

**MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS**  
**MONDAY DECEMBER 2, 2024**

**PLEDGE OF ALLEGIANCE**

**ANNOUNCEMENTS**

Tis the season to think about Adopt-a-Chemic. What is Adopt-a-Chemic? It is the annual MHS donation drive for students in our building who may need some extra Christmas cheer. There are two ways that you can participate. You can select a gift from our electronic "sharing tree" that you will soon find in your email. You then purchase an item, and return the item, unwrapped, to room 337 or the main office by Thursday, December 12. We will also be collecting money in each 3rd hour class beginning this Wednesday. Donation boxes will be delivered on Wednesday, December 4. We are asking all Chemics to please donate a minimum of \$1 to this very important cause. So Chemics, start looking for coins in your couch, in your car, on the floor, and in your piggy bank. Please help us to make the holidays special for all Chemics.

**It is MHS MISSION MONDAY!**

**"Everything we do is a representation of Chemic Pride".**

**Chemics are ACCOUNTABLE.**

Accountability starts with YOU! YOU need to hold yourself accountable.

Everyone needs supportive people in their lives. But you also need to be there to support yourself. Too often we are negative when it comes to ourselves. Negative talk, Negative thoughts and a negative focus. **STOP!** Be ACCOUNTABLE and don't let yourself go there. Notice the negative and flip the switch to a positive.

Cheer yourself Up.

Make yourself laugh.

Pick yourself Up.

Find your own happiness.

Get to know yourself. You are a great friend to many, but you can also be a wonderful friend to you.

***How will you show that you are an Accountable Chemic this week?***

**POSITIVE THINKING**

**Stress is Temporary:** Stress isn't permanent. You can work through your stress, and you will solve your problems. When you feel overwhelmed, try saying to yourself: *"This is temporary. I will feel happy again."*

**SPORTS ACTION**

**IN SPORTS ACTIVITIES**