Have you checked out the COMMUNITY FLYER PAGE lately? Fun seasonal opportunities for students and families come in all the time. Right now there is info on MidMichigan Health Student Volunteers, Creative 360, The Rock, Mobile Food Pantry & more!


The Michigan Department of Education (MDE) is asking for parent/caregiver feedback

The opinion of parents and caregivers of school-aged children matters when it comes to reporting on how well schools serve Michigan’s children.

The Michigan Department of Education is inviting feedback from that group on Michigan’s new, online “school transparency dashboard.” The dashboard is designed to show the performance of every public school in Michigan, including public school academies (charter schools).

The new dashboard is designed especially for parents and other caregivers. It will report on more than 20 different factors—or measures—that parents and other stakeholders have said are important to them when evaluating the quality of a school. The survey allows participants to view components of the new dashboard, then answer questions about the way information is presented, the usefulness of certain features, and unique interests.

Click the link below (or type the survey URL into your web browser) to access the online survey:

surveymonkey.com/r/MDEESSA_Dashboard2017

Survey details: You can complete the survey on any computer, tablet, or mobile device; The survey should take no more than 15 minutes to complete; All answers will be confidential.; Survey must be completed by November 15, 2017.

Congratulations to Dow High Seniors, Daniel Zhang and Brandon Zhu, for being the winning team for Region Three in the 2017 Siemens Competition and advancing to Nationals in December!

“The Siemens Competition honors the best and brightest students for their accomplishments in math and science—students who are changing the world for the better.”

These two Dow High Chargers won the team category and will share a $6,000 scholarship for their project entitled, “Release of Active Pharmaceuticals Using Capped Hyperbranched Polyesters.”

We send our very best wishes with Daniel and Brandon as they advance to the National Competition in December in Washington DC and present their research to leading scientists at George Washington Univ. Congratulations Daniel and Brandon. We are proud of you!

H. H. Dow High’s Drama Department is presenting Alice in Wonderland at Central Auditorium on November 16, 17, 18 at 7 pm with a Saturday matinee at 3 pm.

Tickets ($6/students; $8/adults) will be on sale this week at Dow High during the lunch hours and after school and at Central Auditorium’s Box Office before each show.
‘Tis the season to be gracious and grateful!

What is gratitude? What does it mean to be gracious and grateful?

Gratitude is...

- a feeling of appreciation.
- being thankful.
- acknowledging and returning kindness.
- typically associated with giving and receiving.

Why should we teach our children to be gracious and grateful?

Research consistently shows that people who show gratitude are more physically and emotionally healthy and have more positive family, social, and work relationships.

Grateful people return and pay forward the kindness of others.

Showing appreciation or helping others makes us feel good.

More gratitude = greater well-being = less depression and other mental health challenges.

But how do we teach gratitude?

Talk about what you hear and see – think out loud.

- Draw your children’s attention to facial expressions and behaviors that reflect emotions. “Do you hear that little boy crying? He sounds sad. I wonder why he is sad.”
- Point out “helpers” to your children – ambulance drivers, the bell-ringers during the holiday season, people donating clothes or food to others. Talk to your kids about why they might want or need to help.

Model it!

- Talk about what you are thankful for in front of your children. Make a point everyday at dinner time or bedtime to talk about the good things that happened that day. Let your children know what you like and appreciate.
- Show kindness and help others while your children are watching. Hold open the door for the person behind you. Make a card or meal for someone in need. Shovel the neighbor’s driveway.

Seek opportunities to collectively help or express gratitude as a family.

- Does your family have and enjoy pets? Spend a day as a family helping at the Humane Society! Did your family receive a special gift or surprise? Write a thank you card together! Has a particular event or illness impacted a member of your family? Donate to or participate in a special event tied to the cause!
- Although you may feel as if you are “forcing” your kids to help or express gratitude at first, they may have fun or make a special connection that will lead them to continue or seek additional opportunities on their own.

Do not be afraid to say “no.”

- Kids will never understand what it’s like to need unless they experience not having things they want or need.
- Emphasize the celebration rather than the presents associated with special events and holidays.

Thank you to Kristi Hainstock, MPS School Psychologist, for creating this document on behalf of the School Mental Health Workgroup.
## Halloween Science

On Halloween, Mrs. Lehman’s 7th grade Science class at Jefferson Middle School had a SPOOK-TACULAR time! Students honed their observation and measuring skills while learning about different properties of matter. They learned about sublimation, non-Newtonian fluids and that slime is a sticky mess!

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## Midland County Youth Leadership

Midland County Youth Leadership is an exciting opportunity for all Midland County FRESHMEN. This two-day leadership development program through Northwood University will take place March 16-17, 2018. Midland County Youth Leadership applications are due December 20, 2017. Got to this link for information: [www.northwood.edu/about/youth-leadership-program](http://www.northwood.edu/about/youth-leadership-program)

The first nine-week marking period ended November 3. The expected date for elementary, middle and high school report card publication via Home Access Center is November 15. You will receive an email from the MPS Info Systems Department when report cards become available.

## Tickets go on sale

**Tickets go on sale TODAY (11/13) at 3:00 for this year’s Saturday, December 2, performances (1:30 and 7:30) of Midland High’s Rhapsody Rendezvous at MCFTA.**

Go to the Midland Center for the Arts website for ticket purchase information ([www.mcfta.org](http://www.mcfta.org)) or call 631-8250.

## dow high girls swim team

The Dow High Girls Swim Team won their 12th Valley Championship in a Row as well as had an undefeated season. The girls swam against nine other swim teams and won the meet by over 500 points. It was a great team effort by all involved!

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## MPS Shining Star Nominations

MPS Shining Star Nominations are now being accepted for the 2017-18 school year for MPS staff members who you feel make MPS a better place for students. Please take a moment to nominate an MPS team member today! [http://midps.org/shiningstarform](http://midps.org/shiningstarform)

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## wise words

### Interesting thoughts to ponder:

> **Gratitude** makes sense of our past, brings peace for today, and creates vision for tomorrow.”
> — Melody Beattie

> **Gratitude** can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”
> — William Arthur Ward