



Daily Bulletin

Monday, August 18th, 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 had a wonderful 3-day weekend!



TODAY begins our Back-to-School Spirit Week Grade Level Competition. In order to become the Spirit Week Champions, you simply need to dress up for all of the spirit days and participate in the lunchtime activities. Just so you are clear, this is a grade-level competition. Each day you will be able to earn spirit points for your sixth, seventh, or eighth grade class. For instance, if you dress up for a spirit day, you will automatically earn a point for your grade level. **TEACHERS – Please count the number of students dressed up in your first period class and submit the Google Form that Mrs. Wells emailed you this morning so your students can get credit for their participation!**

Today is Pajama Day! Tomorrow is Summer Vacation – Beach Day. Pull out your board shorts and Hawaiian shirts for this spirit day. **Wednesday is Picture Day,** and our dress-up day will help you prepare for the BEST school picture ever. “Dress Your Best” is on Wednesday and put a big smile on your face! **Thursday – Sport Your Favorite Sports Day.** Pull out your favorite team’s jersey or dress up in your favorite sports uniform. **Friday – Cougar Pride Day.** Wear our school colors or LOTS of Carmel gear so you can earn spirit points on the final day of the week. **Don’t forget to come out to the main quad at lunch to earn points for your grade level by participating in the activity. Go Cougars!**

Fall Sports Tryouts Kickoff TODAY!

 **Volleyball - 7th or 8th Grade Girl’s Volleyball Tryouts** will take place after school today and tomorrow from 3-5pm in the gym. **All Boys Volleyball Tryouts** will take place on Wednesday and Thursday, and **6th Grade Girls Tryouts** will be held on August 26th and 28th.

 **All Soccer Tryouts** will be held tomorrow, August 19 through Thursday, August 21 from 3:00-4:30pm

 **Cross Country Practice** will begin next Monday, August 25.

For a complete list of all Fall Sports Tryout dates and times, please visit our webpage and click on **ATHLETICS.**



Do you have the spirit to join the CMS Cheer Team? We’re opening the **2025–2026 Cheer squad** to new members – but only at the start of the year! If you want to cheer at all this school year, you must attend our mandatory meeting and practice after school TODAY from 3:00 to 3:30pm. You’ll learn about the commitment, sign your contract, and take one home for a family signature. Questions? See Coach Hanes in the Library. **Let’s go Cougars!**

Today’s Lunch Time Activities:

 **Join the newest club at CMS!** Come to room S2 at lunchtime to learn about the **Video News and Podcast Club!** Want to report on CMS news and activities? Want to record an interview podcast with your friends? This is your chance to use awesome video production equipment and new MacBooks to make epic videos. See you at lunchtime!

 **Card and Board Games!** Hosted by Mr. Mayer, Room C6 is open every day at lunch for all students, as a fun place to hang out, eat lunch, play games, and even to get help with math. We hope to see you there!



Today’s Menus: Breakfast: Freshly Baked Scones, French Toast Sticks, and Honey Nut Cheerios.

Lunch: Chicken Strips & Chips, a Hotdog, Bean & Cheese Burrito, or a Turkey Sandwich.