



CARMEL MIDDLE SCHOOL COUGARS

Daily Bulletin

Wednesday, October 29th, 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

This is a reminder that all cell phones should be off and in your backpack from 7:45 until the end of the school day! If you need to contact your parents, you can do so in the office at break or lunchtime.

Today is Day THREE of National Red Ribbon Week, and we LOVED seeing so many of you Following Your Dreams by wearing PJs to school yesterday. In fact, Ms. Moreno's first period class had 100% of her students wearing pajamas! Congratulations! We hope you enjoy your treats. Today, we are Blacking Out Drugs and Alcohol by choosing to live a healthy lifestyle. Teachers, please complete the form that Mrs. Wells emailed you this morning to let us know how many students are showing commitment to the Red Ribbon Pledge. As the week continues, we hope you will make positive choices and join in on our final two dress-up days:

Tomorrow - 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!**

Our 8th grade Girls Volleyball team has made it to the Championships! Good Luck to the girls when they travel to Pacific Grove High School for their 5pm Championship game against San Carlos School tonight.
Bring home the GOLD Cougars!

INK-tober's Word of the Day is: LESSON! Just bring a pen, some paper, and a positive attitude to the library at lunchtime and let your drawing skills do the rest!

Today's Geo-Bee Question is: The potato and the tomato both originated in the Andean highlands of which continent? The first person to provide the correct answer **at lunch** gets a treat.

Attention all students interested in joining the Science Olympiad team. We will be having a meeting on Thursday at lunch in Mr. Guzzi's room to discuss events and our next steps. If you missed our first meeting and are interested please come to this meeting. Please make sure you have filled out the survey form found in google classroom before our meeting. See you all Thursday.

It was an exciting day at Wiffler's stadium yesterday in the 6th Grade Wiffle Ball Tournament of Donuts, when the *Krislyn Cooking Monkeys* fried up the *Nakamura Labubus* in the elimination round by a score of 13-3! Immediately after that beating, the *Bayer Bears* and *Littletown Lunchables* took the field and played 2 solid innings before the bell rang and sent the players scurrying to 5th period. We will continue that game today with the *Bayer Bears* up 8 to 4. Come out to the park to watch it all go down at lunchtime!

Today's other Lunch time activities:

The Latino Cultures Club meets today in L1 with Sra. Moreno and Sra. Claudia at lunch time.

Today's Menus: Breakfast: Sausage, Egg, & Cheese Sandwich, a Chocolate Muffin, and Cinnamon Toast Crunch.
Lunch: Domino's Pizza, a Chicken Pesto Sandwich, Beef & Cheese Burrito, or Bosco Sticks.

Happy Birthday to: