

**MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
MONDAY DECEMBER 16, 2024**

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

~Reminder: Drop-in tutoring sessions today from 2:30-4:30 in the Media Center. NHS Tutors are available to help you study so that you can ace those exams! Snacks and beverages available. See you today at 2:30!

~The Chippewa Nature Center is hosting a Teen Study Night tomorrow in the Visitor Center, from 7pm to 10pm and snacks will be available.

~Reminder.... you can see and print your Second semester schedules on StudentVue and your parents can see them on ParentVue. All schedule changes should be in **before** Friday December 20th.

The MHS P2P team will be offering lunchtime activities today and tomorrow at 10 minutes after the hour during both lunches. Join us today to make a simple breathing stick or square using pipe cleaners and beads. You will learn how to use this mindfulness and anxiety-reducing technique to help you improve your mental wellness.

Varsity Leadership will also be offering reindeer games for simple prizes. Many of you enjoyed watching musical candy canes on Friday. Head over to Eyeball today to check out today's edition of reindeer games.

Thank you, Chemics, for your incredible generosity of donations for the Adopt-a-Chemic program. We hope to have the final totals by the end of the hour today.

~Here are the logistics for Dow students on exam Thursday

- Students report to the building they have 3rd hour in to begin the day in their 3rd hour
- Students stay in that building in the Media Center space for supervision during 4th hour slot. They are marked SE at their home school.
- Students board a bus at 12:05-12:10 to travel to the other building
- Students complete 4th hour exam and end day in same building they normally do
- After school, bus runs as normal

Transportation Logistics

- MHS to DHS- 12:05 Bus 26 will wait till 12:15
- DHS to MHS – 12:05 Bus 20 will wait till 12:15

~It is MHS MISSION MONDAY!

“Everything we do is a representation of Chemic Pride”. Chemics have inteGRITy.

How do you maintain integrity during exams?

Protect Yourself from Getting involved in Cheating

It may help to study over a period of time and not cram the night before the exam. Take the time to produce quality work of which you can be proud. Do not allow others to use your computer programs. Keep computer passwords secret to avoid unauthorized access.

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What is the integrity pledge for exams?

I affirm that I will not give or receive any unauthorized help on this exam and that all work will be my own. I will complete this exam in a fair, honest, respectful, responsible, and trustworthy manner. This means that I will complete the exam as if the teacher was watching my every action.

How will you show that you are a Chemist with INTEGRITY this week?

POSITIVE THINKING

Know Your Limits

Everyone has a limit. When you feel yourself becoming overloaded with stress, slow down. Listen to what your mind and body are trying to tell you. Pushing yourself past your emotional limit won't help you reach your goals and dreams any faster. In fact, it might slow you down with exhaustion. Take a moment and think about what the priority is, what can I put off for now or even take off my plate? Is there a more efficient way for me to handle this? Being intentional, setting priorities and taking a break every once in a while, will allow you to keep moving forward.

SPORTS ACTION

The JV Wrestling team competed Friday in Clare. Walking away with medals were: Robert Schultz - 2nd Place, Sam Clever - 2nd Place, Namon Mushatt - 2nd Place, Andrew Vo - Champion.

The Girls Wrestling team competed Friday in Brighton. Morgan Ludwig won - 2nd Place, Halley Spears also took runner up, but did defeat the #2 ranked wrestler in the state.

IN SPORTS ACTIVITIES