**HARRY MILLER MIDDLE SCHOOL**

**ANNOUNCEMENT FORM**

**Today’s Date**: **Tuesday – November 28, 2017**

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**Administration: Mme. McCrea:**

**Today there will be tech and music club at 12:15 over the lunch hour.**

**This week is Mental Health Awareness week. A key component to our Mental Health is our resiliency.**

**What is Optimism?**

**Today’s bounce back/resiliency skill is: OPTIMISM**

**Everyone can learn to be optimistic! Optimism involves learning to think positively about the future-even when things go wrong. It’s about looking at the bright side of things. Today, when you are faced with a challenge, make a conscious decision to focus on the good. Ask yourself, “What can I do to make the best of this? “or “How else could I think about this?”**

**Think positive possibilities, not catasrophes!**

**Teacher Mr. Locke:**

**Thanks to those who brought in order forms for the gift card campaign yesterday.**

**Don’t forget – tomorrow will be our next collection morning.**

**See you in the cafeteria tomorrow morning!**

**Teacher Mrs. Hatfield:**

**No Rainbows today as Mrs. Hatfield is not here today.**

**Teacher Mrs. Throop:**

**The Varsity Girls Practice today from 3- 4:30.**

**The JV girls practice today from 4:30-6.**

**Tomorrow the JV Boys Practice from 3-4:30.**

**All athletic forms are to be returned to Mrs.Throop.**

**There are still outstanding soccer jerseys that have not been handed in.**

**This week intramurals is for grade 8. Today you are playing basketball.**

**Thoughtful Tuesday: It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.**