



# CARMEL MIDDLE SCHOOL COUGARS

## Daily Bulletin

Friday, February 6th, 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

**It is here! Today is National 80s Day!** Are you wearing your neon colors? Leg warmers? Band t-Shirts? If so, be sure that your first period teacher counts you! Teachers, please complete the form that Mrs. Wells emailed to you this morning! The first period class with the most participation will receive a special treat!

**Head to the main quad today at lunch for our 80's Themed 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!**

**In Honor of African American History Month**, we celebrate the incredible lives and contribution of African Americans in the United States by reading an inspirational quote. Today's quote come from **Amanda Gorman**, *youngest inaugural poet in U.S. history*. Gorman is a Cum Laude graduate of Harvard University who read her original poetry at President Biden's inauguration in 2021. Prior to that, in 2017, Gorman was named the first-ever National Youth Poet Laureate by Urban Word. She quoted, **"There is always light, if only we're brave enough to see it. If only we're brave enough to be it."**

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

**Tonight, our 7<sup>th</sup> and 8<sup>th</sup> Grade Girls** travel to Los Arboles Middle School for their matches at 4:00 and 5:00pm, while our **6<sup>th</sup> graders** take on Buena Vista and El Gabilan in Salinas. **Tomorrow our 6<sup>th</sup> Grade Boys team** will travel to Salinas to take on San Benancio Middle School for their Saturday game @ 9:00am. **Go Cougars!**

**CMS is excited to announce auditions for a Spring Musical Review!** Auditions will be held next Thursday Feb 12 in the theater. We're looking for singers, actors, comedians, and confident performers of all kinds. Students should come prepared to share one performance piece: a musical theater song, a monologue, or a short sketch. It's your moment to take the spotlight—come show us what you've got!

**Next week is National Kindness Week, and we are dedicating it to the One and Only Ms. Elaine!!** We will be celebrating this incredible week by having dress-up days all week long that center around Kindness. We will also have daily challenges that will help you reflect on how simple it is to choose kindness. We hope you will participate in the joy of spreading KINDNESS! Here are next week's dress-up days:

**Monday - "Dream of a KINDER World" - Wear PJs.**

**Tuesday - "We Don't Hide From Kindness" - Wear Camouflage, Brown, Black, or Green**

**Wednesday - "Crazy for Kindness" - Wear Mismatched Clothing and have Crazy Hair.**

**Thursday - "Kindness Makes the Heart Grow" - Wear Pink, Red, or Hearts.**

**Friday - "Show the Spirit of KINDNESS" - Wear CMS Spirit Gear or LOTS of Red**

**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!!**