



**THE**

**MIDLAND**

**MONTHLY**

**The Midland Cheerleaders outdid themselves with their cheers and led the crowd in shouting encouragement and supporting the Blue and Gold teams at the Student/Parent Spectate event on January 24th!**



**2, 4, 6, 8, who do we appreciate?**



**Give me a “M”, Give me a “I”, Give me a “D”,  
Give me a “L”, Give me an “A”, Give me an  
“N”, Give me a “D”, what does that spell?**

**MIDLAND!**



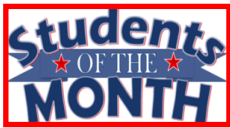
# BASKETBALL

## SPECTATE





**The Choice is Yours**



The January Social Skill theme was:  
**Expressing Your Feelings**

**Congratulations to our Students of the Month!**

- 212 - Luca      217 - Holden      218 - Connor
- 219 - Julia    220 - Carlo



The February Social Skills will be:  
**Caring about Yourself & Others (Self-Esteem & Empathy)**

Make the day you were born a day that is as special as you are and may all of your birthday wishes come true!

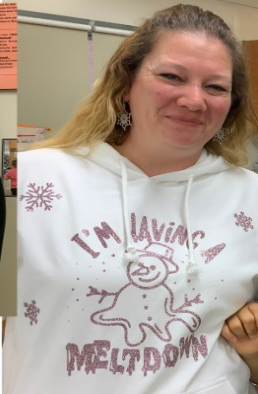
**HAPPY BIRTHDAY!**  
**TO STUDENTS LEAH AND LAURA**

**STAFF**

|                 |           |                         |
|-----------------|-----------|-------------------------|
| MRS. GALLAGHER  | MRS. BOYD | MS. WHITAKER-LAKE       |
| MS. ATKINSON    | MS. BORZ  | MRS. MIGLIORE           |
| MS. JASTRZEBSKI | MR. SMITH | MRS. HIGGINS            |
| MRS. JONES      | MS. RICHE | MRS. SVIDERSKIS-CARROLL |

# School Spirit Day!

You felt like you were in a Winter Wonderland on January 26th when the students and staff arrived at school wearing a winter theme attire. It may be cold outside but it warms our hearts to see so many participate in this School Spirit Day!



## Winter WONDERLAND

School Spirit Day!







American Heart Association.

# STOP STRESS IN ITS TRACKS

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal? Click the link below to try these tips to get out of stress fast.



[VIEW INFOGRAPHIC](#)



[VISIT HEALTHY FOR GOOD](#)

# February



## Southwest Slow Cooker Chicken

SERVES 6

### Ingredients

- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano
- 1 cup low-sodium chicken broth
- 1/4-1/2 teaspoon **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles

### Directions

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.

Pour tomatoes, chiles and chicken broth over the chicken in the slow cooker.

Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken may break apart easily with fork once cooked.

