

**MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS**  
**FRIDAY DECEMBER 9, 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 next Monday, **December 12th**, Wednesday, **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 on Tuesday, December 13th at 2:30 in the cafeteria. Admission is \$1 and supplies and light snacks are provided.

**Positive Thinking ANNOUNCEMENTS:**

*Use the Spotlight:* When you feel worried or anxious about something, try the stoplight technique to cope with your feelings.

**RED:** Identify the source of worry, stress, frustration or anxiety.

**YELLOW:** Think about options to get through the feeling. Examples include deep breathing, a 10 minute yoga sequence on an app, a mindful moment, taking a walk, or talking to a friend.

**GREEN:** Choose the best strategy for you in the moment and act.

You might feel “stuck” when thoughts take over but visualizing a stoplight while working through will help you overcome your thoughts and get back to a calmer, more positive place and doing what you need to do.

**IN SPORTS ACTION**

**FRIDAY NIGHT SPORTS ACTIVITIES**

Girls Basketball are on the road to Bay City Western High School to face Bay City Western. JV plays at 5:30pm and Varsity plays at 7pm.

JV and Varsity Cheer are traveling to Richmond High School for the CCCAM Scholarship Invitational at 6pm.

Boys Swim will face Bay City Central at HH Dow at 6pm today.

JV Wrestling will compete in a JV Tournament here at Midland High at 5pm.

**WEEKEND SPORTS ACTIVITIES**

The Varsity Boys' Basketball team will be on the road tomorrow to Saginaw Valley State University to face off with Bay City Western at 12:30pm.

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Varsity Wrestling will compete in the Hemlock Tournament at Hemlock High School tomorrow at 9am.

Girls and Boys Bowling will compete in the Baker's Dozen Tournament Sunday December 11<sup>th</sup> at 9am at Monitor Lanes.