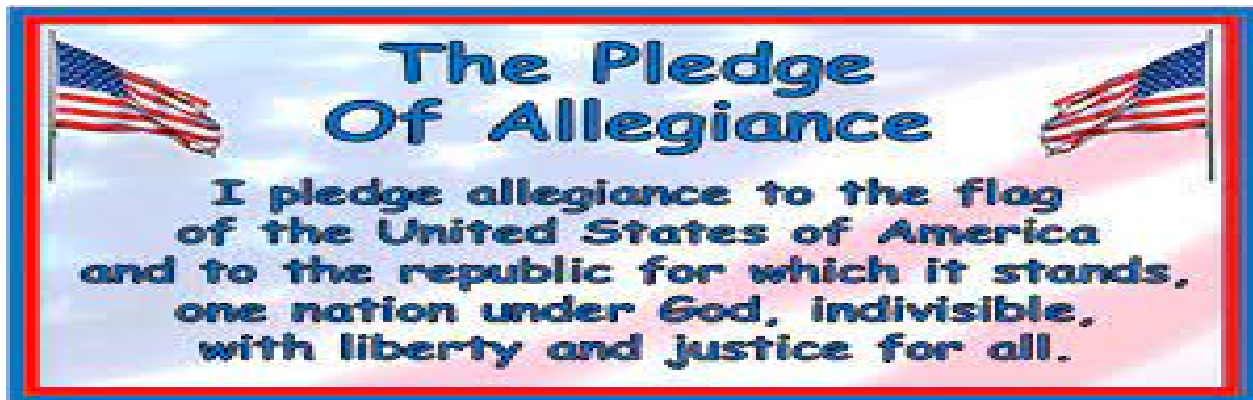
Believe and succeed Cyclones, have a great day!

Friday 10/31

Today is Friday , October 31st 2025! Happy Halloween!

I'm **Willow and I'm Mariana!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 49 degrees outside and the high is 61.

Over the last few weeks you learned interesting things about the teachers and staff at UCEC. Look for an e-mail from Mr. Gehring with a little quiz for you to complete. A few students who know their teachers the best will earn some prizes to be announced on Monday.

Over the last few weeks you learned interesting things about the teachers and staff at UCEC. Look for an e-mail from Mr. Gehring with a little quiz for you to complete. A few students who know their teachers the best will earn some prizes to be announced on Monday. Good Luck!

9th graders! Your permission slips are due tomorrow for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

All 10th-13th graders must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans. This is required in order to be registered for your spring classes.

Daily

Positive/Joke of the day

What does a vampire never order at a restaurant?

A stake!

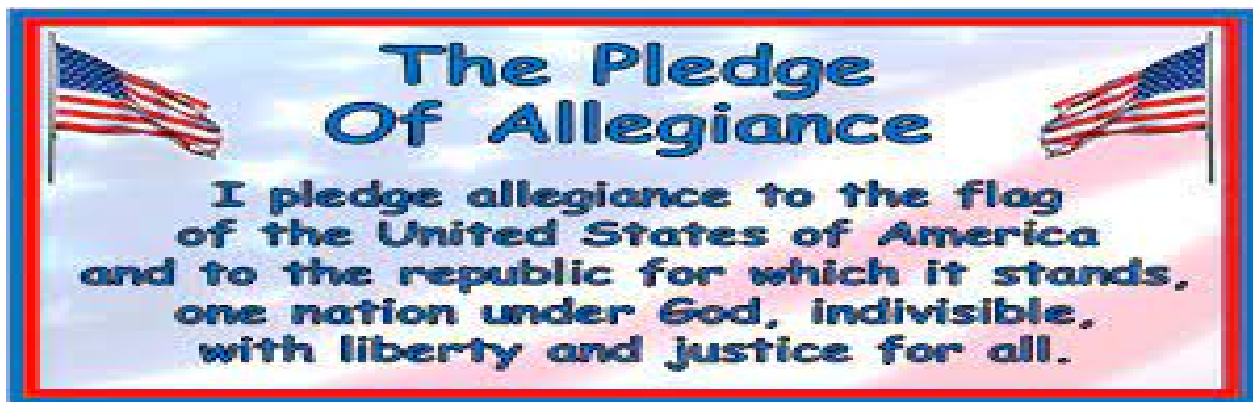
Believe and succeed cyclones, have a great day!

Thursday 10/30

Today is Thursday , October 30th 2025!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 48 degrees outside and the high is 62.

9th graders! Your permission slips are due tomorrow for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

All 10th-13th graders must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans. This is required in order to be registered for your spring classes.

Also, tomorrow is costume day! However, face paint, masks and anything distracting is not permitted. Stay in dress code, if you have any questions about what you can or can't wear please reach out.

****Tomorrow we !****

Daily Positive/Joke of the day

It's midterms week and the end of term 2. We are almost done with the semester! Just a reminder that even if things are hard right now- keep going. As Thomas Edison once said, "The most certain way to succeed is always to try just one more time".

And for anyone who needs to hear this:

Don't give up, keep going. Even in the darkest times you can still shine, just like a star which shines brightest in the dark.

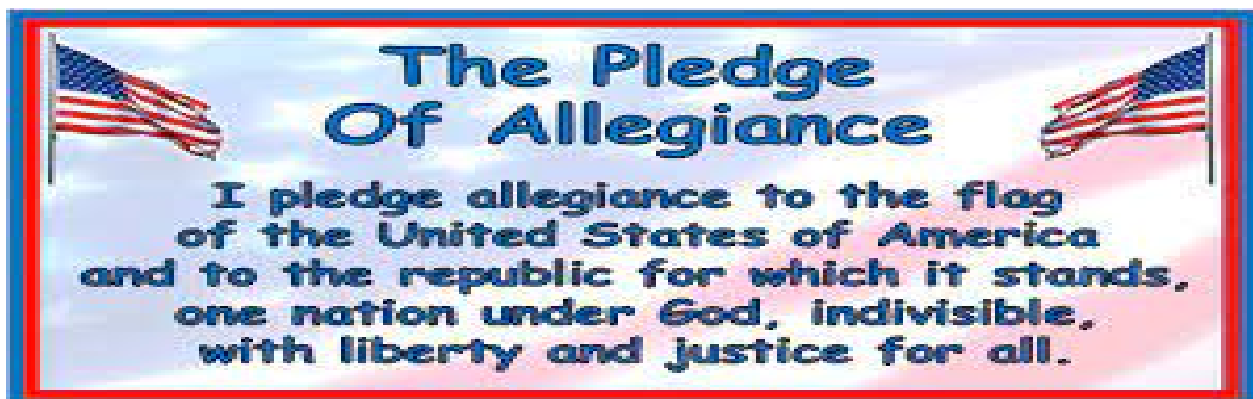
Believe and succeed cyclones, have a great day!

Wednesday 10/29

Today is Wednesday , October 29th 2025!

I'm **Cleo and I'm Stephen!**

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 47 degrees outside and the high is 55.

Please welcome Mr. Murray for a special announcement.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

All 10th-13th graders must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans. This is required in order to be registered for your spring classes.

!

Believe and succeed cyclones, have a great day!

Daily Positive/Joke of the day

What do you call a lazy kangaroo?

A: A pouch potatoe!

Tuesday 10/28

Today is Tuesday, October 28th 2025!

I'm Cleo and I'm Elif!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 48 degrees outside and the high is 50.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT is today so please be quiet in the hallways during class changes.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

Art camp is meeting in trailer #2 today. Anyone is welcome.

All 10th-13th graders must fill out the Leon's Law email that was sent by both Ms. Waters and Dr. Evans. This is required in order to be registered for your spring classes.

Daily Positive/Joke of the day

Why are eggs bad at telling jokes?

A: They always crack each other up.

Monday 10/27

Today is Monday, October 27th 2025!

I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 52 degrees outside and the high is 55.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT will be on October 28th!!!

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

Daily Positive/Joke of the day

**Why did the bicycle fall over?
Because it was two tired!**

Friday 10/24

It is Thursday, October 24th 2025!

I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 53 degrees outside and the high is 67.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT will be on October 28th!!!

