



News at the U!



A Message From Our CEO

Welcome back! I hope you took the time to relax over the holiday break and feel rejuvenated for the new year. I am excited for 2021 and the restoration it will bring. Even following the senseless acts from the violent mob who rushed the United States Capitol on January 6th, I am still hopeful, as I have experienced the resilience of our community. I do, however, recognize the effects that visually witnessing the insurrection may have had on our scholars. They may not be able to fully articulate their feelings, but they were definitely witness to the disturbing events as well as the reactions to them.

I invite you to use this opportunity to have the conversations and answer the tough questions, candidly, open and honestly. Our Social-Emotional Learning staff, school social workers, and support staff stand at-the-ready for any student in need of support following the trauma that may linger. Additionally, below you will find resources to help you begin conversations with your child should you need a starting point.



[Don't Shy Away from Talking to Your Kids about the Capitol Riot](#)
[PBS Curriculum to Help Parents Explain Jan. 6 Insurrection](#)

Your U Prep school community is recharged and gearing up for the second half of the school year. In this issue, you will hear from an alum on how U Prep helped to mold her career goals and educational path. Traditionally, many of us set new year goals or resolutions, and you'll hear from some of our students, faculty, and staff who have set their own for 2021. The goal for U Prep is to continue our focus to properly prepare our youth to become change agents in this global society, through a culturally responsive lens, no matter the climate.

Yours in Community,

Danielle Jackson, CEO
Detroit 90/90 - U Prep Schools

With the new year underway, we would like to remind ourselves of the Core Values that remain at the forefront of how we deliver our education and move forward as a Crew. Click below to learn more about these Core Values and why they are important to what we do!

[Our Core Values](#)



U Prep 2021 Resolutions

With U Preps' Core Values in mind, our students and Crew have taken the time to think about what their goals and resolutions are as we start the new year. Click below to read what they have to say!

[Read More](#)



Looking to Create Healthy Habits?

Forming new and healthy habits can sometimes be difficult and the process of making these changes can be rigorous as well. If this is something that you are trying to change for yourself we encourage you to listen to this podcast by the Harvard Business Review.

Featured in the podcast is James Clear, an entrepreneur and author of the book [*Atomic Habits, Tiny Change, Remarkable Results*](#). Listen in to see how small changes can positively impact your habits.

[Listen Here](#)



Project Healthy Schools - Improving the Health and Fitness of U Prep Middle School Students

Project Healthy Schools will continue to impact U Prep schools! [This program by the University of Michigan](#) educates youth on the importance of maintaining a balanced and healthy lifestyle through wellness activities and education about nutrition.

Read more on this impactful experience below.

[Click Here](#)



Meet Sierra Simmons

ALUMNI SPOTLIGHT: Sierra Simmons was a member of the 2013 graduating class at Henry Ford Academy: School for Creative Studies (now University Prep Art & Design). She currently owns her own coaching and baking businesses and wants to expand both of these ventures as a full-time entrepreneur.

Click below to find out more about Sierra's U Prep and entrepreneurial journey!

[Read More About Sierra](#)



Ms. Sierra Simmons

SAVE THE DATE!

Mark your calendars, and tell your friends and family that **Open Enrollment begins February 15th!**

Should your community of family or friends have any questions concerning enrolling for the 2021-22 school year, please have them call 313-806-0567 or email staci.williams@uprepschools.com



UNIVERSITY PREP SCHOOLS

U Prep Birthdays and Anniversaries

We have several birthdays and U Prep anniversaries in February! Click the links below to wish happy birthday or happy anniversary to our Crew members who are celebrating.



Rep the Prep in 2021!

Start the new year with some new style! Did you know you can customize your U Prep merch in different styles and colors? There are several options for all three of the U Prep networks, in hoodies, jackets, and tees. **DEAL ALERT:** U Prep Merch is 20% off your order of \$85+ with the PROMO CODE **JAN21**.



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