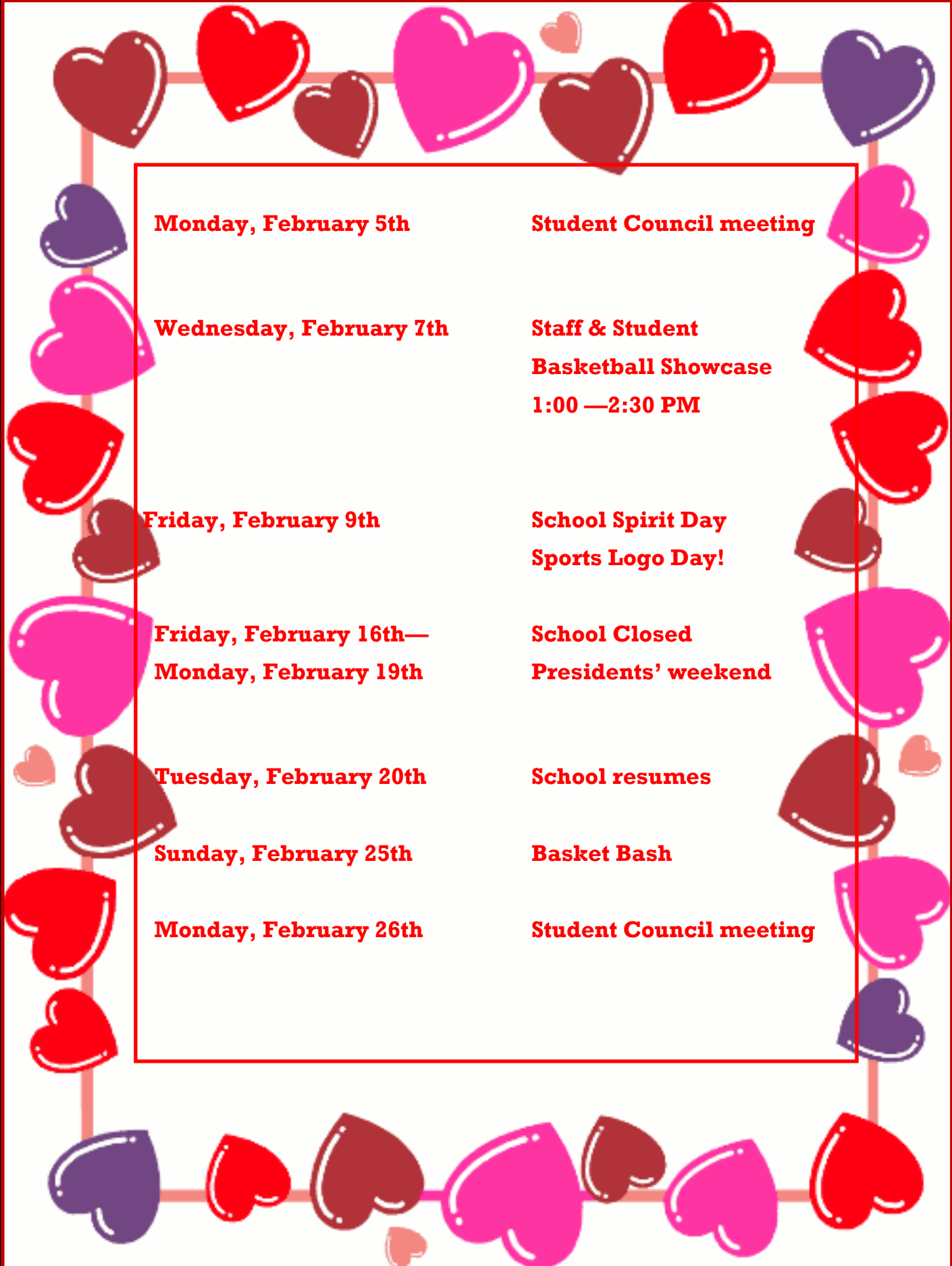
**Tip:** This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.

### Nutritional Facts

|                     |       |                    |        |
|---------------------|-------|--------------------|--------|
| Calories            | 113   | Cholesterol        | 48 mg  |
| Total Fat           | 2.0 g | Sodium             | 288 mg |
| Saturated Fat       | 0.5 g | Total Carbohydrate | 5 g    |
| Trans Fat           | 0.0 g | Dietary Fiber      | 1 g    |
| Polyunsaturated Fat | 0.5 g | Sugars             | 2.7 g  |
| Monounsaturated Fat | 0.5 g | Protein            | 17 g   |

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**February Calendar**



|                                                         |                                                                      |
|---------------------------------------------------------|----------------------------------------------------------------------|
| <b>Monday, February 5th</b>                             | <b>Student Council meeting</b>                                       |
| <b>Wednesday, February 7th</b>                          | <b>Staff &amp; Student<br/>Basketball Showcase<br/>1:00 —2:30 PM</b> |
| <b>Friday, February 9th</b>                             | <b>School Spirit Day<br/>Sports Logo Day!</b>                        |
| <b>Friday, February 16th—<br/>Monday, February 19th</b> | <b>School Closed<br/>Presidents' weekend</b>                         |
| <b>Tuesday, February 20th</b>                           | <b>School resumes</b>                                                |
| <b>Sunday, February 25th</b>                            | <b>Basket Bash</b>                                                   |
| <b>Monday, February 26th</b>                            | <b>Student Council meeting</b>                                       |