

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
TUESDAY DECEMBER 13, 2022

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

Students we currently have over 170 overdue library books. Please either renew or return them to Ms. Mckee in the Media Center as soon as possible.

Students – Do you feel your stress level rising knowing that exams are peeking around the corner at you?

If so, plan to stop by the RWC: Resource Wellness Center on the first floor TOMORROW **December 14th**, or Thursday, **December 15th during 7th hour** to learn test anxiety strategies, good study habits, test taking tips and healthy routines that can help you during exam week. The format is open house style...no formal presentation. Discussion, Q&A, lots of useful resources & study supplies will be available. Drop in when you can and grab some helpful resources! Get a few classmates together for a study group and utilize the RWC.

Chemics, do you want to paint something for your friends or family for the holidays? Or maybe you just want to de-stress before exams? Student Council is hosting Art in the afternoon today at 2:30 in the cafeteria. Admission is \$1 and supplies and light snacks are provided.

Chemics get those ski poles and boards ready. The Midland High Ski Club is inviting you to join us January 12th and 26th to take on the backcountry slopes of Caberfae. The cost per trip is \$33 if you have your own gear and \$42 if you need rentals. Everyone is invited. To reserve your spot on the bus your money needs to be turned in to either the office or Mr. Little before break, but hurry Chemics because Christmas break will be here before we know it.

Positive Thinking ANNOUNCEMENTS:

Trust Your Inner Compass: It's natural to look to adults for help and validation when you're feeling uncertain, but if you seek outside assistance each time you face a problem or difficult situation, you'll never learn to trust yourself. Your instincts are trustworthy when you take the time to nurture them, and your inner compass is there to point you in the right direction.

When you feel uncertain, close your eyes and ask yourself these questions:

What is my gut reaction?

What are my instincts trying to tell me?

Where does my compass point?

SPORTS ACTIVITIES

9th Grade Boys Basketball will travel to Mackinaw Trail Middle School to face Cadillac at 5:30pm.

JV Boys Basketball will face Cadillac at Cadillac High School at 5:30pm and Varsity at 7pm.

Girls Basketball will host Gaylord here at Midland High. Freshmen play at 4pm, JV play at 5:30pm, and Varsity plays at 7pm in the Main Gym.

Varsity Boys Swim will travel to Heritage High School to compete against Lapeer and Heritage at 6pm today.

Girls and Boys Bowling will travel to Grand Blanc Lanes today to face Grand Blanc at 5pm.

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Teachers, please send 1 student to Eyeball Alley at this time with your class Adopt-a-Chemic donation box. THANK YOU TO ALL OF YOU THAT threw in a penny or more. WE APPRECIATE YOU! Stay tuned for the winning classrooms later today.

Art in the Afternoon will be held in the cafeteria today starting at 2:40 p.m. Please allow us 10 minutes to set up materials before we open the doors to you. Admission is \$1 and all are welcome!