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

This week is Countdown to College week. Seniors can apply to many North Carolina colleges for free this week through CFNC.org. Please see their website for the list of participating schools. Also, rock your college gear this week!

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

Today poetry club will have a meeting during first lunch in Dr. Frickes! Our new Club President, Ms. Willow Falanga, (Woo! Hoo!) is planning a fun fall related activity for us! Please also see your emails for the survey from Dr. Fricke.

Daily Positive/Joke of the day

**Why don't mummies take vacations?
because they're afraid they'll unwind!**

Thursday 10/23

It is Thursday, October 23rd 2025!

I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 72.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT will be on October 28th!!!

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

This week is Countdown to College week. Seniors can apply to many North Carolina colleges for free this week through CFNC.org. Please see their website for the list of participating schools. Also, rock your college gear this week!

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

Today poetry club will have a meeting during first lunch in Dr. Frickes! Our new Club President, Ms. Willow Falanga, (Woo! Hoo!) is planning a fun fall related activity for us! Please also see your emails for the survey from Dr. Fricke.

Daily Positive/Joke of the day

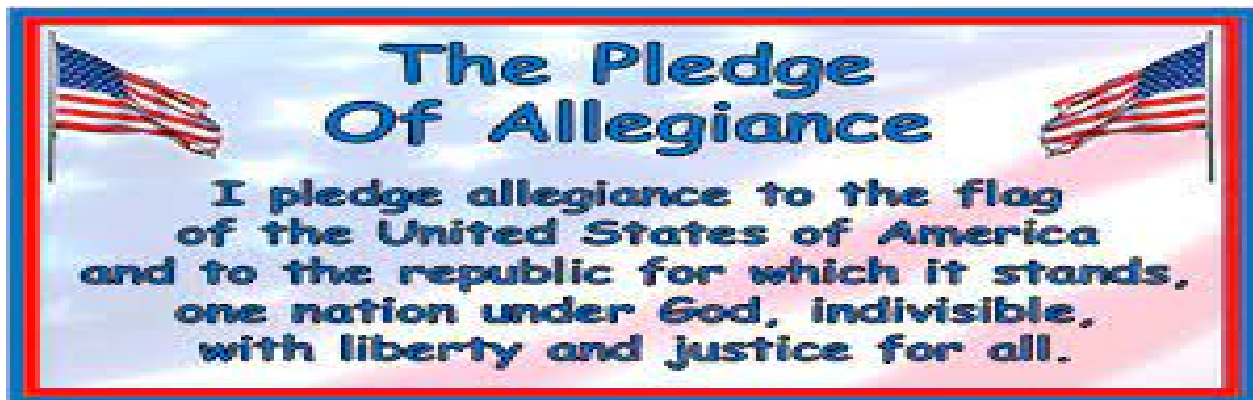
Why don't skeletons fight each other?
Because they don't have the guts

Wednesday 10/22

It is Wednesday , October 22nd 2025!

I'm Stephen and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 45 degrees outside and the high is 77.

Me. Murray has a special announcement

Please pick up all your trash, sports equipment, and mats before you leave lunch!

**The Pre-ACT will be on October 28th!!!
the PSAT is today! Good luck juniors**

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

This week is Countdown to College week. Seniors can apply to many North Carolina colleges for free this week through [CFNC.org](https://www.cfnc.org). Please see their website for the list of participating schools. Also, rock your college gear this week!

9th graders! Your permission slips are due on Oct. 31st for the Wingate and Bowling Fieldtrip. Get them turned in, EVERY 9th Grader can go! It's FREE.

Thursday, poetry club will have a meeting during first lunch! Our new Club President, Ms. Willow Falanga, (Woo! Hoo!) is planning a fun activity for us! Please also see your emails for the survey from Dr. Fricke.

Poetry Out Loud will be meeting today, beginning at 12:35 and dismissing at 1pm. If you are interested in developing your public speaking skills, it's not too late to attend!

Daily Positive/Joke of the day

Believe in yourself and you will be unstoppable

It is Monday, October 20th 2025!

I'm Zarina and I'm Cleo!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 45 degrees outside and the high is 77.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT will be on October 28th!!!
the PSAT is coming up soon on October 22.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

This week is Countdown to College week. Seniors can apply to many North Carolina colleges for free this week through CFNC.org. Please see their website for the list of participating schools. Also, rock your college gear this week!

9th graders! Today you will be receiving a permission slip for the 9th grade fieldtrip to Wingate and Fox's Alley to go bowling. The trip is FREE and lunch will be provided at Wingate. You will get your permission slip in either Career class or Health and PE today. The trip will be Nov. 10th and permission slips are due on Oct. 31st. Please make sure you do not owe any school fees. You will not be allowed to go if you owe fees. If you have questions about this

please see Ms. Helms.

Daily Positive/Joke of the day

why do you call a cow on a trampoline?

a milk shake

10/20

Friday 10/17

It is Friday, October 17th 2025!

I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 73.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

**The Pre-ACT will be on October 28th!!!
the PSAT is coming up soon on October 22.**

Today there will be an adjusted schedule

First block is from 9:50 to 10:35

Second block is from 10:40 to 11:25

Third Block is from 11:30 to 12:15

Lunch is from 12:20 to 1:00

4th block is from 1:05 to 1:50

and Fall Festival is from 1:55 to 4:00!

If you have a college class today, go to your college class, it takes priority over your high school class.

Homecoming is Today from 6-9, today is also the homecoming festival!

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

Daily Positive/Joke of the day

why do you call a cow on a trampoline?

a milk shake

Thursday 10/16

It is Thursday, October 16th 2025!

I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 54 degrees outside and the high is 73.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

The Pre-ACT will be on October 28th!!!
the PSAT is coming up soon on October 22.

Homecoming is on this Friday from 6-9, for those of you asking about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival!

Tickets will be \$10 and include entry to the dance, 1 bag of chips, a drink, and cookies! We will also be selling pizza, and other fun snacks! There are QR codes posted outside the wellness center and the hallways to purchase homecoming tickets! Do not hesitate to reach out if you have any questions!
students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Bring money to the homecoming festival to buy food if you want

The Future Teacher Club will be selling raffle tickets in the mornings for the admin homecoming race. Tickets are \$1 per entry. Pick who you think will win the race between Mr. Murray and Dr. Mann. One name will be drawn from the winner's basket to receive a prize. Also, the loser will be sprayed in silly string or slimed. This is not a normal race so be prepared.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

Daily Positive/Joke of the day

Why does neon glow?

Because it it didn't, we'd had to call it neoff.

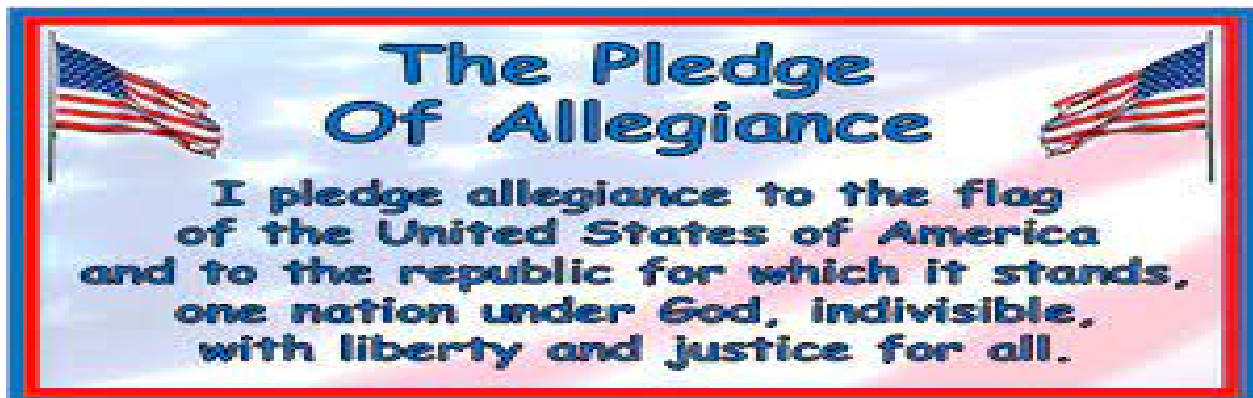
(get it ne ON and ne OFF)

Wednesday 10/15

It is Wednesday, October 15th 2025!

