




Daily Bulletin

Monday, February 9th, 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


 **This week is National Kindness Week, and we are dedicating it to Ms. Elaine since it is her last week here at CMS.** The goal of Kindness Week is to change schools, the workplace, families, and society through kindness. Each day, we will give you a Kindness Challenge that we would like to see you participate in here at CMS. Be sure to listen to the bulletin each day for your challenge. Here at CMS, we want to Make Kindness Normal. Although the nation is celebrating Kindness Week, we would like to see all of you make this a part of your everyday routine! Remember, Kindness is a gift everyone can afford to give. **Today's Kindness Challenge: Tell three of your friends what you appreciate about them.**

We hope that all of you are wearing your PJs as we "Dream of a Kinder World." First period teachers, be sure to count how many students dressed up and fill out the Google Form that was emailed to you this morning. Don't forget that tomorrow, **"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

 **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 **Marshawn Lynch,** nicknamed "Beast Mode," who was a powerful NFL running back who started his career at UC Berkeley where he lived on the same dormitory floor as Sra. Moreno-Barr. He was known for his explosive runs, especially the "Beast Quake" with the Seattle Seahawks, where he won Super Bowl XLVIII and became an All-Decade player. He has stated, **"I'm blessed every day I wake up. So, I just try to maximize every day to the fullest."**

 **Congratulations to our Cougar Pride Winner, Vivian Qin!** Please see Mrs. Wells in P1 during break to choose your spirit t-shirt!

 **Attention Basketball Players:** Morning Open Gym is cancelled this week. Mr. Nakamura will catch you next week.

 **CMS is excited to announce auditions for a Spring Musical Review!** Auditions will be held THIS 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!

 **Bus Riders:** You MUST have your Student ID with your bus pass sticker every day. Drivers will be checking them when you get on the bus in the morning and afternoon. If you lose your ID, please bring \$5 to Ms. Eldrige to the office, so she can issue you a new one.

 **Today's Menu: Breakfast:** Freshly Baked Scones, Fruit Yogurt Parfait w/ Granola, and Honey Nut Cheerios!!

Lunch: Chicken Strips w/chips, Charbroiled Beef Patty on a whole grain bun, Lasagna w/ Texas Toast, or 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:**