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Midland High School

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ANNOUNCEMENTS

Brady: Hello, my name is Brady Meyette and this is...

Sofia: Sofia Wilk

Brady: We are members of Peer to Peer.

Sofia: Being an active listener is very important, you can be an active listener by nodding your head when people are talking, making eye contact, avoiding interrupting, and more.

Brady: Active listening is important because it allows you to fully understand and respond to someone's message, building trust and positive relationships by making the other person feel heard and valued, while also minimizing misunderstandings and conflict in communication.

Sofia: Building positive relationships is important for our mental wellness and in turn, improves our mental health.

Brady: Chemics, please join us in Eyeball Alley on Friday for a fun active listening game.

Black History Month: This year's Black History Month theme is labor, as in work. Today we feature Robert Johnson, who founded the Black Entertainment Network, or BET. Johnson created this prominent cable station targeted toward an African American audience in 1980. He got his start in cable television after working in pay TV, where viewers pay through a subscription to watch a particular channel. There, he learned both the business and technological side of television. "I said, 'Wow, you could take this concept of technology and target black programming,' So how did he do this? He started by taking out a loan for \$15,000 and set out to launch his business. In 1991, BET became the first black owned [company](#) traded on the New York Stock Exchange. In 2001, he sold BET for \$3 billion and became the first African American billionaire. Wow, now that's an example of work!

Chemics, today's Black History Month spirit week theme is Throwback Tuesday. Throwback Day is a reflection of the rich and diverse history of the African American community. It allows us to honor and acknowledge the achievements, struggles, and cultural milestones of generations past. Let's take this opportunity to learn from the past, promote unity, and inspire one another to create a more inclusive community for all. Remember Chemics, tomorrow's spirit theme is Jersey Day, so wear your favorite jersey.

Dual Enrollment: Future dual enrolled students, do you need assistance completing the packet you received last week? Stop by the Media Center with your Chromebook during either lunch on February 5th and we will assist you with the process. You will need your social security number with you to complete the Delta enrollment if you have not done that portion yet.

Girls Track: There will be a meeting for all girls interested in joining the track and field team on Friday, February 7 at 2:30 in the Little Theatre. If you have a 7th hr. class, please come after. If you have any questions, please contact Coach Sugnet.

Co-Op: All current Juniors that are interested in finding out more about the co-op program are invited to meet with Dr. Cronk TOMORROW on February 5th in Room 137 before school at 7:20am or after 6th hour at 2:30pm. Scan the QR code by Chemic Cornert o find out more.

GSA Club: GSA will be hosting a UNO tournament in room 347 today. Come join us and show off your UNO skills! Light snacks will be provided.

Ski Club: Chemics are you Feeling bummed you missed our last legendary ski trip? No sweat! We're carving fresh tracks at Caberfae again next Thursday February 13th, and you're totally invited! Imagine this: carving through powdery perfection, high-fives so frosty they could freeze time, and moguls you'll conquer like a boss. That was our last ski trip, and it was legendary. So, ditch the textbooks, grab your skis and boards, and join us for another round of snowy fun. We'll be hitting the slopes at Caberfae next week and for just \$40 dollars it secures your spot on the bus, and trust us, it's gonna be epic. See Mr. Little for Details if you need to rent equipment.

Green Club: Hello chemics! MHS Green Club invites you all to join us for our meeting today in room 219! We will have a guest speaker!

POSITIVE THINKING

Prioritize Self Care

If you are tired, overwhelmed, and out of sorts, you won't have the energy for school, activities, friends, or family. You need to learn how to take care of yourself to be able to tackle the challenges and reach your full potential. Some people assume that self-care looks like long bubble baths or reading, but self-care can be anything that lifts you up. Self-care is a daily practice that serves more than one purpose. Try to make time every day to engage in the following:

- A relaxing activity like a creative outlet, journaling, or mindfulness
- Healthy eating at regular mealtimes
- An exercise that makes you feel good and happy.
- Time with a friend
- Family check in
- 8-10 hours of sleep each night.

Creating healthy self-care habits now will help you feel confident and happy as you grow and learn.

SPORTS ACTION

Wrestling:

The Chemics had a busy weekend hosting 3 tournaments. Action kicked off Friday with the Saginaw Valley League Junior Varsity Championships. Finishing in 3rd for the Chemics were Holden Grywalsky and Aidon Babylon. Finishing in 2nd place in their weight classes were Andrew Vo, Jared Glass, and Sam Clever. Ending their day at SVL JV Champions were Namon Mushatt, Sam Burkinshaw, and Leam Babylon. These results were enough to propel the Chemics to earn the overall SVL team championship.

Saturday the Chemics rolled out the welcome mat for the Varsity SVL championships. After a day of excitement, the Chemics finished in 2nd place as a team. The following individuals earned medals: Bear Hurtubise finished 6th place, and Brendon Johnson finished 5th. In 4th were Dylon Anderson, Prestyn Simons, Owen Simons, Landon MacLeod, and Marco Araujo. Midland had 4 SVL champions in their respective weights. At 113 lbs Noah Anderson dominated his way with all pins. Rostin Delgado emerged victorious at 144 lbs. At 190!10th ranked Ben Grenesko pinned his opponent from Dow in the finals at 190 lbs, and Eamon Murray competed hard and won 10-0 over his finals opponent to win the 215 lb weight class.

On Sunday, the main gym was once again filled to the brim with wrestlers as Midland hosted the Chemic Clash Girls Invitational. This is regarded as one of the largest and toughest girl's tournaments in the state. Competing for the Chemics were Abigail Shellnut who finished 6th. Morgan Ludwig was your runner up, and Halle Spears went 3-0 to win her weight class.

Great job to all wrestlers on their performance as well as working tables.

The Chemics aim to push their district championship streak to 8 at Saginaw united Thursday night. Midland will face the host Phoenix in the semifinal and then square off against the winner of Dow and Heritage.

IN SPORTS ACTIVITIES

Girls JV/Varsity Basketball v Davison 5:30pm/7pm

Boys 9/JV/Varsity Basketball @ Davison 4/5:30/7pm

Boys Swim v Davison 6pm @ Flint Kearsley

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