I'm Zarina and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 64 degrees outside and the high is 78.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

There is a meeting for the criminology club in the collab room during lunch!

Tomorrow there will be a Lets Talk meeting in the wellness center during the second lunch. Please email me or Mrs.McFadden if you cannot attend!

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

Homecoming is on this Friday from 6-9, for those of you asking about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival!

Tickets will be \$10 and include entry to the dance, 1 bag of chips, a drink, and cookies! We will also be selling pizza, and other fun snacks! There are QR codes posted outside the wellness center and the hallways to purchase homecoming tickets! Do not hesitate to reach out if you have any questions! students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Bring money to the homecoming festival to buy food and a cup/bucket of water to pour on our stucco members.

The Future Teacher Club will be selling raffle tickets in the mornings for the admin homecoming race. Tickets are \$1 per entry. Pick who you think will win the race between Mr. Murray and Dr. Mann. One name will be drawn from the winner's basket to receive a prize. Also, the loser will be sprayed in silly string or slimed. This is not a normal race so be prepared.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

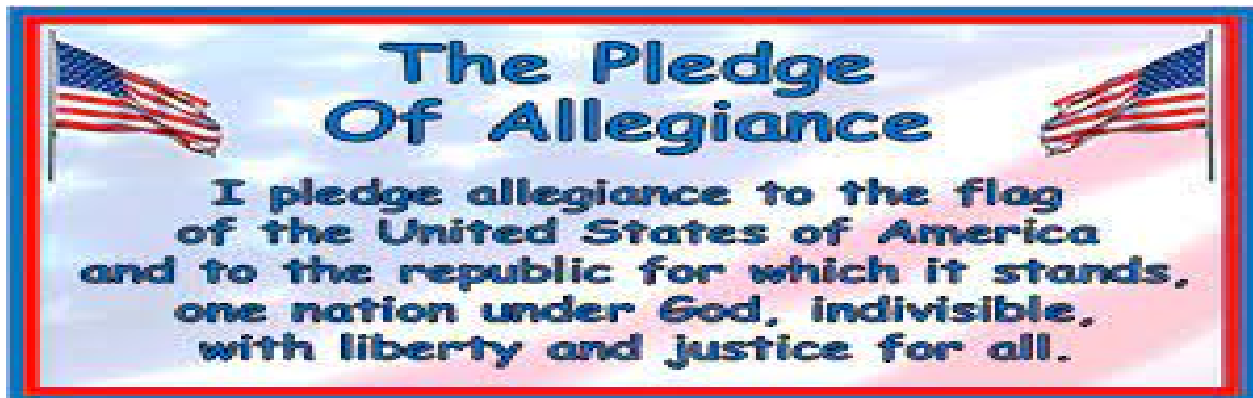
Daily Positive/Joke of the day:

Tuesday 10/14

It is Thursday, October 9th 2025!

I'm Cleo and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 65 degrees outside and the high is 77.

Please remove from future announcements: Poetry Out Loud Competition preparation meetings have begun. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We

will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

Homecoming is on October 17th from 6-9, for those of you asking about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival! and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and include entry to the dance, 1 bag of chips, a drink, and cookies! We will also be selling pizza, and other fun snacks! There are QR codes posted outside the wellness center and the hallways to purchase homecoming tickets! Do not hesitate to reach out if you have any questions! students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

The Future Teacher Club will be selling raffle tickets in the mornings for the admin homecoming race. Tickets are \$1 per entry. Pick who you think will win the race between Mr. Murray and Dr. Mann. One name will be drawn from the winner's basket to receive a prize. Also, the loser will be sprayed in silly string or slimed. This is not a normal race so be prepared.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

The next HOSA club meeting will be Today 10/9 during second lunch! Those who have registered for regionals should attend, if you haven't, you can skip this meeting

Juniors class photos will be taken friday 1st lunch

Daily Positive/Joke of the day:

Tuesday 10/14/25

It is Tuesday, October 14, 2025!

I'm Mariana and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 61 degrees outside and the high is 77.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders attending the College fair at Monroe High today please report to the front after announcements. Bring your bookbags with you. We will leave UCEC at 10:00 AM and return at 12:00 PM.

SOPHOMORES: The Pre-ACT is October 28th. Start studying and preparing. There are some free practice tests on ACT.org

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

This week is Spirit Week!

Tuesday is Culture Day - dress to represent your culture

Wednesday is Rhyming Twin Day - dress to match someone by rhyming (cat, rat, etc.)

Thursday is Neon Construction Workers - wear all forms of neon (construction vest etc.)

Friday is Anything But A Backpack Day - bring anything but a backpack (within reason of course)

Friday is also Homecoming. The dance is from 6-9p, for those of you asking about Fall Fest, it will also be on Friday at the normal times- but it has been renamed to Homecoming festival! and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and include entry to the dance, 1 bag of chips, a drink, and cookies! We will also be selling pizza, and other fun snacks! There are QR codes posted outside the wellness center and the hallways to purchase homecoming tickets! Do not hesitate to reach out if you have any questions! Students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Dr. Mann is sending out an email with the updated ballot. Please vote on the homecoming court!

Bring spare change for the homecoming festival! you can buy pizza and other food plus buy a cup or bucket of water to pour on the STUCO members.

The Future Teacher Club will be selling raffle tickets in the mornings for the admin homecoming race. Tickets are \$1 per entry. Pick who you think will win the race between Mr. Murray and Dr. Mann. One name will be drawn from the winner's basket to receive a chipotle and chick fil a gift card.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email. Underclassmen picture make-up is this Friday, Oct. 17th

Do you know your teachers? Over the next few weeks the announcements will let you know interesting things about them. Pay attention, there might be something in it for you. Did you know Ms. Helms broke both her legs when she was in 6th grade? She is also a twin. (Wonder if they ever pretended to be the other)

Daily Positive/Joke of the day:

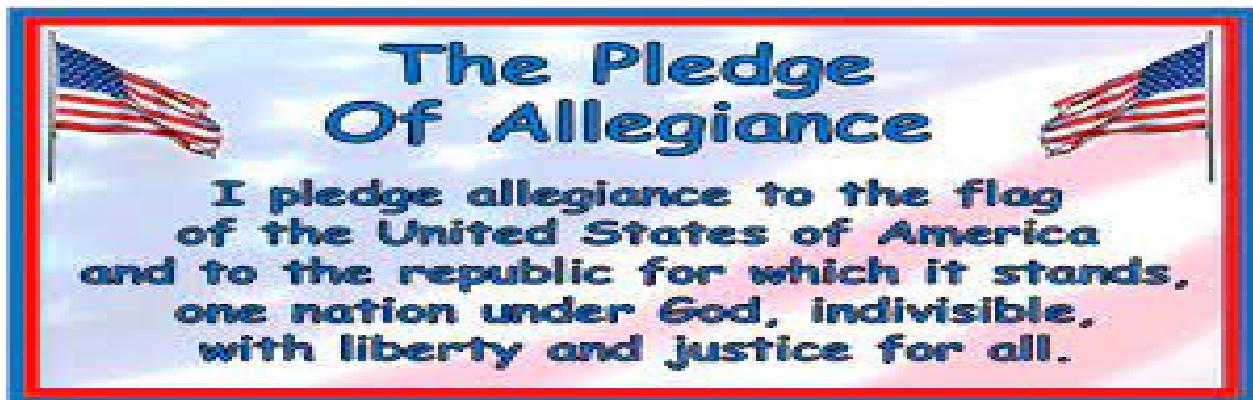
Friday 10/10

Thurs 10/9

It is Thursday, October 9th 2025!

I'm Cleo and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 61 degrees outside and the high is 72.

Please remove from future announcements: Poetry Out Loud Competition preparation meetings have begun. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

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Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

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The next HOSA club meeting will be Today 10/9 during second lunch! Those who have registered for regionals should attend, if you haven't, you can skip this meeting

Juniors class photos will be taken friday 1st lunch

Daily Positive/Joke of the day:

It doesn't matter how slowly you go.. As long as you keep going!

