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| Period 1 | 7:45 – 8:30 |
| Period 2 | 8:35 – 9:15 |
| Break | 9:15 – 9:30 |
| Period 3 | 9:35 – 10:15 |
| Period 4 | 10:20 – 11:00 |
| Period 5 | 11:05 – 11:45 |
| Lunch | 11:45 – 12:15 |
| Period 6 | 12:20 – 1:00 |
| Period 7 | 1:05 – 1:45 |
| PTO Ice Cream Party | 1:45 – 2:45 |


 **A HUGE THANK YOU** to all of you for making our **Cash for Cougars Fundraiser** such a success! To celebrate, we have adjusted our classes to accommodate an **ICE CREAM PARTY** and **PRIZE Drawing** after 7th period. When the bell rings, your 7th period teacher will escort your class to the Sports court for the All-School Party.


 **Today's Latinx and Hispanic Heritage Month quote** comes from Sylvia Rivera, a Puerto Rican Venezuelan LGBTQ activist who said, **"We have to be visible. We are not ashamed of who we are."**


 **Today is our Cougar Pride Spirit Day!** If you are wearing Carmel Gear or LOTS of RED, come out to the main quad during break and see Mrs. Wells for a Cougar Buck! Today is also your chance to earn Cougar Bucks! Grab a partner and head to the main quad for our Fun Friday Activity and for your chance to earn Cougar Bucks! If you save up FOUR Cougar Bucks, head over to the student store to purchase a delicious frozen treat. You can only purchase one frozen treat at a time. However, you can participate in the Fun Friday Activity as many times as you would like! Each participant receives one Cougar Buck, and the winners receive two! **Go Cougars!**


 **INK-tober's Word of the Day is: EXOTIC.** Come join us at lunch in the library any day you can during the month of October to practice our ink drawing skills. No talent is needed. Just bring a pen, some paper, and a positive attitude.


 **Good Luck to our Cross-Country Team** in their meet at Pacific Grove Middle School today. Good luck runners!

 **In the 6th Grade Wiffleball Tournament of Donuts yesterday,** it was another close game as the **Mayer/Diaz Axolotls** took on the **Magrantasaurus Rexes**. Both teams started off strong, putting up 3 runs in the first inning. The game remained tied through four, until the Axolotl's manufactured a couple of runs in the top of the fifth. In the bottom of the last inning the Rexes had a chance to come back but were denied by Kiran Seeklander who made a Willy Mays style catch in center field. The Axolotls won 5-3. Today's game will feature the **Silva Snakes** versus the **LA Ferocious Flaming Flamingos**.

 **We need our Loaner Chromebooks back!** If you have borrowed a loaner Chromebook, please return them to the library by the end of the school day. Do not take them into break with you UNLESS your original Chromebook is being fixed by Mr. Adam.

 **Our Lost and Found** is FILLED with hoodies, water bottles, and lunch bags! Please stop by the shelf between the office and cafeteria to claim your forgotten or misplaced items. ALL will be donated to charity during October Break, so claim your stuff today!

 **October Break is just about here!** Your trusty librarians are here to sprinkle literary magic on your downtime! You can check out up to 10 books to take home and read over the break. Stop by at break or lunch to stock up!

 **Today's Menus: Breakfast:** Ham, Egg, and Cheese Croissant, a Smoothie with Crackers, and Cinnamon Toast Crunch.
Lunch: Dominos Hawaiian Pizza, Spicy Chicken Sandwich, Veggie Dumplings & Chow Mein, or a Crispy Chicken Wrap.

 **Happy Birthday to:**
Also, to everyone celebrating over October Break, including