

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
TUESDAY NOVEMBER 15, 2022

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

There will be a Girls Soccer Team meeting today at 3pm at the cafeteria.

Want to have fun, make new friends, and grow in a great sport? The bowling teams are having tryouts on November 14 and 15 from 3:30 to 5:00 at Northern Lanes! All are welcome to try out and meet the coaches! Can't wait to see you there!

It's that time of year again! MHS Drama announces auditions for our winter production, *The Play that Goes Wrong*. The story of a mature community theatre attempting to perform a murder mystery that will bring the house down...but ends up bringing down the curtain...and most of the set...Come be a part of this slapstick comedy that has taken professional theatres by storm. Auditions will be held Nov. 21st and 22nd at 3:30 in the Little Theatre. No prior experience is necessary, no preparation is needed, and all are encouraged to attend. See Ms. Cummins with any questions.

Calling all Chemics. Do you like volleyball? Are you bad at volleyball? Great! All Chemics are invited to play as part of a fundraiser for Adopt a Chemic Family Christmas program. We have transitioned the flag football game to an all-Chemic volleyball game. Freshmen and sophomores will play against each other in an abbreviated match for a donation of \$1 per participant. Juniors and seniors will play against each other in a 3-game match. The cost for juniors and seniors is a \$5 donation. Sign up to play in Eyeball Alley during both lunches. We invite all non-players and parents to come to watch for a spectator donation of \$3. This event will take place on Sunday, November 20th, at 2:00 p.m. in the main gym.

Seniors: The Counseling Center has been sending out Friday Emails to all Seniors and their parents since the start of school. Each email contains important information regarding your Senior year. Emails will include information about the Graduation ceremony, ordering Caps & Gowns, Scholarships, the FAFSA, College Visits, ordering your Transcripts, Yearbook info, Senior pictures, Senior activities and much more. Be sure to look for the email every Friday! Your Counselor and the Registrar are sending you this information because it's IMPORTANT for you to know. If you or your parents are not receiving the Friday Senior Emails, please go to the Counseling Center and let Ms. Decker know.

Positive Thinking ANNOUNCEMENTS:

We are all part of a Team, TEAM KINDNESS! When someone Shows KINDNESS and Respect it's good for the Team as a whole. Everyone is in it together. We ALL Belong Here!

Kindness builds connection and connection builds community, and with community comes togetherness, which turns to community perseverance. Togetherness is such a great protector of a community's overall mental health. How do we get there in a society that is so individualized and separate from one another in real time? We start with being bold, intentional, and kind. Today, make a point to do something intentionally nice for somebody else, even a stranger, without expecting anything in return. Doing so makes the giver and the recipient feel good and forms a type of connection between the two that didn't exist prior. This connection can then encourage the recipient to become the giver, and voila! A pattern of kindness is established in the community.

Why does kindness matter? Because it builds connection with others by increasing oxytocin, which can lead to increased energy, happiness, even an increased lifespan. The kindness cycle keeps going, because when we are kind, it sparks chemicals in our brain, such as pleasure and feel-good chemicals that encourage us to keep going and encourages others to keep going, too. These moments of positive interactions and increase in feel-good brain chemicals serve as protective factors against mental illness, such as depression, anxiety, and even physical ailments such as pain and high blood pressure. Kindness matters, because many people have been hurt in relationships with others, and we heal in relationship with others through positive interactions.

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Tomorrow is WORK-IT Wednesday: Share our Similarities, Celebrate our Differences!

Dress in something that says who you are. Favorite outfit, a shirt from a band, movie or something you like, a uniform, sport, hobby, or career aspiration,

IN SPORTS ACTION

ACTIVITIES