

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

Friday, February 28th, 2025

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 also your chance to earn Cougar Bucks! Grab a partner and head to the main guad 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 Amanda Gorman, youngest inaugural poet in U.S. history. Gorman is a Cum Laude graduate of Harvard University who read her original poetry at President Biden's inauguration in 2021. Prior to that, in 2017, Gorman was named the first-ever National Youth Poet Laureate by Urban Word. She said, "There is always light, if only we're brave enough to see it. If only we're brave enough to be it."

Tomorrow is the Monterey County Spelling Bee! Let's cheer on our own Charlotte Beiderwell as she represents our school in this year's competition. We're so proud of her hard work and dedication. Good Luck, Charlotte!!

Spring Sports begin on Monday!

If you have signed up for Track and Field, be prepared to meet your coaches on the track at 3:00pm.

If you have signed up for Wrestling, you will meet your coaches on Monday in the gym at 3:15. Please bring appropriate gear and clothing to school on Monday to practice your sport in.

 $\stackrel{>}{\sim}$ On Tuesday, Tennis tryouts will take place on the tennis courts from 3:15 - 6:00 pm.

5 If you are trying out for Golf, and your last name begins with A – L, meet your coaches at Carmel Valley Ranch on Tuesday from 3:30-4:30. If your last name begins with **M – Z**, meet your coaches at Carmel Valley Ranch on Thursday from 3:30-4:30. Good luck to all!

WiffleBall News: The Abate's Purple Minions took on the Griffindor Traffic Cones yesterday at Wiffler's Park in a showdown that had the crowd biting their nails as the Minions were able to hold the Traffic cones for a good part of the game. The score ended in a 4-0 shutout with the Traffic cones taking the win. Slugger Mr. Griffin knocked a two-run shot that left the crowd chanting, "Batttttttt Lefty, Batttttttt Lefty," Seems like there might be a petition from the league managers for a rule change for the Slugger Mr. G. I don't know folks, a little drama for the 7th Grade Wiffleball Tournament of Donuts, stay tuned to see what the tide brings. Today's game will feature the Green Goblins vs Chilton **Glizzy Gobblers**

The Carmel High School Band Show takes place tomorrow at the CHS Performing Arts Center. Come see our very own CMS Songwriter's Band open the show, backing songs by CMS songwriters Anya Griesser and Holden McDermott! The show is free and begins at 7pm tomorrow night at Carmel High School. We hope to see you there!

Happy Birthday to:

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