



## Daily Bulletin

Monday, October 27th, 2025

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| 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   |

**Congratulations to our Cougar Pride Winner, Gianna Lander!** Please see Mrs. Wells in P1 during break to choose your spirit t-shirt!

**This week, schools from all around the country will be celebrating National Red Ribbon Week.** The Red Ribbon organization is the oldest and largest drug prevention program that was established 39 years ago in order to spread awareness to students regarding the importance of living a healthy lifestyle by being drug and alcohol-free. Millions of people celebrate **Red Ribbon Week** by pledging to live drug-free lives. This year's National Red Ribbon theme is **"Life is a Puzzle. Live it Drug-Free."** At CMS, we try to encourage all of you to make positive choices each and every day by following the **Cougar Way** and always choosing kindness. During Red Ribbon Week, the leadership class will be hosting daily dress-up themes that focus on the Red Ribbon Message. **Today - CMS is Proud to Be Drug Free. We hope you are wearing LOTS of Carmel gear or RED!** First period teachers, please count how many of your students are showing their Cougar Pride and fill out the form that Mrs. Wells emailed to you this morning. The first-period classes showing the most dedication to each day's theme will receive a special treat. **Tomorrow - Follow Your Dreams - Don't Do Drugs. Wear Pajamas to school!** **Wednesday - Black Out Drugs. Wear as much black clothing as possible.** **Thursday - Be a "Jean"ius - Don't Do Drugs. You can wear jeans, a jean jacket, jean shorts, a jean shirt, just wear as much denim as possible!** **Friday - Scare Away Drugs. Be sure to wear your Halloween Costume for this fun minimum day!**

### **Good Luck to our Sports Teams in their games today:**

**Our Soccer Team will face Seaside Middle School at 4pm.** The girls' team plays on our home fields while the boys' team travels to David Cutino Park in Seaside for their match.

**Meanwhile, our 8<sup>th</sup> Grade Girls Volleyball Team** travels to Pacific Grove Middle School for their game.

**Good Luck to all! Go Cougars!**

**Online Sportsnet Registration for Basketball is OPEN!** If you're planning on trying out for Basketball, you must first head to our website, and click on **ATHLETICS**, to access the Sportsnet link. Make sure your parents complete your registration as soon as possible to secure your spot for the upcoming tryouts. You won't be able to participate if you're not signed up.

**Hey future globe-trotters!** The Geo-Bee question of the day is: **Part of the Appalachian Mountains can be found in which state - West Virginia or Kansas? The first person to provide the correct answer at lunch gets a treat.**

**INK-tober Continues!** Come join your fellow earthlings in the library any day you can during the month of October to practice our ink drawing skills. No talent is needed. Just bring a pen, some paper, and a positive attitude. We will announce each word every day in the bulletin. **Today's word is ONION.** Break out that sketch paper and pens and let your imagination take you where it may. Hope to see you today or any day during this month at lunch in the Library!

**The 6<sup>th</sup> Grade Waffle Ball Tournament of Donuts** playoff rounds continue today at lunch time with the **Nakamuraville Nonchalant Labubus** taking on the **Krislyn Cooking King Monkeys.**

**The Video News and Podcast Club** meets in S2 at lunchtime.

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

**Lunch:** Chicken Strips & Chips, a Charbroiled Hamburger, Bean & Cheese Burrito, or a Cheesy Pull Apart.

**Happy Birthday to:**