Wed 10/8

I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently **66** degrees outside and the high is **82**.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

Homecoming is on October 17th from 6-9, for those of you asking about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival!
and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and there are QR codes posted outside the wellness center and the hallways to purchase them! Do not hesitate to reach out if you have any questions!

students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

The Future Teacher Club will be selling raffle tickets in the mornings for the admin homecoming race. Tickets are \$1 per entry. Pick who you think will win the race between Mr. Murray and Dr. Mann. One name will be drawn from the winner's basket to receive a prize. Also, the loser will be sprayed in silly string or slimed. This is not a normal race so be prepared.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

The next HOSA club meeting will be Thursday 10/9 during second lunch!

sophomores class pics today 1st lunch

juniors friday 1st lunch

Tues 10/7

I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 82.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

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Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

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Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

Art camp will meet in trailer 2, eat your lunch then come make art stuff

Poetry Club is today during first lunch! We will be announcing our new President and Vice-President and Gavi has a fun poetry activity ready for us!

Mon 10/6

Today is Monday, October 6th!

I'm Mariana and I'm Cleo!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 82.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

The Future Teacher Club will have their next meeting TODAY (10/6) at 1:05p in the conference room.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

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and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and there are QR codes posted outside the wellness center and the hallways to purchase them! Do not hesitate to reach out if you have any questions!

students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

Tomorrow, wear blue for anti-bullying day!

Daily Positive/ Joke of the Day

"You're braver than you believe, and stronger than you seem, and smarter than you think"

Believe and succeed, Cyclones! Have a great day!

Friday 10/3

Today is Friday, October 3rd!

SAY THIS INSTEADDDDDD!!!

Hey what day is it?

It's October 3rd

I'm Mariana and I'm Cleo!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 60 degrees outside and the high is 76.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

HOSA members, remember today is the last day to register for Regional competition. If you haven't sent your topics to Dr.A yet, email today with the topic. The registration fee is not due today, just the registration and topic

The Future Teacher Club will have their next meeting on Monday (10/6) at 1:05p in the conference room.

4:12 will be meeting today during second lunch in trailer 8!

Please pick up all your trash, sports equipment, and mats before you leave lunch!

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHOMORES: The Pre-ACT is coming up in October!!! It will be October 28th. Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the PSAT is coming up soon on October 22. There are some free practice tests on collegeboard.org

Homecoming is on October 17th from 6-9, for those of you asking about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival!
and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and there are QR codes posted outside the wellness center and the hallways to purchase them! Do not hesitate to reach out if you have any questions!

students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Senior Make-up Pictures are moved to October 24th the time and location details are coming soon. Seniors should receive a flyer with more information and a QR code to book your pictures in your email.

Daily Positive/ Joke of the Day

Don't chase butterflies, make a beautiful garden so butterflies come. And if no butterfly shows up you'll still have a beautiful garden.

Believe and succeed, Cyclones! Have a great day!

Tues 9/30

Today is Tuesday, September 30th.

Anyways.. I'm Mariana and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 67 degrees outside and the high is 72.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Science Olympiad will have its next meeting today during 1st lunch in Mr. Soto's room (1714). We will elect our club officers and discuss the plans for the year. Everyone is welcome to attend.

The Future Teacher Club will have their next meeting on Monday (10/6) at 1:05p in the conference room.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

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and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and there are QR codes posted outside the wellness center and the hallways to purchase them! Do not hesitate to reach out if you have any questions!

students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Daily Positive/ Joke of the Day:

- Why don't skeletons fight each other?
Because they don't have guts

Believe and succeed, Cyclones! Have a great day!

Mon 9/29

Today is Monday, September 29th. It is National Coffee day! Whew we definitely need that since it's a Monday!
Anyways.. I'm Mariana and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 69 degrees outside and the high is 71.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Science Olympiad will have its next meeting tomorrow during 1st lunch in Mr. Soto's room (1714). We will elect our club officers and discuss the plans for the year. Everyone is welcome to attend.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

JUNIORS, SENIORS, and 13th Graders: We will be taking 1 bus to Monroe High School on Tuesday, Oct. 14th to a College Fair with 70+ colleges represented! We will leave UCEC at 10:00 AM and return at 12:00 PM. The first 40 to turn in permissions slips will be able to go. Turn in your permission slips to Ms. McFadden by Oct. 10th.

SOPHMORES: The Pre-ACT is coming up in October!!! Start studying and preparing. There are some free practice tests on [ACT.org](https://www.act.org)

Juniors, the Psat is coming up soon on October 22. There are some free practice tests on collegeboard.org

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and the homecoming dance theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and there are QR codes posted outside the wellness center and the hallways to purchase them! Do not hesitate to reach out if you have any questions!

students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Daily Positive/ Joke of the Day:

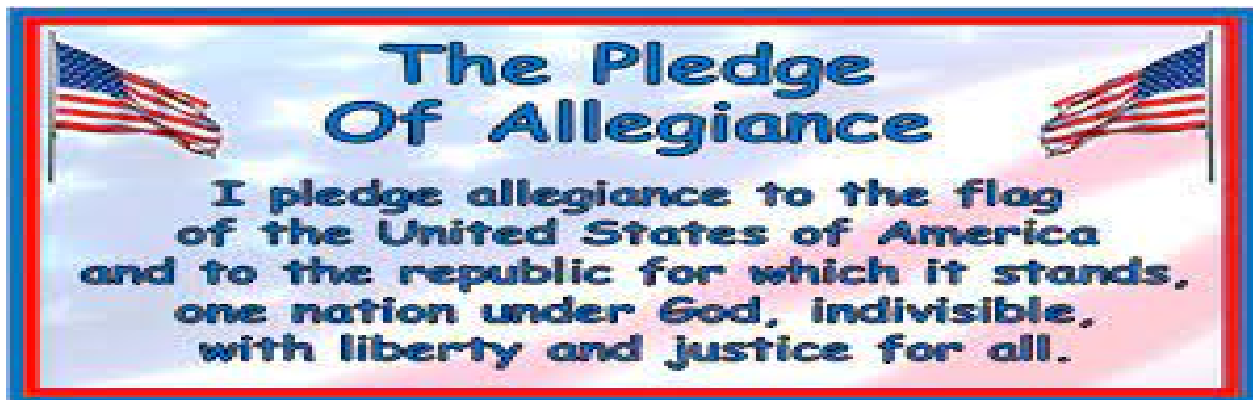
- Like a good cup of coffee, today is full of energy and potential– take a sip of positivity and make the most of every moment.

Believe and succeed, Cyclones! Have a great day!

Fri 9/26

Today is Friday, September 26th, I'm Mariana and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 73 degrees outside and the high is 81.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Science Olympiad will have its next meeting on Tuesday, Sept. 30th during 1st lunch in Mr. Soto's room (1714). We will elect our club officers and discuss the plans for the year. Everyone is welcome to attend.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

Today, Yearbook will be taking FRESHMAN PICS during 1st LUNCH!

SOPHMORES: The Pre-ACT is coming up in October!!! Start studying and preparing. An exact date is not known. There are some free practice tests on ACT.org

Juniors, the Psat is coming up soon on october 22. There are some free practice tests on collegeboard.org

**Homecoming is on October 17th from 6-9, for those of you askin about Fall Fest, it will also be on Oct 17 at the normal times- but it has been renamed to Homecoming festival!
and the homecoming dance theme is ENCHANTED FAIRYTALE!!**

Tickets will be \$10 and students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected.

If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Daily Positive/ Joke of the Day:

- why did the strawberry cry?
- why?
- he was stuck in a jam!

Thurs 9/25

Today is Thursday, September 25th, I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 77 degrees outside and the high is 87.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

This Friday, Yearbook will be taking FRESHMAN PICS during 1st LUNCH!

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

SOPHMORES: The Pre-ACT is coming up in October!!! Start studying and preparing. An exact date is not known. There are some free practice tests on ACT.org

Juniors, the Psat is coming up soon on october 22. There are some free practice tests on collegeboard.org

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme is ENCHANTED FAIRYTALE!!

