





CARMEL MIDDLE SCHOOL COUGARS


Daily Bulletin

Friday, February 7th, 2025


Period 1	7:45 – 8:35
Period 2	8:40 – 9:30
Break	9:30 – 9:40
Period 3	9:45 – 10:35
Period 4	10:40 – 11:30
Lunch	11:30 – 12:00
Period 5	12:05 – 12:55
Period 6	1:00 – 1:50
Period 7	1:55 – 2:45

 **Today is our Cougar Pride Spirit Day!** If you are showing your spirit by wearing LOTS of RED or Carmel gear, head over to the spirit table by the theater during lunch for a Cougar Buck and to be entered into a drawing for your chance to win awesome spirit gear. Today is 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. Each participant receives one Cougar Buck, and the winners receive two!


 **Today's African American History Month** quote comes from **Dr. Mae Jemison**, *engineer and former Nasa astronaut* - **"Never be limited by other people's limited imaginations."**


 **ATTENTION ALL MEMBERS of CJSF:** We have a mandatory meeting TODAY at the beginning of fifth period in the Library. You will meet the CJSF officers for this school year, you will learn about community service, where to post your service hours, etc...! Looking forward to seeing you there!

CMS Sports News:

 **We have a Triple-Header in the gym tonight!** Ladies first... the 7th Grade Girls Team kicks off the action at 4:00pm with a match against Buena Vista Middle School. The 7th and 8th Grade Boys teams will follow by taking on North Monterey Middle School at 5:00 and 6:00pm. Come on out and cheer them on. **Go Cougars!!**

 **SportsNet is OPEN for Spring Sport Registration.** If you are interested in trying out for tennis, golf, wrestling or track & field, you must first be signed up on our online sports registration. If you are not signed up for SportNet, you will not be allowed to try out for a Spring Sport, so don't delay! The **SportsNet** link is located under our **Athletic tab** on our school website.

 **WiffleBall:** After yesterday's rainout and low attendance at the ball field, the **Cheerio Eating Blue Frogs** will try to meet again at Wiffler's Park to take on the **Chilton Glizzy Gobblers!**


 **Next week is National Kindness Week!** CMS will be celebrating this incredible week by having dress-up days all week long that center around Kindness. We will also have daily challenges that will help you reflect on how simple it is to choose kindness. We hope you will participate in the joy of spreading KINDNESS! Here are next week's dress-up days:


Monday - "Dream of a KINDER Future" - Wear PJs.

Tuesday - "We Don't Hide from Kindness" - Wear Camouflage, Brown, Black, or Green

Wednesday - "Team up for KINDNESS" - Wear your favorite sports team gear.

Thursday - "Kindness Makes the Heart Grow" - Wear Pink, Red, or Hearts.

 **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

 **Today's Menus: Breakfast:** A Breakfast Burrito, Yogurt with Granola, and Cinnamon Toast Crunch.

Lunch: Domino's Pizza, Spicy Chicken Sandwich, a Turkey Sandwich, or a Bean & Cheese Burrito.

 **Happy Birthday to:**

AND Happy Birthday to everyone who are celebrating over the weekend, including: