






Daily Bulletin

Thursday, March 6th, 2025


Period 1	7:45 – 8:30
Period 2	8:35 – 9:20
Break	9:20 – 9:30
Period 3	9:35 – 10:20
Period 4	10:25 – 11:10
Lunch	11:10 – 11:40
Period 5	11:45 – 12:30
Period 6	12:35 – 1:20
Period 7	1:25 – 2:10


 **Tomorrow is our Cougar Pride Spirit Day!** Be sure to wear as much RED or Carmel gear as possible. **Go Cougars!**


 **March is Women's History Month.** We celebrate Women's History Month to honor the amazing contributions women have made throughout history, in areas like science, politics, art, and more. It's a time to recognize their achievements and inspire everyone to keep working toward equality and empowerment for all. By learning about these trailblazing women, we can better understand the world and make it a more inclusive place. Each day for the month of March, we will honor historical women by reading an inspiring quote. Today's Women's History Month quote comes from **Coco Chanel** when she said, **"A girl should be two things: who and what she wants."**


 **Lights! Camera! Action! The CMS Student Film Festival is in full swing!** Join Mrs. Jeffries today at lunch in Room S2 to learn more about the festival and take part in the Genre Drawing. Don't miss this chance to get involved and let your creativity shine!

Spring Sports:

 **Track and Field** meets on the track from 2:30-3:15pm.


 **Wrestling practice** will take place in the gym from 3:15-5:00pm

 **Golf Tryouts:** If your last name begins with **M – Z**, meet your coaches at Carmel Valley Ranch from 3:30-4:30.


 **Today is the last day to sign up for the CMS Smash Bros Ultimate Tournament.** Sign up by the end of lunch using the Google Classroom join code on the library web site. The tournament bracket will be posted tomorrow, and play begins on Monday. If you'd like to get in a little practice before the tournament, come to Mr Adam's desk in the library at break or lunch, where he has two consoles set up for students to get in a quick match.


 **In the 7th Grade Wiffleball Tournament of Donuts**, yesterday's game was cancelled due to the rain and has been rescheduled for Friday. Today's game will feature the **Chilton Glizzy Gobblers** vs **The Purple Panthers**.


In other Lunch Time Activities:

 **Come write for the CMS Cougar Catch today in C-8.** The Cougar Catch is CMS's student-run newspaper where you can write news stories, draw comics, and photograph life at CMS - from the student perspective. Join us at lunch time.

 **The Songwriter's Club** meets today in Mr. Loosley's Room C9.

 **Do you like Connect 4? The 2nd annual CMS Connect 4 tournament starts next week!** No huge commitment to participate. You'll initially play one game at lunch. If you lose, you're out of the tournament. If you win, you'll advance in the bracket and play the following day. Games take less than 5 minutes and there's a prize! Sign up in room C6!

 **Attention 8th graders interested in Dance next year:** The Carmel High School Dance Team tryouts are coming up and prior dance experience is recommended. If you'd like to learn the routine ahead of time, come to the CHS Dance Room tomorrow, March 7th and next Friday, March 14th from 3:00-4:30pm. Tryouts will take place on Friday March 21st from 3:00 - 4:30pm. For more information contact ktarozzi@carmelunified.org

 **Today's Menus: Breakfast:** Everything Bagel with Cream Cheese, Pan Dulce, and Honey Nut Cheerios
Lunch: Chicken Strips & Chips, Cheeseburger, Rotini w/a bread roll, or a Yogurt Parfait with Granola.

 **Happy Birthday to:**