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Midland High School

Tiela Schurman, Principal

ANNOUNCEMENTS

Black History Month:

Florida A&M University is a public, historically Black College located in Tallahassee, Florida. It's recognized for its strong programs in health professions, business, and criminal justice. The university is known for its competitive Division 1 athletics program. Did you know that their mascot is a snake, and they are called the Rattlers? Chemics, you will have 5 minutes to complete this week's Black History Trivia. You will find the information in your email from Ms. Albright, and you have the chance to win a Taco Bell gift card this week.

Juniors: We need you to sign up to participate in Mr. Midland High! You have the opportunity to be a fashionista and display outfits from Becca's Closet in between acts. Check the link in your email or contact Ms. Albright.

Seniors: Mr. Midland High is right around the corner, and this is your opportunity to participate! Please check the link in your email or contact Ms. Albright to sign up. We need lots of judges and contestants so please sign up!

Softball: There will be a brief informational meeting on Monday February 24 at 2:30 in room 322. If you cannot attend, please see Coach Starling or Coach Westendorf. Go Chemics!

Ski Club: This week's forecast calls for a 100% chance for gnarly turns, sweet tricks and epic fails, the kind that end in laughter, and frosty high fives. The Midland High Ski Club will embark on a new adventure next Thursday and head North to the backcountry slopes of Caberfae. We will depart Midland High at 3:00 sharp. This event is more than your average winter gathering. If you are looking to write a new chapter to your high school experience, then be sure to come check out this frosty good time. All are welcome. Let Mr. Little know if we can save a seat for you.

P2P: Happy Friday Chemics! Are you looking to stay sharp and feel more energized throughout the day? Try adding foods like blueberries, avocados, and whole grains to your diet! These delicious choices help reduce stress and support mental clarity. P2P invites you to a lunchtime activity on February 26th (Next Wednesday!) at Midland High, starting at 11:10 AM and 12:10 PM. You'll have the chance to learn about the mental health benefits of foods and taste some healthy options from the cafeteria. Don't miss out on this chance to fuel your brain!

POSITIVE THINKING

Emotions Are Temporary

We hope that comfortable feelings will last forever, and it can be sad when they end. We also may wish a speedy end to the uncomfortable feelings and can be disappointed when they hang around. We can't control what happens to us, but we can control our response to emotions. Through positive thinking and reflection, you can learn to work through all kinds of

emotions so that you aren't caught up in the negative or pain. Remember: Emotions are temporary. They will come and go, and while some may hang around longer than others, eventually they subside. Embrace the comfortable ones, work through the uncomfortable ones, and remember that you will feel happy again.

SPORTS ACTION

IN SPORTS ACTIVITIES

Friday:

Bowling MHSAA Regionals 8am @ Grand Blanc Lanes

Girls JV/Varsity Basketball v Bay City Western 5:30/7pm

Boys 9/JV/Varsity Basketball @ Bay City Western 4/5:30/7pm

Saturday:

Hockey v Bay City Wolves 4:45pm @ Midland Civic Arena

Bowling MHSAA Regionals Singles

Sunday:

Midland Area High School Figure Skating District Championships at Alpena @ 1:00 pm

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