

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
FRIDAY NOVEMBER 15, 2024

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

-Today is the last day of Kindness Week, but it doesn't stop here. Enjoy some popcorn today courtesy of the ESA and your fellow chemics who decorated the bags!

-November is National Native American Heritage Month. It is a time to celebrate the traditions, languages, and stories of Native American and Alaska Native communities, ensuring their rich histories and contributions continue to thrive with each passing generation. As a way to recognize this month, Varsity Leadership is offering mini-film festivals during each lunch hour over the next few weeks with our first one this Friday, November 15. During each lunch hour, we will be hosting educational films and discussions in the Little Theatre that will allow us to learn through conversations and films about Native American cultures, traditions, and history while celebrating Native American cultures. So how can you get involved? Grab your lunch and join us in the Little Theatre this Friday. We will begin the session at 11:05 and 12:05 which gives you plenty of time to grab your food, and friends, and join us as we celebrate Native American Heritage Month. We hope to see you there.

-Students, have you heard that there's a Michigan Assured Admission Pact? Well this PACT is important! There are several universities in Michigan (10 previously, but now 11) that, if you apply, will AUTOMATICALLY admit you to their college if your unweighted GPA is a 3.0 or better! The following universities are part of this Pact: Central Michigan University, Eastern Michigan University, Ferris State University, Lake Superior State University, Northern Michigan University, Oakland University, Saginaw Valley State University, University of Michigan-Dearborn, University of Michigan-Flint and Wayne State University, and now Grand Valley State University is also a part of this pact!

POSITIVE THINKING

Don't Let Fear Hold You Back

Fear is a powerful emotion. It can consume you and make it feel like your dreams are out of reach. But fear can also overreact. Don't let your fears about a certain outcome hold you back from achieving your dreams. Try this grounding technique when your fear is taking over:

This is just fear talking. I am feeling afraid of...

The reason I am afraid of this is because...

This fear might not be true because...

A more accurate statement would be...

I can overcome this fear by...

It's a lot easier to understand things once you name them. Labeling your fears for what they are and working through them helps you get to the other side. Name it to Tame it. When you do that,

SPORTS ACTION

IN SPORTS ACTIVITIES

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