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Midland High School

Tiela Schurman, Principal

ANNOUNCEMENTS

Mr. Midland High: Mr. Midland High will be held next Thursday, March 6, in the main gym beginning at 7:00 p.m. The cost of attending the event is \$3. This year's competitors include Seven Lutz, Rylee Marshall, Cody Ridder, Colter Mahabir, Jacob Specht, Christopher VanHampler, and Donald Scott Cornelius to name a few. We hope you come out to join us as they share a talent with us, model apparel, answer questions, and more. We hope to see you on March 6 at 7:00 p.m.! If you want to participate and have not yet signed up, see Ms. Albright in room 337.

Attention Mr. Midland High judges and contestants! There will be a mandatory meeting today, Thursday, February 27th in room 337 (Ms. Albright's room) after school. Make sure to bring your contracts with you!

Black History Month: Today in honor of Black History Month, we introduce you to Velma Hopkins. In 1943, Ms. Hopkins helped organize a strike against R. J. Reynolds Tobacco Company, which attracted over 10,000 participants from Winston-Salem, North Carolina. Her efforts led to the founding of the only union to be formed by Reynolds Tobacco employees and was made up of mostly African American women. This union helped to push the boundaries of economic, racial, racial, and gender equality.

CRISP: Good morning, Midland High! My name is Colter Mahabir. Today, let's take a moment to talk about the 'I' in CRISP-Integrity. Integrity means doing the right thing, even when no one is watching. When it comes to consent, integrity is about respecting others, being honest, and taking responsibility for our actions. Whether in friendships, relationships, or everyday interactions, making sure we seek clear, voluntary, and informed consent is essential. Let's work together to create a school culture built on trust, respect, and integrity. Thanks for listening and have a great day!

Final Course Request Review: Students and Families can view course requests in StudentVUE. To make changes, please use this GoogleForm (<https://forms.gle/Gd9zNzGbK3TYdoiP7>) or obtain a form at the counseling center.

The review window opens Friday, February 28th. All changes must be submitted by 4:00 PM on Monday, March 3rd. Requests after March 3rd will be addressed when schedules are released in August.

Girls Lacrosse: There will be a parent meeting on Tuesday, March 4th at 7pm in the Dow High cafeteria.

Pom: Varsity Pom tryouts for the next school year will be on March 4th and 5th in the aux gym. TRYOUT PACKETS ARE AVAILABLE IN THE ATHLETE OFFICE. PLEASE fill in the team application google form linked in the daily announcements online by clicking [HERE](#). JV POM TRYOUTS WILL BE HELD IN APRIL! QUESTIONS? PLEASE See Ms. Stearns in room 330 anytime! #YAYPOM

Club Med: There will be a meeting this **TODAY** in Mrs. McDonald's room. We will have a guest speaker who is a psychologist! See you there!

POSITIVE THINKING

Face Your Fear

Fear is a tricky emotion. It tells us what we can and cannot do; telling us to be scared when we should be excited. It limits us and doesn't always tell the truth. Fear is known to send false alarms. Replace fear with courage. When you experience fear, close your eyes, breathe deep, and try to think about times when you have overcome fear in the past. It can be something like learning to ride your bike when you were younger or surviving the presentation you had to give in history class. When you do this, you retrain your brain to focus on your strengths and achievements. Reflect and breathe through what makes you feel scared, but have the courage to take risks, make mistakes, try something new, and walk into the unknown. Only then will you know what you are capable of.

IN SPORTS ACTIVITIES

Girls Basketball 9th/JV/Varsity vs Traverse City Central @ 4/5:30/7pm

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