Tickets will be \$10 and students are not permitted to bring outside guests. Only UCEC students are allowed to attend Homecoming.

Drivers ed registrations are now open. If you have free or reduced lunch see Ms. Helms to sign up directly.

There is a Teacher Club meeting in the conference room today, (Thursday 9/25) at 1:05p. Feel free to bring your lunch.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Daily Positive/ Joke of the Day:

- what do you call a well balanced horse?
- what?
- stable!

Believe and succeed, cyclones have a great day!

Mon 9/22:

Today is Wednesday, September 24nd, I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome mr murray for a special announcement

It is currently 68 degrees outside and the high is 84.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

SOPHMORES: The Pact is coming up in October!!! Start studying and preparing. An exact date is not known. If you have any questions about it, please feel free to reach out to your counselor

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme is ENCHANTED FAIRYTALE!!

Drivers ed registrations are now open

There is a Teacher Club meeting in the conference room on Thursday 9/25 at 1:05p. Feel free to bring your lunch.

Freshman received an email thursday around 4:20 from Ms. Fleming. Please have them complete the 2 minute google form in that email. We are preparing for spring SPCC registration and need to turn in this data to them by today. Thank you

At 4:15 all students will report back to homeroom to pick up their report card.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Daily Positive/ Joke of the Day:

- **Where do hamburgers and hot dogs go dancing? A meatball.**

Believe and succeed, cyclones have a great day!

AM Announcements 25-26

Add to Wed & Thurs announcements - There is a Teacher Club meeting in the conference room on Thursday 9/25 at 1:05p. Feel free to bring your lunch.

At 4:15 all students will report back to homeroom to pick up their report card.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

Wed 9/24:

Today is Wednesday September 24th, I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 75 degrees outside and the high is 87.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

There is a Teacher Club meeting in the conference room on Thursday 9/25 at 1:05p. Feel free to bring your lunch.

At 4:15 all students will report back to homeroom to pick up their report card.

Calling all Juniors! Governor's School applications are open. This is a 4 week summer program in a content area of interest. It looks great on college applications and you can receive a cord to wear at graduation if you are selected. If interested please see Mrs. Fleming for more information. She also sent you an email as well.

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

SOPHMORES: The Pact is coming up in October!!! Start studying and preparing. An exact date is not known. If you have any questions about it, please feel free to reach out to your counselor

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme is ENCHANTED FAIRYTALE!!

Drivers ed registrations are now open

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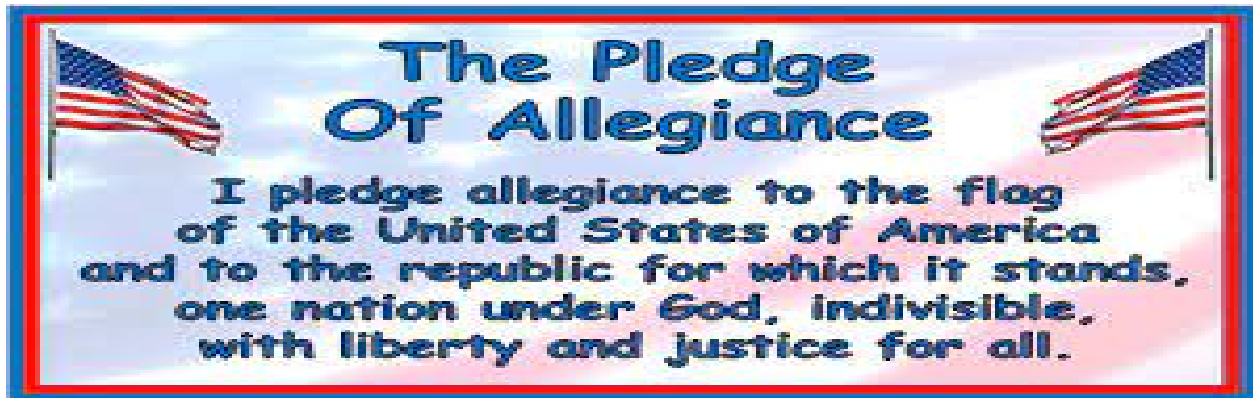
Daily Positive/ Joke of the Day:

Why did the dad bring an extra pair of socks to go golfing?
In case he got a hole in one!

Mon 9/22:

Today is Friday September 22nd, I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 degrees outside and the high is 84.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

SOPHMORES: The Pact is coming up in October!!! Start studying and preparing. An exact date is not known. If you have any questions about it, please feel free to reach out to your counselor

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme is ENCHANTED FAIRYTALE!!

Drivers ed registrations are now open

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!

Daily Positive/ Joke of the Day:

Why don't scientists trust atoms?

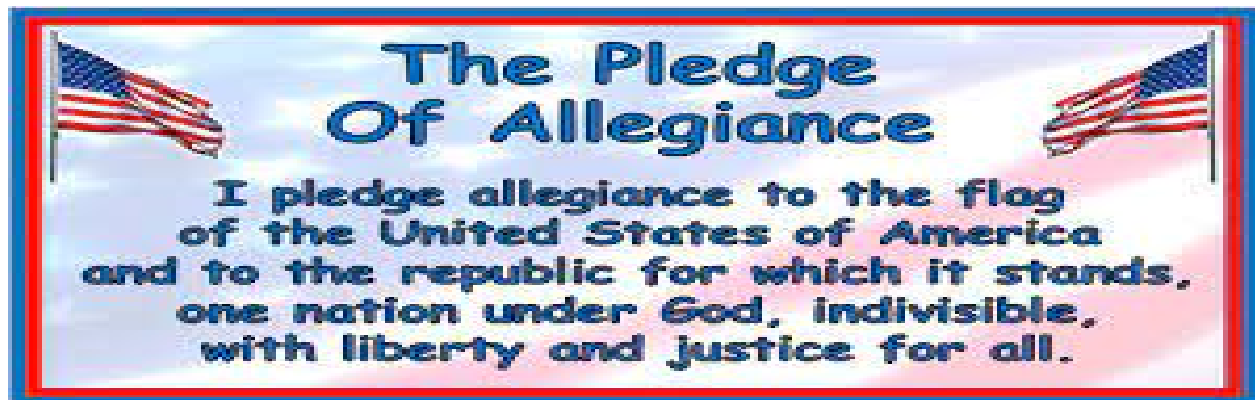
Because they make up everything!

Believe and succeed, cyclones have a great day!

Fri 9/19:

Today is Friday September 19th, I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 72 degrees outside and the high is 86.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

SOPHMORES: The Pact is coming up in October!!! Start studying and preparing. An exact date is not known. If you have any questions about it, please feel free to reach out to your counselor

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme is ENCHANTED FAIRYTALE!!

Guys!, I finished the school playlist! There were over 500 submissions, not every song was added– I apologize. I had to make sure they didnt say or imply anything bad.

Drivers ed registrations are now open

Freshman received an email yesterday around 4:20 from Ms. Fleming. Please have them complete the 2 minute google form in that email. We are preparing for spring SPCC registration and need to turn in this data to them on Monday. Thank you

Don't forget today has an abbreviated schedule!

Daily Positive/ Joke of the Day:

**How do you know if a vampire is unwell
He'll be coffin**

Thur 9/18:

Today is Thursday September 18th, I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 76 degrees outside and the high is 84.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme has been decided and will be announced shortly!

Drivers ed registrations are now open

Daily Positive/ Joke of the Day:

What does a house wear?

Address!

Wed 9/17:

Today is Wednesday September 17th, I'm Mariana and I'm Cleo!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 67 degrees outside and the high is 83.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Make sure to pick up your yearbook pictures from your homeroom teacher.

If you signed up for the Walking Club, please meet in Mrs. Hollis' room 1725 during first lunch only at 1240 Today!

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon on october 22

Alsoooo listen up homecoming is on October 17th, so is our homecoming festival (previously known as our fall fest) the theme has been decided and will be announced shortly!

Drivers ed registrations are now open

This week is Start with Hello Week sponsored by SAVE. Tomorrow, wear green as a symbol of unity and solidarity and take a picture with our photobooth. Also stop by the wellness center to make a crown with Mrs. Fleming to show how you say hello.

