

MIDLAND HIGH SCHOOL DAILY ANNOUNCEMENTS
TUESDAY OCTOBER 22, 2024

PLEDGE OF ALLEGIANCE

ANNOUNCEMENTS

The MHS Green Club invites you all to join us at 2:30 in Mr. Edelbrock's room today! Please bring your Chromebook!

Seniors with a qualifying 3.4 or above GPA, you should have received an invitation to apply for the MHS chapter of the National Honor Society. If you didn't receive an invitation, please check your GPA on your most recent transcripts to ensure it is 3.4 or above. If your GPA meets the criteria and you still haven't received an invitation, please contact Ms. Guzman, Ms. Makar, or your counselor. The applications are due to the NHS mailbox in the office by 3 p.m. on Monday, November 4, 2024. No exceptions will be made to this due date

POSITIVE THINKING

Break Up with Stress

Letting go of stress is a choice. You don't have to walk through this world feeling stressed out and run down. It's time to Break Up With It.

1. Write down all of the things that completely stress you out. Just brain dump it all on a piece of paper.
2. Go through the list, one stressor at a time
 - a. Why are you holding on to this stressor?
 - b. Where does it come from?
 - c. Is the stressor something that is in your control?
No, let it go.
Yes, What can you replace it with?
3. Do this with each of the stressors until you cross the last one off your list.

For example: If studying for a test is taking over your life, don't let it. Don't stare at the distant future and freak out. Don't let things continue to build or the opposite, put things off and procrastinate. Take small steps to ensure your journey is manageable. Soon, you'll be able to end your relationship with stress!

SPORTS ACTION

IN SPORTS ACTIVITIES

Girls Varsity Swimming 6:00pm @ Handy Middle School