





CARMEL MIDDLE SCHOOL COUGARS

Daily Bulletin

Friday, January 23rd, 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

 **Today is our Cougar Pride Spirit Day!** If you are showing your spirit by wearing **LOTS of RED or Carmel gear**, head over to the spirit table by the theater during lunch for a Cougar Buck and to be entered into a drawing for your chance to win awesome spirit gear. **Head to the main quad today at lunch for our Fun Friday Activity and for your chance to earn Cougar Bucks.** If you save up FOUR Cougar Bucks, head over to the student store to purchase a delicious frozen treat. Each participant receives one Cougar Buck, and the winners receive two! **Go Cougars!**

 **The CMS Science Fair is in the library through Tuesday.** Congratulations to the top 10 projects that will move onto the County fair: Ellie Blum, Mia Cobb, Rio Danielson, Alex Hudzik, Steven Juskiewicz, Claire Kobza, Carmel Rephaeli, Bella Roberto, Yara Shahi, and Sibley Smith. The other awards winners are posted on the bulletin.


Awards of Excellence (County Alternates): Amauta Alcon-Loveland, Eleni Brand, Willow Cosgrove, Olivia Ford, Parker Roxas, Dawson Scherman, Jack Shillinger, Charlotte Simmons, Quincy Stratton, Olivia Tejada


Awards of Honors: Charlotte Beiderwell, Blake Brockmann, Claire Brogden, Ocean DeMars, Sabine Diller, Wukong Emery, Sam Fogg, Haydn Guenther, Eden Hage, Daniel Halmos, Lily Hicks, Vivian Jin, Isabel Kemp, Blaise Laverty, Kat Lawson, Blake Lloyd, Georgia Mayer, Shannon Metcalf-Kubicek, Mia Nordloff, Julia Reeves, William Rose, George Shillinger, Addie Stafford.


 **Good Luck to our Basketball Teams in their games over the next couple of days:**


Both of our 8th Grade Teams will travel to the Boys & Girls Club in Salinas to play Madonna after school today at 4pm & 5pm, while the **6th Grade Girls Team** travel to Salinas for their 6pm and 7pm games against Buena Vista Middle School.

Tomorrow, our 6th Grade Boys Basketball Team will head to Salinas Rec to take on Palma at 1pm. **Goooooo Cougars!**

 **Mark your calendars because on February 12th, the Library is hosting a Battle of the Books scrimmage!** This will be a casual warm-up before the grand showdown in March. But here's the scoop: SOME of the questions from the scrimmage might just make a surprise appearance during the Battle Scrimmage. Gather your teammates for your chance to become familiar with the format of the BOB and to get a preview of some of the questions that will be asked. All participants should plan to attend this scrimmage on Thursday Feb. 12th in the library during lunch. Talk to a friendly librarian if you have any questions.

 **In the 7th grade Wiffle Ball Tournament of Donuts** yesterday at Wiffers Park, the **Ishler/Wells Welshers** squared off against the **Abate Megaknights** in an elimination game. The Megaknights jumped out early, stringing together a series of singles in the first inning. Despite an incredible defensive effort by Mr. Ishler who laid out for a diving catch in the mud, the Megaknights scored four runs. From there, the bats went quiet on both sides and the game remained scoreless for the remainder of the game. With the win, the Megaknights advance to the next round, where they will face the winner of today's matchup between the **Hoffmanville Swamp Donkeys** and the **Gryffindor GOATS**.

 **In the CMS Esports games:** Hudson Heely made his own birthday wish come true in Thursday's **CMS Mario Kart Tournament**, advancing along with Naish O'Connor out of a competitive Group F. The Group G race in the Egg Cup today in the theater. Racers, check the bracket and don't be late!

 **Today's Menus:** **Breakfast:** Ham, Egg, and Cheese Croissant Sandwich, Banana Bread, and Cinnamon Toast Crunch
Lunch: Domino's Pizza, a Spicy Chicken Sandwich, Bean & Cheese Burrito, and Bosco Sticks.

 **Happy Birthday to _____ and _____**
Also, Happy Birthday to _____ and _____ who will be celebrating over the weekend!!