



1301 Eastlawn Drive  
Midland, MI 48652

Email:

[midlandhigh@midlandps.org](mailto:midlandhigh@midlandps.org)

Website: [mhs.midlandps.org](http://mhs.midlandps.org)

Phone: 989-923-5181

FAX: 989-923-5100

## Midland High School

*Tiela Schurman, Principal*

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### ANNOUNCEMENTS

**Green Club:** Hello Chemics! Green Club invites you all to come to our meeting at 2:35 in Mr. Edelbrock's room today!

**JV Pom:** Midland High is hosting JV Pompon evaluations on April 10 & 11 from 5:30-7:00. Please see the contact email link in the daily announcements: [chemicvarsitypom@gmail.com](mailto:chemicvarsitypom@gmail.com) for more information!

Tryout and informational packets are available in the athletic office AND you can stop by and see Ms. Stearns in room 330 anytime! No experience necessary & bring a friend!

Yay pom!

**Club Med:** Attention Chemics! Club Med is hosting a first-aid kit-building project. Please help us by bringing donations such as Alcohol wipes (single use), Antibacterial packets (single use), Band-Aids (finger size), Gauze, Rubber gloves, and Surgical Masks. Anyone can attend the meeting on March 20th to make the kits. You will receive volunteer hours! Thank you.

**Juniors & Seniors:** Did you know that most colleges have a free tutoring center where you can get help with almost anything from math to mental health? Find out these answers and more TOMORROW at the College Expo! Today it's not too late to sign up in the media center to attend one hour of the Expo ... but tomorrow it will be too late. Do it now! Or you can email Mrs. Pritchard and let her know which hour you would like to attend. See you there!

### POSITIVE THINKING

#### Choose Your Own Path

What would you do differently if you didn't worry about what other people think of you? As a teen, you're constantly being evaluated by teachers, coaches, friends, parents and even by you when you compare yourself to someone else. What if you could turn off the notifications in your brain when those evaluations come in? Who would you be?

Write a list of things you want to do.- Your list might include activities like learning to crochet or trying a new sport. Come up with as many options as you can. Scan your "To Try" list and find one that you can start right away. Give yourself permission to work your way through your own list without worrying about what others might think. Maybe you'll find a hidden talent, a new area of interest or even meet new people.

## IN SPORTS ACTIVITIES

### Boys Lacrosse

Looking for a spring sport? It's not too late to join the boys lacrosse team. If you play football, soccer, ice hockey, or wrestling, you already have skill sets and knowledge that will transfer to lacrosse.

No equipment? No problem! A brand new helmet is provided and equipment can be rented through Midland Lacrosse for a \$20 fee.

According to the National Lacrosse League, "The last two decades have seen an explosion in the popularity of lacrosse around the world." Come participate and see for yourself why this fast-paced sport is growing in popularity .

Please contact Head Coach Tanner Diment:[diment1tw@gmail.com](mailto:diment1tw@gmail.com)

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