




CARMEL MIDDLE SCHOOL COUGARS


Daily Bulletin

Monday, February 10th, 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

Welcome Back CMS! We hope you enjoyed your weekend!


 **This week is National Kindness Week.** The goal of Kindness Week is to change schools, the workplace, families, and society through kindness. Each day during the morning bulletin, we will give you a Kindness Challenge that we would like to see you participate in here at CMS. Here at CMS, we hope that you choose to **Follow the Cougar Way by Always Choosing Kindness.** Although the nation is celebrating Kindness Week, we would like to see all of you making this a part of your everyday routine! Remember, Kindness is a gift everyone can afford to give. Today we hope that all of you are wearing your PJs and are **“Dreaming of a KINDER future.”** First period teachers, be sure to fill out the Google Form that Mrs. Wells sent to you so we can see which first period class has the greatest number of participants spreading kindness by wearing their PJs. Don't forget that tomorrow you need to wear camouflage, brown, black, or green to show people that **“We Don't Hide From Kindness!”** Then on Wednesday - **“Team up for KINDNESS”** - Wear your favorite sports team gear. Thursday - **“Kindness Makes the Heart Grow”** - Wear Pink, Red, or Hearts.


 **Today's African American History Month** quote comes from — **Alice Walker, novelist and social activist** **“The most common way people give up their power is by thinking they don't have any.”**


 **Congratulations to Friday's Cougar Pride Spirit Day Winner: Zeke Thompson!** Please see Mrs. Wells in P1 during break to choose your spirit t-shirt!

 **Attention all 6th and 7th graders:** If you selected Leadership as your first or second elective choice, please turn in your Leadership Applications as soon as possible to Mrs. Wells in P1 or Ms. Elaine in the front office. If you need a new application, you can pick one up in the front office. They are due by Thursday. **Go Cougars!**

CMS SportsNews:

 **Good luck to our 7th Grade Girls Basketball Teams** in their match at North Monterey County Middle School later this afternoon. **Go Cougars!**

 **Spring Sports begin March 3rd -7th.** If you are interested in Golf, Tennis, Wrestling or Track and Field you must be registered on SportsNet. SportsNet is located under the Athletic tabs on our website and will close for signups on February 27th

 **WiffleBall:** After Friday's rainout at the ball field, the **Cheerio Eating Blue Frogs** will attempt to meet the **Chilton Glizzy Gobblers** again at Wiffler's Park at lunch time today.

 **The Sign Language Club meets** today at lunchtime in the library.

 **Today's Menus: Breakfast:** Freshly Baked Scones, Cinnamon Roll, and Honey Nut Cheerios.

Lunch: CornDog, Chicken & Cheese Tacos, Lasagna with Texas Toast, or a Turkey Club Sandwich.

 **Happy Birthday to:**