Daily Positive/ Joke of the Day:

How does a mathematician plow fields?

With a pro-tractor.

Sept. 16th

Today is tuesday September 16th, I'm Mariana and I'm cleo !

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 58 degrees outside and the high is 80.

Please welcome dr.mann for a special announcement...

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Our next Poetry Club meeting is on Tuesday! We will be voting for Poetry Club President and Vice President. See you there!

make sure to pick up your yearbook pictures from your homeroom teacher.

If you signed up for the Walking Club, please meet in Mrs. Hollis' room 1725 during first lunch only at 1240 on Weds Sept 17

You are no longer allowed to get picked up at Braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon on october 22

alsoooo listen up homecoming is on october 17th, so is our homecoming festival (previously known as our fall fest) the theme has been decided and will be announced shortly!

Drivers ed registrations are now open

[Art Camp will meet in Trailer #2, please eat your lunch before joining](#)

the next Poetry Club meeting is Today during first lunch in Dr. Frickes! We will be voting for Poetry Club President and Vice President. See you there!

[If you signed up for the Walking Club, please meet in Mrs. Hollis' room 1725 during first lunch only at 1240 on Weds Sept 17](#)

[This week is Start with Hello Week sponsored by SAVE. Tomorrow wear green as a symbol of unity and solidarity and take a picture with our photobooth. Also stop by the wellness center to make a crown with Mrs. Fleming to show how you say hello.](#)

Daily Positive/ Joke of the Day:

Everyday is a fresh start, embrace the possibilities and make it amazing!

Sept. 15th

Today is Monday September 15th, I'm Mariana and I'm cleo !

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 67 degrees outside and the high is 82.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

Our next Poetry Club meeting is on Tuesday! We will be voting for Poetry Club President and Vice President. See you there!

make sure to pick up your yearbook pictures from your homeroom teacher.

If you signed up for the Walking Club, please meet in Mrs. Hollis' room 1725 during first lunch only at 1240 on Weds Sept 17

You are no longer allowed to get picked up at braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon on october 22

alsoooo listen up homecoming is on october 17th, so is our homecoming festival (previously known as our fall fest) the theme has been decided and will be announced shortly!

Listen Up! Today is the opening day for drivers ed registration

This week is Start with Hello Week sponsored by SAVE. SAVE or Students against violence everywhere is the youth leadership initiative of Sandy Hook Promise. Sandy Hook Promise is a national nonprofit organization founded and led by several family members whose loved ones were killed at Sandy Hook Elementary School on December 14, 2012. This week is meant to raise awareness of the importance to Start With Hello and help combat social isolation, which often leads to bullying, violence, and depression. Each morning stop by outside the wellness center to participate in the Start with Hello week activity. Tomorrow, stop by to grab affirmation cards. On Wednesday, wear green as a symbol of unity and solidarity and take a picture with our photobooth. Also stop by the wellness center to make a crown with Mrs. Fleming to show how you say hello. Please fill out the form yearbook sent out!

Daily Positive/ Joke of the Day:

Always keep your face towards the sunshine and the shadows will fall behind you.

Sept. 12th

Today is Friday September 12th, I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 70 degrees outside and the high is 82.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Please pick up all your trash, sports equipment, and mats before you leave lunch!

today during lunch in trailer 3 there will cupcakes handed out to celebrate our schools academic success!

make sure to pick up your yearbook pictures from your homeroom teacher.

You are no longer allowed to get picked up at braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon on october 22

alsoooo listen up homecoming is on october 17th, so is our homecoming festival (previously known as our fall fest) the theme has been decided and will be announced shortly!

Please fill out the form yearbook sent out!

Daily Positive/ Joke of the Day

what does the scientist say after his sister steps on his toe

What

Mitosis

Sept 12

Students please stop by your homeroom teacher to pick up your class picture.

Sept. 11th

Today is Thursday September 11th, I'm Zarina!

As you may know, on this day in 2001 a terrible tragedy occurred. In honor of everyone who passed away and the first responders who worked on this day we ask that you please stand up today for our pledge and moment of silence even if you normally do not.

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 82.

Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

There is a Teacher Club meeting in the conference room today at 1:05p. Feel free to bring your lunch.

Last reminder to fill out the google form regarding your favorite music, because Zarina is going to start forming an awesome new playlist. You have until tonight to send in final submissions!

You are no longer allowed to get picked up at braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon!

Please fill out the form yearbook sent out!

Daily Positive/ Joke of the Day

Today instead of a joke we want to show respect and love to everyone involved in the 9/11 tragedy. We are also aware of everything that has been currently happening in our world. We want everyone to take a second to just be grateful for where we are today and that we are all here in the flesh. If you ever need support during these hard times don't hesitate to reach out to our counselors- they are here for YOU.

Sept. 10th

Today is Wednesday September 10th, I'm Willow and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 81.

Reminder that: Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

Last reminder to fill out the google form regarding your favorite music, because Zarina is going to start forming an awesome new playlist. You have until Thursday night to send in final submissions!

You are no longer allowed to get picked up at braswell due to the construction. Your parents must go through the car rider line.

Juniors, the Psat is coming up soon!

Guys there is a book club meeting today during 1st lunch today in Ms Lashleys!

Criminology will meet today during 1st lunch in ms delvas!

Please fill out the form yearbook sent out!

Daily Positive/ Joke of the Day

How did the picture end up in prison?

It was framed!

Sept. 9th

Today is Tuesday September 9th, I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 61 degrees outside and the high is 77. The fall weather is rolling in!

Reminder that: Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

where's

Last reminder to fill out the google form regarding your favorite music, because Zarina is going to start forming an awesome new playlist. You have until Thursday night to send in final submissions!

Guys it is national teddy bear day today- if you go to build a bear workshop you can get a teddy bear for \$9!

Daily Positive/ Joke of the Day

why does a knight always carry a pencil and paper?

to draw his sword.

Sept. 8th

Today is Monday September 8th, I'm Willow and I'm Zarina!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 67 degrees outside and the high is 78.

For Monday 9/8: Poetry Out Loud Competition preparation meetings will begin in October. To find out more about the competition and begin selecting your poem, scan the QR codes on the signs in the hallway.

This weekend was pretty eventful!

For our music fans- the VMAs took place last night!

Zarina will announce the winners

For our football fans- Week 1 of the football season has officially been completed; the following teams won their games:

- Eagles
- Chargers
- Colts
- Steelers
- Jaguars
- Cardinals
- Commanders
- Buccaneers
- Bengals
- Raiders
- 49ers
- Broncos
- Packers
- Rams

- and the bills!!

Here's a reminder to fill out the google form regarding your favorite music so we can make a new playlist to use during lunch and in the mornings.

Daily Positive/ Joke of the Day

Why does the sun not want to go to college?

Because he already has a million degrees.

Sept. 5rd

Today is Friday September 5th, I'm Cleo and I'm Stephen!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 76 degrees outside and the high is 88.

The Student Council will have its first official meeting today during first lunch in the collaboration room. It is a mandatory meeting please attend!

Today is the last day to pay your \$5 membership fee for interact! The QR code is located right in front of the main entrance door.

Once again I will remind you to fill out the google form regarding your favorite music so we can make a new playlist to use during lunch and in the mornings.

Daily Positive/ Joke of the Day

What does the horse say after it falls down

what

i can't giddy up

AM Announcements 25-26

Sept. 4rd

Today is Thursday September 4th, I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Please welcome dr.mann for a special announcement.

It is currently 74 degrees outside and the high is 84.

Today's lunch entrees will be premium chicken tenders and chili stuffed spud

Read index card

The Student Council will have its first official meeting during the first lunch in the collaboration room. It is a mandatory meeting please attend!

Today is the last day to pay your \$5 membership fee for interact! The QR code is located right in front of the main entrance door.

Once again I will remind you to fill out the google form regarding your favorite music so we can make a new playlist to use during lunch and in the mornings.

Attention cyclones, Book club will be meeting during first lunch in trailer 1 and HOSA will be meeting today during second lunch in Dr. A's room!

Daily Positive/ Joke of the Day

Guess what?

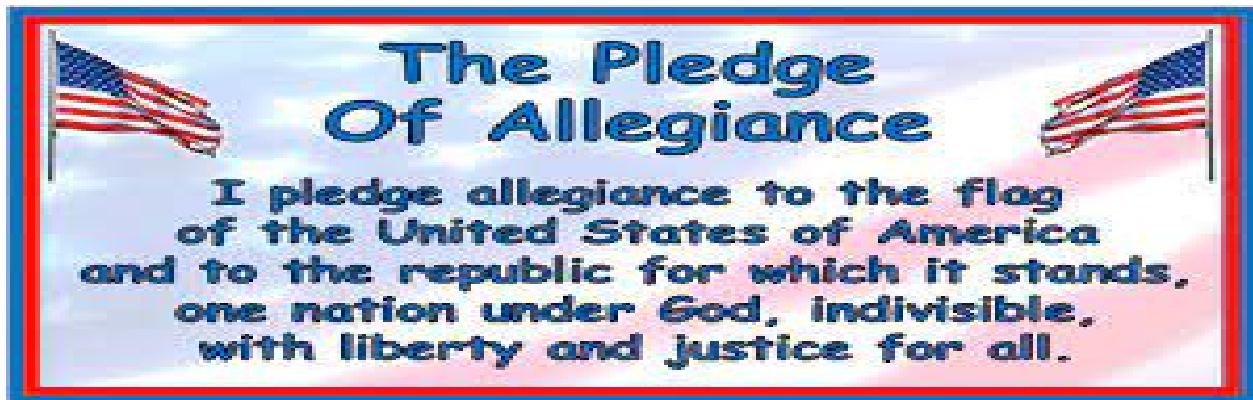
Chicken butt.

Point. Blank. Period.

Sept. 3rd

Today is Wednesday September 3rd, I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 70 degrees outside and the high is 81.

Make sure to pay your \$5 membership fee for Interact Club if you want to join. It's first come first serve! The QR code is located right in front of the main entrance door.

Criminology club will be meeting in Mrs. Delva's room during first lunch!

Mr Murray sent out a link to a google form regarding your favorite songs. Please fill it out so we can make a new playlist to use during lunch and in the mornings.

Guys, make sure you only have one earbud or headphone covering your ear once you enter the school.

Today's lunch entrees will be corn dog nuggets and BBQ chicken

Daily Positive/ Joke of the Day

Q: Why do pimples make horrible prisoners?

A: Because they keep breaking out 😊

Sept. 2nd

Today is Tuesday September 2nd, I'm Zarina and I'm Willow!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 degrees outside and the high is 79.

Make sure to pay your \$5 membership fee for Interact Club if you want to join. It's first come first serve! The QR code is located right in front of the main entrance door.

Guys, make sure you only have one earbud or headphone covering your ear once you enter the school.

Daily Positive/ Joke of the Day

Q: Why do pimples make horrible prisoners?

A: Because they keep breaking out 😊

August 29th

Good Morning Cyclones

Today is Friday August 29th, I'm Zarina and I'm Mariana!

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 degrees outside and the high is 83.

today's lunch entree options are a Classic Hamburger or Hot Dog

don't forget to check your bus app because the new bus schedule has started.

Make sure to pay your \$5 membership fee for Interact Club if you want to join. It's first come first serve! The QR code is located right in front of the main entrance door.

Get ready for Poetry Club! There will be an informational meeting next week Tuesday, September 2nd during A Lunch in Dr. Fricke's room.

Guys, make sure you only have one earbud or headphone covering your ear once u enter the school.

Daily Positive/ Joke of the Day

August 28th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 66 degrees outside and the high is 79.

don't forget to check your bus app because the new bus schedule has started.

The Interact club had over 76 students to sign up. The membership must be capped at 50. The first 50 students to pay the \$5 membership fee will be in the club. The QR code is located right in front of the main entrance door.

Get ready for Poetry Club! There will be an informational meeting next week Tuesday, September 2nd during A Lunch in Dr. Fricke's room.

Guys, make sure you only have one earbud or headphone covering your ear once u enter the school.

Daily Positive/ Joke of the Day

.

August 27th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 65 degrees outside and the high is 81°!

The wellness center will be open through second lunch, you can come in and make a glitter bottle in small groups and learn about the different resources in the wellness center. Make sure to participate for wellness 101!!

Don't forget to check your bus app because the new bus schedule has started.

The Interact club had over 76 students to sign up. The membership must be capped at 50. The first 50 students to pay the \$5 membership fee will be in the club. The QR code is located right in front of the main entrance door.

Get ready for Poetry Club! There will be an informational meeting next week Tuesday, September 2nd during A Lunch in Dr. Fricke's room.

An update about safety: make sure you only have one earbud or headphone covering your ear once u enter the school.

Teacher Club Meeting today in the conference room at 1:05p. Feel free to bring your lunch with you.

Tomorrow is college colors day! Wear college colors to show your spirit!

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter

Daily Positive/ Joke of the Day

Why did the knight always carry around pencil and paper?

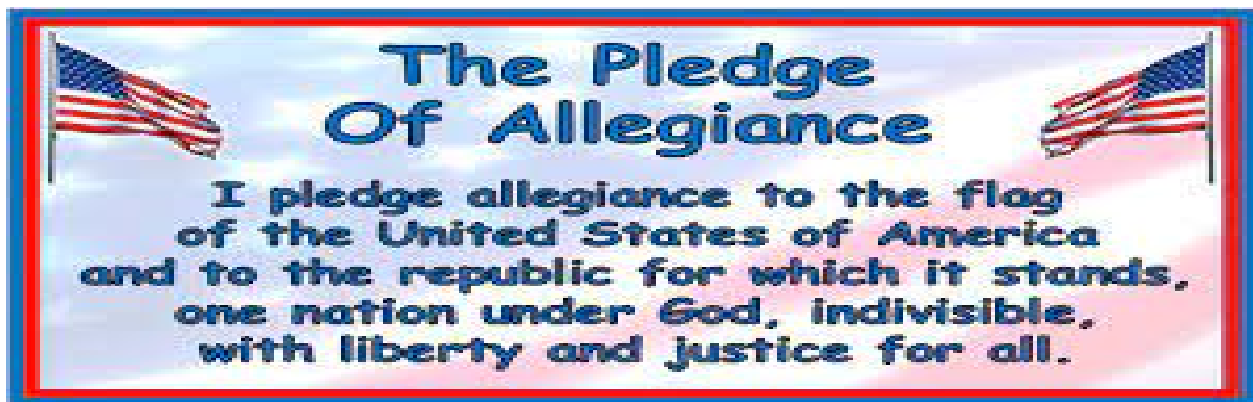
To draw his sword.

AM Announcements 25-26

August 26th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 degrees outside and the high is 80.

Today flex cards will be passed out.

The wellness center will be open through second lunch, you can come in and make a glitter bottle in small groups and learn about the different resources in the wellness center. Make sure to participate for wellness 101!!

don't forget to check your bus app because the new bus schedule started yesterday.

The Interact club had over 76 students to sign up. The membership must be capped at 50. The first 50 students to pay the \$5 membership fee will be in the club. The QR code is located right in front of the main entrance door.

registration ends today at 5 for this session of drivers ed.

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter

Daily Positive/ Joke of the Day:

August 25th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 74 degrees outside and the high is 86.

Today is the first day to flex!

don't forget to check your bus app because the new bus schedule starts today.

registration ends today at 5 for this session of drivers ed.

the wellness center ribbon cutting starts at 1 and to come to watch the ribbon cutting and get cookies

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter

Daily Positive/ Joke of the Day:

August 22th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 73 degrees outside and the high is 82. It is also currently raining so don't forget your umbrella!

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter

Here's a special announcement from Dr. Mann:

Daily Positive/ Joke of the Day:

The only time you fail is when you fall down AND stay down.

Believe and succeed, cyclones have a great day!

August 21th

Good Morning Cyclones

Please stand for the Pledge of Allegiance !



Remain standing for our moment of silence

It is currently 76 degrees outside and the high is 84.

