November 23, 2026

A Proud Past, A Promising Future

"As the holiday season approaches, may we remember that the greatest gifts we can give are kindness, gratitude, and the joy of making a difference in someone else's day."
Wishing our MCHS community a season filled with kindness and gratitude!

All students receive one breakfast and one lunch at NO COST. Please take advantage of this awesome opportunity. If you do choose to bring your lunch, you can still get 3 items from the cafeteria at NO COST!
Breakfast –Manager's Choice, Juice, Milk
Lunch – *Manager's Choice, Juice, Milk
*Unless noted differently below.

MONDAY, NOVEMBER 23
Fall Chorus Concert @ 6 pm - Cafe
Breakfast –Manager's Choice, Juice, Milk
Lunch – BBQ Pork Sandwich, Baked Beans, Corn, Fruit, Juice, Milk
- **Varsity Boys Basketball "Battle at the Nest Invitational" @ Union County HS**

TUESDAY, NOVEMBER 24
Breakfast –Manager's Choice, Juice, Milk
Lunch – Beef Dippers, Mashed Potatoes, Gravy, Steamed Broccoli, Romaine Salad, Roll
- **Varsity Boys Basketball "Battle at the Nest Invitational" @ Union County HS**



NOVEMBER 25 –27
Thanksgiving Holiday: Schools/Offices Closed

MONDAY, NOVEMBER 30
Breakfast –Manager's Choice, Juice, Milk
Lunch – Chicken Noodle Soup, Grilled Cheese Sandwich, Pasta Salad, Fresh Veggie Cup, Fruit, Juice, Milk
- **JV Basketball vs. Airport 6/7:30 pm**

TUESDAY, DECEMBER 1
Breakfast –Manager's Choice, Juice, Milk
Lunch – Taco Soup, Nacho Chips, Spanish Rice, Fruit, Juice, Milk
- **Varsity Basketball vs. Airport 6/7:30 pm**

WEDNESDAY, DECEMBER 2
MCHS 9th Grade Career Exploration @ NCCC
Breakfast –Manager's Choice, Juice, Milk
Lunch – Sloppy Joes, Curly Fries, Baked Beans, Fruit, Juice, Milk
- **Varsity Basketball @ Strom Thurmond 6/7:30 pm**
- **Varsity Wrestling @ MCHS**

THURSDAY, DECEMBER 3
EOC Test – English 2 Writing
Breakfast –Manager's Choice, Juice, Milk
Lunch – Asian Sweet & Sour Meatball Bowl, Steamed Vegetables, Fortune Cookie, Fruit, Juice, Milk
- **JV Basketball vs. Saluda 6/7:30 pm**

FRIDAY, DECEMBER 4
Breakfast –Manager's Choice, Juice, Milk
Lunch – Potato Bowl w/Chicken Nuggets, Fresh Collards, Roll, Fruit, Juice, Milk
- **Varsity Basketball @ Saluda 6/7:30 pm**
- **Varsity Wrestling @ Hornet Hammer-Aiken High School**

SATURDAY, DECEMBER 5
- **Varsity Wrestling @ Hornet Hammer-Aiken High School**

GOOD NEWS

Congratulations, Mid-Carolina Academic Team!

What a wonderful Fall 2026 WPEC Academic Team season!

Our Mid-Carolina Rebels finished 3rd Place in Division I, competing as the smallest school in the Large School Division! We couldn't be prouder of our students for their hard work, dedication, teamwork, and determination throughout the season.

A special thank you to our Academic Team members, especially our seniors, for the leadership, dedication, and legacy they leave behind. To our parents, guardians, families, friends, school, and community, thank you for your continued encouragement and support. You have helped make this season one to remember!

❤️🖤GO REBELS!🖤❤️

Mid-Carolina Varsity Competitive Cheer Team won the 2A STATE CHAMPIONSHIP! Our Rebels have worked hard, believed in one another, and left it all on the mat.

We are incredibly proud of this team, their coaches, and everyone who has supported them along the way.

Congratulations, STATE CHAMPIONS!

On-going/Upcoming Events

2026-2027 ACT
Test @ MCHS
April 10, 2027
July 10, 2027

2026-2027 SAT
Test @ MCHS
November 7, 2026
March 6, 2027
June 5, 2027

Season of Songs Fall Choral Ensemble on Nov. 23rd at 6 p.m.

As autumn gives way to the holiday season, the Mid-Carolina High School Fall Choral Ensemble invites our families, friends, and community to Seasons of Songs: From Autumn Leaves to Holiday Lights!

Join us Monday, November 23, 2026, at 6:00 PM in the Mid-Carolina High School Cafeteria for an evening of music celebrating friendship, memories, and the joy of the season.

We are grateful for the continued encouragement and support of our school and community. Come celebrate our students, their talents, and the arts at Mid-Carolina High School as we share a little holiday cheer together!

ASVAB
(March 17, 2027)

The ASVAB is offered to high school students as part of their Career Assessment. It helps students learn more about career exploration and planning, in both the civilian and military worlds of work. The ASVAB assessment is free of charge to students.

The ASVAB is administered at Mid Carolina High School generally in the fall and spring to interested sophomores, juniors and seniors. Please note you do not need to join the military to take this test. To reserve your spot for the test please stop by the guidance department and add your name to the test list.

DON'T WAIT UNTIL THE LAST MINUTE.
Reserve your 2026-2027 yearbook today for $90. After Christmas the price will increase to $95.
Yearbook orders are placed on January 20 with the publishing company. A limited number of extras will be ordered. Therefore, if you wish to purchase a yearbook after January 20, your name will be placed on a waiting list. If you receive a yearbook at delivery, payment of $95 will be expected at time of issue.
https://yearbookforever.com/school-store/DaWHJ1o7r3nftHmuSBrMAm13

Mid-Carolina High School does not discriminate on the basis of race, color, religion, national origin, sex, disability, or age in admission to, treatment in, or employment in its programs and activities.

MID-CAROLINA HIGH SCHOOL

Faculty News

VOLUME 15, ISSUE 8 • NOVEMBER 23, 2026

#BUILDINGACOMMUNITYOFEXCELLENCE

Our mission: To engage students in educational experiences that ensure success and life-long learning.

Our vision *is of a culture where all ideas are valued; a cooperative relationship exists between the school, the district, and the community; collaboration is expected; and people want to work and students want to learn.*

Important Dates

11/23	Fall Chorus Concert, 6 pm
11/25–27	Thanksgiving Holidays Schools/Offices Closed
12/2	MCHS Grade 9 Career Exploration at NCCC
12/3	Collaborative Planning EOC: English 2 Writing
12/4	Rotary Student of the Month
12/5	Saturday Seat Time Recovery
12/7	After-School Seat Time Recovery
12/9	Faculty Mtg. (after school)
12/10	Collaborative Planning EOC: English 2 Reading
12/11	EOC: Algebra 1
12/12	ACT
12/14	EOC: Biology; SDNC Board Mtg.
12/15	EOC: US History
12/16	Semester 1 Exams: Blocks 1 & 3 After-School Seat Time Recovery
12/17	Semester 1 Exams: Blocks 2 & 4 Data Team / Faculty Mtg.
12/18	Half day for students Last day of Semester 1
12/21–1/4	Winter Break Schools/Offices Closed
1/5	Teacher PD; no school for students Exchange Club SOM
1/6	Students return First day of Semester 2
1/7	Dept. Instructional / Faculty Mtg.
1/8	Q2 Report Cards Issued

Reminders

FACULTY SUNSHINE FUND
Don't forget to contribute to the MCHS Faculty Sunshine Fund.
2026–2027: $20 each.

Please check your mailboxes and e-mail for vital information early each morning.

HAPPY BIRTHDAY FACULTY & STAFF MEMBERS!

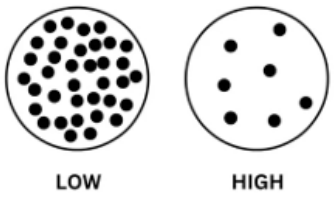
Happy birthday wishes to:

Marley Busby (12/2)

Jessica Arnold (12/3)
Athletic Trainer

"When you appreciate, you elevate." — Jon Gordon

7 Ways to Elevate Your State of Mind



These two circles represent your state of mind.

The mind on the left is filled with a lot of thought, clutter, anxiety, fear and stress and represents a low state of mind.

The mind on the right represents a high state of mind and is characterized by clarity, focus, confidence, courage and optimism.

As I wrote in The One Truth, the brain is an antenna, and you can tune into a negative frequency that lowers your state of mind or you can tune into positive, higher frequency that raises your state of mind.

In this spirit, here are 7 Ways to tune into the positive and elevate your state of mind.

Look Inside, Not Outside

When you look outside and worry about what people think, focus on the outcome, feel the expectations and pressure from others and believe you are a victim of your circumstances, this lowers your state of mind. When you look inside and realize the truth, that you create your life from the inside out and that you have the power to transform your circumstances, this raises your state of mind. So don't look outside at your circumstances. Look inside to your heart, mind, soul and the power you possess to create a better circumstance. I explain this in more detail in The One Truth.

