





## Daily Bulletin


Thursday, January 22nd, 2026


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


**Happy Thursday CMS! Today and every Thursday, school is out at 2:10!**

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


 **In the Class Level Spelling Bee's:** It was a great turnout for this year's Spelling Bee! The top three spellers from each grade level are as follows: **6th grade:** Valentino Alvarez, Flora Beiderwell, and Jack Simmons **7th grade:** Felix Pearson, Bianca Dyas, and Eddie Reasoner **8th grade:** Mia Nordloff, Charlotte Beiderwell, and Charlotte Simmons. Congratulations! You have earned an RG Burger lunch (details coming soon) and a seat in the schoolwide Spelling Bee, which will take place next Wednesday in the library during lunch. A big thank you to all the staff and students who participated in yesterday's spelling bee: if you did not receive your gift, please see a librarian to receive a Spelling Bee pen.


 **Attention 6th and 7th Graders:** This is a reminder that your elective worksheets are due **tomorrow**. If you are applying for the **Leadership class**, you must also submit your **Leadership application** to **Ms. Elaine** by the **end of the day tomorrow**. If you have any questions regarding the application, feel free to reach out to Mrs. Wells.


 **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 TOMORROW 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.


 **Basketball Players:** Are you looking to get 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.

### Other Lunch Time Activities:

 **The Songwriters Club** meets today at lunch in C9, Mr. Loosley's room.

 **In the Annual CMS E-Sports Tournament:** Jamie Hanner and Randy Reyes Solono took the top two spots in Group E to move onto the Quarterfinals of the Mario Kart Tournament. Play moves to the theater for the final week of the tournament. Come to the theater today to watch a tough Group F race, the Triforce Cup.

 **Attention Spirited Away Fans- Film Fans!** Will No Face eat all the hotel workers who are just after his gold? Find out by watching *Spirited Away* at lunch in D7 with Mrs. Krislyn.

 **Today's Menus: Breakfast:** Freshly Baked Bagel/ Cream Cheese, an Ultimate Breakfast Round, and Cinnamon Chex  
**Lunch:** Beef and Cheese Tacos, a Western Burger, Ham and Cheese Sub Sandwich, or Fruit Yogurt Parfait w/Granola

 **Happy Birthday to:** Hudson Heley!!