

**MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
TUESDAY DECEMBER 3, 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.

Club Med Members! We will meet this Thursday, December 5th, in Mrs. McDonald's room right after school until 3:15. We will have a guest speaker, Mrs. Muma will talk about stress management for the upcoming exams. Hope to see you there!

POSITIVE THINKING

Radiate Empathy

One way to show you are an open-minded person is by expressing empathy toward others. Teens hear a lot about the benefits of empathy at school and at home, but they aren't always given specific guidance on how to practice it. To start practicing empathy:

Use active listening skills. Do not listen to respond; listen to listen. Ask questions if you don't understand something; otherwise, make eye contact, nod and listen.

Convey understanding. The best thing you can say to a person who is struggling is, "That sounds hard. I'm really sorry. How can I help?" Respect boundaries. They might not want help. They might simply want to vent. Respect that.

Don't share conversations. Part of showing empathy toward others is holding their stories close. Don't gossip or share information without permission.

Put yourself in their shoes. Try to think about how it might feel to go through what the other person is going through. Be kind. Check in often.

Don't judge. Don't criticize or share opinions. Just be supportive.

SPORTS ACTION

IN SPORTS ACTIVITIES

9th Grade Boy Basketball 4pm @ John Glenn High School

Boys JV Basketball 5:30pm @ John Glenn High School

Boys Varsity Basketball 7pm @ John Glenn High School

Girls JV Basketball 5:30pm @ Home against Hamaday High School

Girls Varsity Basketball 5:30pm @ Home against Hamaday High School