





**CARMEL MIDDLE SCHOOL  
COUGARS**

**Daily Bulletin**

**Friday, January 30th, 2026**


<b>Period 1</b>	<b>7:45 – 8:35</b>
<b>Period 2</b>	<b>8:40 – 9:30</b>
<b>Break</b>	<b>9:30 – 9:40</b>
<b>Period 3</b>	<b>9:45 – 10:35</b>
<b>Period 4</b>	<b>10:40 – 11:30</b>
<b>Lunch</b>	<b>11:30 – 12:00</b>
<b>Period 5</b>	<b>12:05 – 12:55</b>
<b>Period 6</b>	<b>1:00 – 1:50</b>
<b>Period 7</b>	<b>1:55 – 2:45</b>


 **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.


 **There will not be a main quad Fun Friday Event today** because we want all of you to come support the Mario Kart finals in the theater. The larger the crowd, the more exciting it is for the competitors. For those of you who have four Cougar Bucks and were looking forward to your Friday Frozen Treat, the student store will be open for business!


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

**Tonight, our 6<sup>th</sup> Grade Girls teams** will travel to Salinas Rec to play Gutierrez and Gavilan View Middle Schools at 6:00 & 7:00pm. **Tomorrow our 6<sup>th</sup> Grade Boys team** will travel to Salinas to take on San Benancio Middle School for their Saturday game @ 1:00pm. **Go Cougars!**

 **Attention 8th graders:** If this is your **SECOND** year in CJSF & Ms. Magreta met with you this week & gave you your acceptance letter, please check in to your fifth period class today & then report to the library for a brief meeting to vote in this year's CJSF officers. We will return you to your fifth period as soon as possible.

 **In the CMS Mario Kart Tournament**, the red shells were flying fast and furious in yesterday's Semifinal, where 8 racers competed for the final four spots. Theo Buffo, Angel Rincon Serrano, Ulises Gullien Perez, and Luciano Craft all came out on top of two tough races in front of an excited crowd. Today, come to the theater at lunch to watch these four finalists race the Star Cup for the title of 2026 CMS E-Sports Champion!

 **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.

 **Are you cleaning up your room?** Don't know what to do with those old Pokemon cards you have? Donate your cards to Mr. Mayer in C6. He's trying to collect enough cards to build some decks for a Pokemon unit for his Gaming Class next year. Thanks for considering a donation to CMS!

 **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.

**\*\* In addition to the regular lunch service** - the cafeteria team will have a cart available out by the main quad/basketball courts with cold items for sale halfway through lunch.

 **Happy Birthday to \_\_\_\_\_, \_\_\_\_\_!!**

**Also, Happy Birthday to \_\_\_\_\_ who will be celebrating over the weekend!!**