

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
FRIDAY JANUARY 20, 2023

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

Attention MHS, January is National Hobby Month. In order to recognize this fun month, we are asking you to share your hobby with your fellow Chemics. Please look for the Google form in your email. We will be celebrating this month on Thursday, January 26. On this day, please bring a school-appropriate item or picture representing a hobby of yours.

Be sure to share it during your third hour. The third-hour class that has the most participation will win cookies. We are also inviting students and teachers to share their hobby with fellow Chemics during a gallery walk in Eyeball Alley during lunch time on the same day. If interested in participating in the gallery walk, please indicate this on the Google form.

Chemics our first ski trip last week was a smashing success, and we are looking forward to our next trip to Caberfae on **Thursday January 26th**. We just have a few seats left for this trip. If you are interested in joining us next Thursday, then reach out to Mr. Little to get your name and payment in to confirm your spot on the bus.

The Girls Track Team is having a meeting **TODAY, Friday, January 20th** at 2:30pm after school in the Girls Locker Room. If you are thinking of joining the team, please come and get information. 7th hour students can come after their class is over.

Attention Sophomores and Juniors! **Thursday 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!

There will be an informational meeting/sign up for the Midland High School Trap Club 2023 season on **Thursday January 26th** in room 106 during 7th hour. All prospective shooters are encouraged to attend this event. If there any questions beforehand, please see Mr. Wall.

POSITIVE THINKING

Positive Thought Bubbles: Positive thinking takes practice. Writing down your thoughts is one way to learn to shift your thinking and talk more positively to yourself.

Fill a piece of paper with blank thought bubbles. Write down all your strengths and positive attributes in the bubbles. What makes you great? Are you a good listener for your friends? Are you a good problem solver? Maybe you are creative, or awesome at sports? Are you compassionate? Are you a good cook? Add anything else you can think of.

Whenever you need a reminder or a boost of positivity, refer to your thought bubbles and reframe your negative thoughts. Don't ignore your negative thoughts. If you want to work through them, you must listen to them. What are they trying to tell you? Where are they coming from? Once you've done that, replace the negative thought with a more positive one.

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FRIDAY NIGHT SPORTS ACTIVITIES

Wrestling is competing in the Birmingham Groves Tournament and Bay City Central meets tonight.

Boys and Girls Basketball are on the road across town to face Dow tonight, with Varsity Girls playing at 5:30pm and Varsity Boys playing at 7pm in the Gold Gym.

Girls Bowling will host Carman Ainsworth today at 6pm at Northern Lanes.

WEEKEND SPORTS ACTIVITIES

The Hockey team is on the road to the Birmingham Ice Sports Arena on Saturday to face off with Clarkston at 4:15pm.

Our Varsity and JV Cheer teams are set to compete at Davison tomorrow morning.

Boys Swim will travel to SVSU to compete in the Tri City Finals tomorrow at noon.

Wrestling will host the Chemic Clash Team Tournament here at Midland High tomorrow morning beginning at 10am.