If you are looking to go to SPCC events please sign up at events.spcc.edu

Today there will be an involvement fair at SPCC with funnel cake, hot dogs, tie dye shirts, and more!

Today is also UCECs club walk!

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter

For all the music listeners out there: tomorrow

Laufey

Sombr

Deftones

Stray Kids

Kid Cudi

Mac Demarco

Ava Max

Dominic Fike

Thee Days Grace

SouljaBoy

Sir Chloe

Goo Goo Dolls

and more

will ALL be dropping their newest album!!

Daily Positive/ Joke of the Day:

It's cringe until you win (quoted from Sombr since he's dropping an album tomorrow)

Believe and succeed, cyclones have a great day!

August 20th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Cyclones: Don't forget today is picture day! There is a schedule, and pictures will be taken in trailer 3.

It is currently 73 degrees outside and the high is 85.

Welcome Week Activities will be continued during lunch.

If you are looking to go to SPCC events please sign up at events.spcc.edu

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter.

Daily Positive/ Joke of the Day:
Strive for progress not perfection

Believe and succeed, cyclones have a great day!

August 18th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

here's a special announcement from mr murray

It is currently 82 degrees outside and the high is 88.

The next drivers ed class sign up is today. If anyone needs to sign up manually please see Ms. Helms.

Welcome Week Activities will be continued during lunch.

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter.

Daily Positive/ Joke of the Day:

Believe you can and your half way there

Believe and succeed, cyclones have a great day!

August 12th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 78 degrees outside.

The next drivers ed class sign up is August 18th. If anyone needs to sign up manually please see Ms. Helms.

Welcome Week Activities will be occurring during lunch. The Student Council will set up stress ball stations, come make a stress ball with us!

Freshmen, please make sure to fill out the questionnaire- it is essential to be able to partake in the fun events on Friday. It was emailed to you yesterday.

Guys, don't forget, if you want to get breakfast at the grill- do so before you walk into our building. you cannot leave our building to get breakfast once you enter.

Daily Positive

Here is a positive quote from Batman Begins, "Why do we fall, sir? So we can learn to pick ourselves up"

So don't give up when you make a mistake, get back up and try again!

Believe and succeed, cyclones have a great day!

August 11th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 76 degrees outside.

AND ALSO outside bathrooms are now OFFICIALLY OPEN! Yay

To sign up for the next drivers ed class is August 18th. If anyone needs to sign up manually please see Mrs. Helms.

Daily Positive

"Everyday may not be good, but there's something good in everyday"

Believe and succeed cyclones have a great day!

August 8th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Senior class meeting today at 12 in the SPCC Auditorium.

Any student interested in the broadcast team should email Mr. Murray even if they submitted an application in the spring.

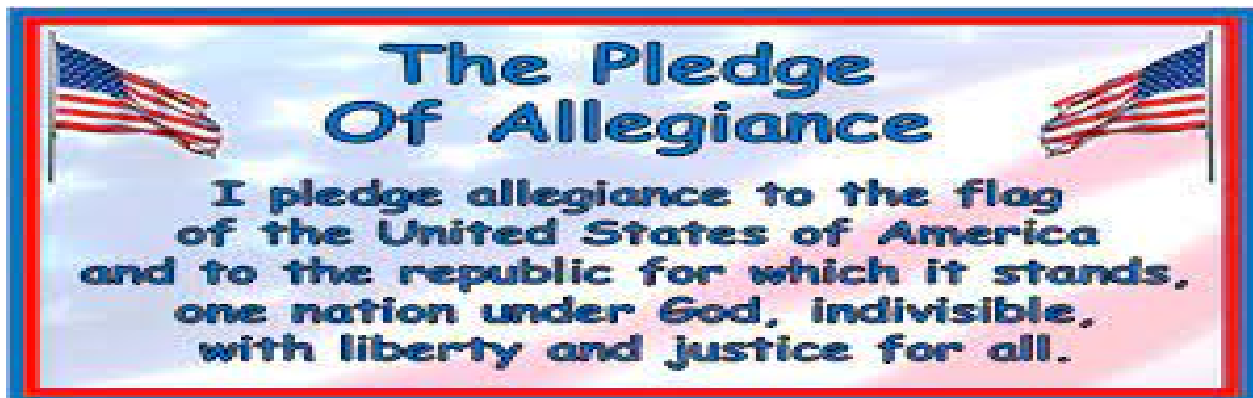
School Pictures will be on August 20th, information will be sent home next week.

Believe and Succeed Cyclones

August 6th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 68 degrees and kind of raining.

Please be careful with the rain.

11th Grade level meeting will occur in the spcc auditorium please dismiss at 12.

Daily Positive

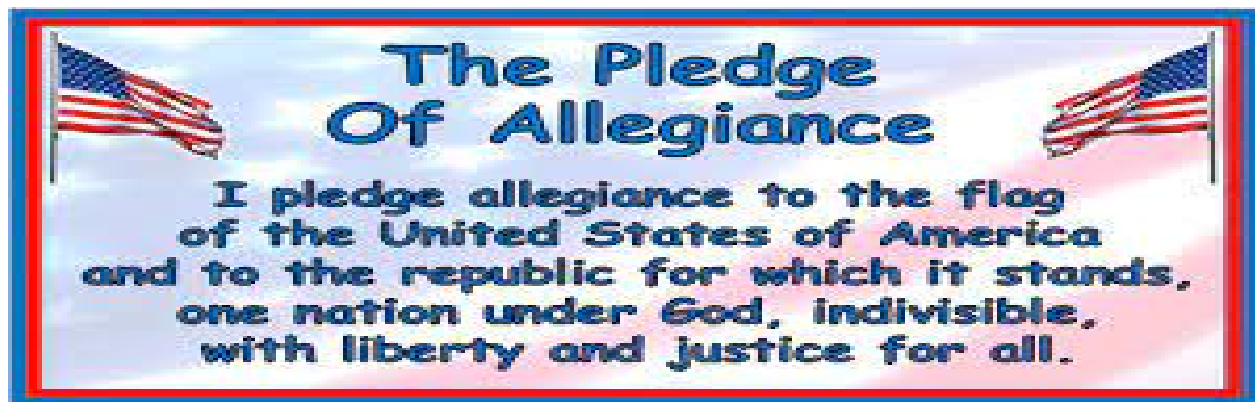
"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

Believe and succeed cyclones have a great day!

August 5th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

It is currently 67 degrees and kind of raining.

Please be careful with the rain.

We will not have our scheduled fire drill today

10th Grade level meeting will occur in the salon please dismiss at 12.

Most likely indoor lunch, Mr murray will make an announcement after 12.

Daily Positive

Everyone is born with a growth mindset. A toddler learning to walk keeps getting up after falling down.

It's not about developing a growth mindset.

It's simply remembering you always had it.

August 4th

Good Morning Cyclones

Please stand for the Pledge of Allegiance



Remain standing for our moment of silence

Welcome Back Students!!! We were able to add a few more outdoor tables this summer. More updates are still to come! Just a few reminders, students are only to use the front and rear entrance in UCEC.

At this time everyone should be in their first block class.

The outdoor bathrooms are currently closed but should be open soon. All students will need to use the indoor bathroom.

I am excited to get to meet and know everyone. Each morning we will have morning announcements through teams.

Any Student who was unable to pick up their new laptop before school started will need to come to the front office after announcements.

Students it is important that you check your email from UCPS and SPCC everyday.

When arriving on campus we do not serve breakfast but offer a snack in the morning for students, snacks can be found inside the office door.

Lunch is your responsibility to clean up after yourself. We had a few tables that left garbage on the tables. If you would like to continue to have picnics, please do not leave trash on or near the sports fields .

Teachers will be reviewing our safety procedures and tomorrow we will conduct all of our safety drills.

All student drivers must park in the student parking lot between Salon A and the Main building, please do not park in any of the spots in front of UCEC.

Teachers Updates

Daily Positive

3 Truths to Remember Today:

- 1) Happiness is an inside job. Don't expect other people or things to make you happy.**
- 2) Don't chase success. Decide to make a difference and success will find you.**
- 3) Abundance flows into your life when gratitude flows out of your heart.**

Have a great day Cyclones! Believe and succeed!