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## **CHEMIC SALUTES**

<u>Simon Hurst</u> helped Mr. Worhle out last Thursday when someone spilled a Carrot-Peach Smoothie all over the hallway just outside his classroom during 4th hour. Seriously, it was ALL OVER the hallway. So Mr. Wohrle grabbed some paper towels and started mopping up. Simon saw him and asked if he needed help. It was much appreciated. <u>Spencer Harris</u> was walking by and helped out, as well.

Our Next Chemic Salute goes out to Ella Karbowski and Brooklyn Sheffer for filling in at the very last minute at the new teachers professional development meeting on Tuesday evening. They heard that one of their fellow Chemics was out sick and wouldn't be able to present at the new teachers meeting. So with absolutely no preparation or knowledge of what to expect they were able to talk to groups of new teachers about the IB Diploma Programme and Becca's Closet. For their quick response to the call for help and ability to think on their feet, Ella and Brooklyn are VERY deserving of a Chemic Salute!

Our next salute goes out to Mrs. Hamling she listened to a student talk about the stressful day they had and gave them encouragement and reassurance to set their mind at ease. She is super kind and understanding, and that deserves a big Chemic Salute!

A Huge Chemic Salute goes out to our <u>counseling team (Mr. Williams, Ms. VanderKinter, Ms. Lampi and Ms. Kirkman)</u> for their amazing work this past month in scheduling. They have scheduled 99% of the building in just under 4 weeks. Without their dedicated efforts and time spent with students, we wouldn't be able to ensure each of our Chemics have the opportunities to achieve their goals.

Finally, we have to recognize some incredible Athletic achievements by our Chemics lately. <u>Dom Heires qualified</u> for the state swim meet in the last chance meet last night! In bowling we had <u>Brooklyn Sutter</u> and <u>Evan Daly compete</u> at the Bowling State Finals. In wrestling we had <u>Morgan Ludwig and Noah Anderson compete</u> in the state finals. Sticking with wrestling, we had <u>Ben Grenesko finish</u> 6th place in the state! Finally, <u>Halle Spears</u> was the State Runner-up and was the second-best wrestler in the state of Michigan! Incredible job Chemics!

#### **ANNOUNCEMENTS**

**Mr. Midland High:** Chemics, Mr. Midland High will be held tomorrow, Thursday, March 5, at 7:00 p.m. in the main gym. You do not want to miss this great event hosted by Ms. Stearns and Mr. Farison. Check out the poster in Eyeball Alley to see who are the candidates.

**Ash Wednesday:** According to Britannica, in Western Christianity, today is Ash Wednesday, the first day of Lent, occurring six and a half weeks before Easter. Lent is a 40-day period of prayer, fasting, and giving charity that occurs in preparation for Easter. It's a time of reflection and asking for forgiveness. Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God and marks the beginning of the Lenten season. It is commonly observed with the distribution of ashes on the forehead and fasting. Did you know that approximately 62% of Americans are Christian? Did you also know that not all Christians practice Ash Wednesday? This is a common tradition for Catholics across the world.

**Graduation:** Senior Students,

Graduation is a time to reflect on your journey, celebrate your achievements, and inspire your classmates as you take the next step into the future. We are seeking senior students who would like to deliver a speech at the **Class of 2025 Graduation Ceremony**.

If you are interested in applying for this honor, please check your email as information has been sent. If you have any questions please see Mr. Wenzell. The deadline for submission is Monday, March 10th.

**Blood Drive:** Chemics, we have a Blood Drive in on Tuesday, March 11th. If you are 16 years old or older, you can sign using the QR code located on posters around the school. All donors get snacks and bragging rights.

### WeRise:

Hey Chemics,

As you know, student council has been educating the student body about different types of abuse this week. One type of abuse is verbal abuse. What is verbal abuse? This is name-calling, criticizing, public humiliation, and much more. To spot this in relationships, look for insulting names, trying to embarrass someone in front of others, and constantly degrading someone. One out of three teens will be in an unhealthy or abusive relationship. If you are experiencing this or see this anywhere, seek help from a trusted adult. Tomorrow we will be learning more about psychological abuse.

**Club Med:** Club Med Members! We will have a meeting this Thursday, March 6th after school in Mrs. McDonald's room 114. A guest speaker will talk to us about her career as an EMT. See you all there!

Club Med asks anyone who can donate the items listed on the flyers to do so. These flyers are posted around the school. Please bring your donations to Mrs. McDonald's Room 114. These items are needed to make first aid kits for people in need. Thank you!

**Parking:** Students! We've received multiple complaints regarding parking, and we'd like to remind everyone to please park in your assigned spots. This will help ensure that there are no further issues. Your cooperation is appreciated.

Attention spring athletes, spring sports begin Monday, March 10th. All of your Final Forms information **must** be completed by then in order to tryout/practice. If you have any questions, stop by the athletic office.

Attention Juniors! If you have a GPA of 3.4 or higher, you should have received an invitation from your English teacher to apply for membership in the MHS chapter of the National Honor Society (NHS). If you haven't seen an invitation yet, take a moment to check your most recent transcripts to confirm that your GPA meets the requirements. If your GPA meets the criteria, please contact Ms. Guzman, Ms. Makar, or your counselor. The applications are due by 3:00 pm on Wednesday, March 12, 2025, in the Main Office. NHS officers are hosting an informational meeting on Thursday, March 6, 2025, during both lunch hours in the Media Center Conference room for potential members to receive assistance with the application process.

**Juniors & Seniors:** Ever wonder which colleges in Michigan have the smallest freshman classes? Ever wonder which colleges have Squirrel Watching Clubs? Come find out the answers to these questions and more at the College Expo, where over 20 of Michigan's finest colleges, universities and even military representatives will be able to share with you information about their particular institution. Sign up in the media center today to attend one hour of the Expo which will be held on Wednesday, March 19 all day, in the media center.

# **POSITIVE THINKING**

SEL Week 2025- "Skills for Success - Ready for the Future"

SEL recognizes the skill of Social Awareness as the ability to understand those around you. We all come from different backgrounds, cultures, and have different religious and political beliefs. Social awareness helps us become more open to understanding and empathizing with different perspectives or opinions. It refers to the ability to understand and accurately interpret the emotions of others, including their nonverbal cues, to effectively respond to their needs and perspectives, essentially meaning "reading the room" and showing empathy in social situations. Social awareness even helps us learn to disagree respectfully.

### IN SPORTS ACTIVITIES

Girls Varsity Basketball v Cadillac High School tonight at Dow at 5:30pm

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