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Midland High School

Tiela Schurman, Principal

ANNOUNCEMENTS

Pom: Midland High is hosting JV Pompon evaluations on April 10 & 11 from 5:30-7:00. Please see the contact email link in the daily announcements: chemicvarsitypom@gmail.com for more information!

Tryout and informational packets are available in the athletic office AND you can stop by and see Ms. Stearns in room 330 anytime! No experience necessary & bring a friend! Yay pom!

P2P: Feeling overwhelmed with school, life, or just needing a moment to reset? Stress happens, but how you handle it makes all the difference. Meditation and breathing exercises are simple but powerful ways to calm your mind and boost your mood. Headspace, on Spotify or Apple Music, offers a quick guided meditation that you can literally do anywhere, anytime. Practice meditation in your car before heading home, in Chemic Corner before purchasing too many Chemic Cookies, or during lunch to decompress from your difficult math class. Imagine what just 5 minutes of mindfulness can do for you, your mind, and your body. Give yourself the break you deserve. Start your stress-free journey today!

Women's History Month: LISTEN UP ALL CHEMICS, including students, staff, and any other dwellers of MHS! Did you know that it is Women's History Month? Did you know that the women in this building have their own stories and histories? We would like to share some of those stories with you by challenging you to a trivia game. Perhaps you saw the board in Eyeball Alley with inspiring statements about the achievements that the women in this building are proud of. Did you try to match any of those women with their statements? We are now taking this matching game to the next level! Please stop by the table in Eyeball Alley, located on the M, to pick up a trivia sheet during both lunch hours. The students or staff members that have the most correct matches will win a great \$20 gift card to Pizza Sams. 2 winners will be chosen from the submissions with the most correct answers that are submitted by the end of lunch THIS FRIDAY. Fire up, Chemics, as we celebrate Women's History Month MHS style!

3v3: Get ready to hit the court! We're hosting a 3v3 Basketball Tournament and you don't want to miss it! Grab some friends, create a team, and compete for the title of 3v3 Champions. Sign up in eyeball alley at lunch! The tournament will be held this Saturday on March 22 at 12:00 in the Main Gym. Sign ups are open now for only \$3! TEAMS THAT ARE NOT PAID BEFORE FRIDAY AT LUNCH WILL NOT BE ENTERED TO PLAY! Get ready for some friendly competition, music, and prizes. See you on the court!

POSITIVE THINKING

Accomplishment Jar

It can feel good when other people recognize your hard work, but it can feel better when you learn to recognize your own accomplishments.

Keep an empty jar on your desk or dresser. Take a moment each day to add at least one accomplishment to the jar. Did you work through a difficult project? Put it in the jar. When you have a day where you struggle to add something, reach in and read a few of your previous accomplishments out loud. This will give you the dopamine boost you need.

SPORTS ACTION

Boys Lacrosse

Looking for a spring sport? It's not too late to join the boys lacrosse team. If you play football, soccer, ice hockey, or wrestling, you already have skill sets and knowledge that will transfer to lacrosse. No equipment? No problem! A brand-new helmet is provided, and equipment can be rented through Midland Lacrosse for a \$20 fee. According to the National Lacrosse League, "The last two decades have seen an explosion in the popularity of lacrosse around the world." Come participate and see for yourself why this fast-paced sport is growing in popularity. Please contact Head Coach Tanner Diment: diment1tw@gmail.com

Track: The Lady Chemics had their first meet of the season inside at Saginaw Valley State University. With over 1000 total athletes participating, Abigail Shealy won the shot put event with a throw of 39'4"! What a great start to the season. Emma McLaughlin long jumped close to 17'0 with a PR of 16'9" taking second place. Emma also ran an impressive 400m placing ninth and was a member of the amazing 4 x 300 Relay, scoring the most points for the team. Cam Mackezyk also had a great day finishing 5th in the 200m with a PR and anchoring the 4 x 300 Relay with an incredible finish, earning her the Chemic Pride Award for her competitiveness and effort. Abby Kendall high jumped "clean" on the heights and earned a tie for 5th place with a height of 4'8". Kaiya Mahabir and Bella Kroll were also very important members of the 4 x 300 relay. Bella continued her great day of just placing outside the medals with a ninth place in the 800 meters and was awarded the Unsung Hero as she had a competitive day and led many of her teammates in warmups. Congratulations to all athletes that competed at the meet as several had personal bests or close to this early in the season.

IN SPORTS ACTIVITIES

This weekend: High School Figure Skating State Championships @ Midland Civic Arena Saturday and Sunday.

Come out to watch and cheer on Chloe Adam and the Midland Area Figure Skating Team!

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