When You Experience Doubt, Choose Trust

The answer to doubt is trust, and it's only a thought away. When doubt comes in, choose to trust. Trust in yourself. Trust in the creator of the universe. Every addiction program believes in a higher power because it's well known that you aren't strong enough on your own. Your will isn't powerful enough. But when you trust and connect with a higher power, you become more powerful than the forces and addictions that are sabotaging you. The seeds of doubt will always come in, but you don't have to let them take root in the garden of your mind. Each day you can weed the negative doubts to feed and nourish your garden with trust.

Speak Truth To The Lies

Just because you have a thought doesn't mean you have to believe it, especially when negative thoughts are lies that discourage and divide you. The key to winning the battle of your mind is to stop believing them and speak truth to them. The best advice I've ever heard is from Dr. James Gills, the only person on the planet to complete six double Ironman Triathlons. The last time he did it, he was 59 years old. When asked how he did it, he explained, "I've learned to talk to myself instead of listen to myself. If I listen to myself, I hear all the reasons why I can't finish the race. I'm too tired, too old, and too sore. But if I talk to myself, I can feed myself with the words of encouragement that I need to keep on moving forward." You can talk to yourself instead of listening to the lies that pop into your head. If you're not sure what to say to yourself, here are few truths I know about you:

• You are here for a reason. There is a plan for your life. You were never meant to be average.

• You have a desire to be great because deep down you know there is greatness within you.

Appreciate To Elevate

When you appreciate, you elevate. You elevate your state of mind, you elevate your mood, you elevate your performance, and you elevate the people around you. Since you can't be stressed and thankful at the same time, when you practice gratitude, you counter the stress that drains you. Instead of focusing on what you lack, you appreciate what you have. Instead of feeling small, you are thankful for it all. Instead of a scarcity mindset where you don't feel like you are enough or don't have enough, you develop an abundance mindset. I'm convinced abundance flows into your life when gratitude flows out of your heart. Where stress and entitlement cut off the flow of positivity energy into your life, gratitude for things big and small connects you to it all. Taking a thank-you walk almost every day for the past 20 years, where I would walk and practice gratitude, had a huge impact on my state of mind and literally changed the course of my life. I would walk around my neighborhood, and by the time I got to my office, my mind was fertile and ready to take on the day and have great things happen. While you may not be able to walk each morning, I want to encourage you to implement a daily gratitude practice such as a gratitude journal or a thank-you drive while in your car or write a few thank-you texts to friends and team members each morning that will elevate you and your state of mind.

Encourage Yourself

It's essential that you encourage yourself daily and prevent discouragement from happening. Discouragement makes you want to give up. Encouragement keeps you going. The word "encourage" means to "put courage into," so when you encourage yourself, you are filling yourself with courage to take on the negativity and challenges in life that can cause discouragement. In our Positive Leadership Workshops, we teach a great way to do this. On the left side of a piece of paper, write down many of the negative thoughts you often have. Everyone is different and we all have different thought patterns. You don't have to share them with anyone; just write them down for you. Then on the right side of the paper, write down the words of encouragement you will speak to yourself when the negative thoughts come in. Any time the negative thought appears, talk to yourself and encourage yourself. This will give you courage and power and will elevate your state of mind. My wife discovered that when negative thoughts bombarded her, she would literally say "Stop", and then start speaking positive words to herself. You can too!

Choose Love, Not Fear

Love is the ultimate way to live with a high state of mind. Love is more powerful than fear. Love casts out fear. Love is inside out. Fear is outside in. Love radiates from us. Fear tries to invade us. We create and live from the love inside of us to overcome the fear that tries to sabotage us. When you focus on love, fear dissipates. So, instead of worrying about the outcome, love the process. Instead of fearing what people think, focus on loving what you do. Instead of fearing making a mistake, love the moment and opportunity you have. Instead of living in fear, choose to live with love. You will be stronger and more powerful as you take on your daily struggles and the challenges in the world.

Remember You Are ONE Not Separate

The One Truth is that everything in life is influenced by oneness and separateness. For example, a team that is divided is disconnected and powerless. A team that is united is connected and powerful. The same applies to you. When you feel a sense of oneness, connection and unity, you feel strong. When you feel separate from yourself, from others and spiritually you feel disconnected, negative and weak. It's why all mental health disorders report feelings of being isolated, disconnected, alone and separate. It's why the root for the Greek word of "anxious" means to separate and divide. You will be more negative the more separate you feel. The more connected you feel the more positive you will be. My hope is that you will keep reminding yourself that you are ONE. The One Truth explains this in a profound, but practical way.

– Jon Gordon