

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
FRIDAY JANUARY 13, 2023

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

"Life's most persistent and urgent question is: What are you doing for others today?" In 1986, the federal government designated the third Monday in January an official holiday honoring Martin Luther King Jr. Part of Dr. King's legacy is his call to work together for a better tomorrow. In 1994, the holiday was redesignated as a National Day of Service. It's now "a day on, not a day off" for Americans to give back to their communities.

Service can be anything from tutoring to preparing meals, to visiting senior citizens, to neighborhood clean-ups to reaching out to former teachers to see how you can help them in their classrooms. Volunteering has become America's way to reflect on Dr. King's life and teachings. Again, remember Dr. King's statement: "Life's most persistent and urgent question is, What are you doing for others today."

Chemicals, how will you serve others on Monday on this day of service? Remember, you determine your legacy, what will it be? Please check your email today for opportunities to serve our community.

Last night, Student Council hosted an intense tournament to see who the real champion of Euchre is at Midland High School! It was a very tight couple of games, and we have figured out the real champs at MHS. In 3rd place, we have Cole Carpenter and John Jenkins, in 2nd place we have Andrew Steager and Mrs. Beson-Steager, and our official Midland High Champions are Spencer Porritt and Liam Bischer. Thank you to everyone who came and played. It was a great time!

We had an awesome time last night for our first ski trip by tackling the backcountry slopes of Caberfae. There are still a few spots available for our next trip and as a reminder that if you want to join us on Thursday January 26th you need to let Mr. Little know. It is a first come, first serve basis.

Attention Students, there will be no more schedule changes for the second semester.

The Midland High School Student Council is sponsoring a community food drive on **Monday, January 16th**. We are inviting the community to drop off items for the MHS food pantry and the greater community. Specifically, we are looking for snack items, single serve pasta, and soup, or donations to grocery stores.

The Shelterhouse of Midland will be hosting a meeting for their Intersections, a support group for LGBTQIA+ survivors of domestic violence and sexual assault. The meeting will be held at the Shelterhouse on **January 18th, at 4:30pm**. If you are interested in attending, please contact Amy McDonald at mcdonald@shelterhousemidland.org.

Attention Sophomores and Juniors! **January 26th** is your opportunity to hop on a bus and travel to one CTE Program to check it out. Agriscience, Culinary, Welding, Auto Tech, Educational Careers...whatever it may be! Stop by the Counseling Center to pick up a permission slip! Permission slips are due by January 25th, so stop by today!

Positive Thinking

Check In with Your Senses: Some days will feel overwhelming, and that's okay. It's hard to feel positive every second of every day. It's important to accept each day as it comes, but you can also work through your negative feelings.

Take time for a mindful moment to shift your thinking. Ground yourself and take three deep breaths.

What are three things you can see?

What are three things you can hear?

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What are three things you can smell?

What are three things you can feel?

Remember this next time you lose focus or feel overwhelmed. Mindfulness practice is amazing at putting you back into control.

FRIDAY NIGHT SPORTS ACTIVITIES

9th Grade, JV, and Varsity Boys Basketball will host Bay City Central today at Midland High with games at 4pm, 5:30pm, and 7pm in the Main Gym.

JV and Varsity Girls Basketball will travel to Bay City Central High School to face Bay City Central with games at 5:30pm and 7pm.

Freshmen Girls Basketball will travel to Grand Blanc High School to play Grand Blanc at 4pm today.

Boys Swim will host Carman Ainsworth and Powers Catholic today at HH Dow Pool beginning at 6pm.

JV Girls Wrestling are on the road to compete against Lapeer.

Girls Wrestling are also on the road to face Fowlerville tonight.

WEEKEND SPORTS ACTIVITIES

Varsity Girls Basketball will travel to Cadillac High School tomorrow to face Cadillac at 6pm.

Varsity Cheer will compete at Stoney Creek tomorrow.

Wrestling will compete in the Rochester Adams Tournament tomorrow at 8am at Rochester Adams High School.

Girls and Boys Bowling will travel to Monitor Lanes to face Mount Pleasant tomorrow at 1pm.