



**CARMEL MIDDLE SCHOOL
COUGARS**

Daily Bulletin
Tuesday, January 20th, 2026


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, Sloane Panziera!** Please see Mrs. Wells in P1 during break to choose your spirit t-shirt!


 **Basketball News:**


Good luck to our 7th and 8th Grade Teams in their games today! The Boys will travel to Pacific Grove Middle School for their matches, while Girls Teams host PG in our home gym. The 7th graders will hit the court at 4pm, followed by the 8th Graders at 5pm. Come on out and cheer them on! **Go Cougars!**


Players: Are you looking to getting extra shots up? Coach Nakamura will be running open gym for basketball before school tomorrow at 6:20 a.m. and are open to all students.

 **The Class Level Spelling Bees** are happening tomorrow at lunch time! Bring your own lunch to school so you are not late! The schedules are posted in all the language arts classrooms and in the library! If you signed up for the spelling bee and don't know where to go - look for the schedule or ask a librarian!


 **ATTENTION ALL STUDENTS:** Lunch Detention has changed! If you have lunch detention you will immediately report to the front of the gym at the start of lunch and meet Ms. Bump. You have five minutes to arrive—late arrivals will get an extra day of lunch detention. Ms. Bump will give you the instructions once you arrive.


 **ATTENTION 7th & 8th Graders interested in applying for CJSF (California Junior Scholarship Federation):** We are currently accepting applications for CJSF. The deadline to apply is THIS Friday January 23rd by 2:45pm. To apply, please pick up an application on the counter in the Main Office. Before applying, please read the application carefully as there are strict guidelines for acceptance into this association. Please use official Semester 2 final grades when applying. If you have any questions, please reach out to Ms. Magreta.

 **Hey Bookworm Buddies!** Guess what? It's not too late to join the ultimate **Battle of the Books extravaganza!** You've got a solid two months left to conquer those fantastic reads! See your friendly Librarians to sign up now!

 **In the 7th Grade Wiffleball Tournament of Donuts:** After a 4-day BYE, the playoffs continue with the **Abate MegaKnights** taking on the **Princess Loosley's Winning Willinghams** at Wiffler's Park at lunchtime. Come on out and cheer the teams on!

Other Lunch Time Activities:

 **Film Fans!** What is a hotel for spirits like? Come to D7 to watch **Spirited Away** at lunch with Mrs. Krislyn.

 **In the Annual CMS E-Sport Tournament:** With Lily Hicks absent, Theo Buffo and Maisie Kalinowski breezed through to the quarterfinal in Friday's **Mario Kart play**. Today at lunch, Group D Races the Banana Cup in the library!

 **Today's Menu: Breakfast:** Breakfast Burrito, a Pancake Bowl, and Reduced Sugar Trix

Lunch: Orange Chicken over Fried Rice, a Deluxe Cheeseburger, Turkey Club Sandwich, or a Yogurt Parfait with Granola.

 **Happy Birthday to:**