



**CARMEL MIDDLE SCHOOL  
COUGARS**

**Daily Bulletin**

**Friday, February 13th, 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>

🧡 **Although today is the last day of Kindness Week**, we hope that all of you will remember to make kindness normal and part of your daily routine. Being kind to others can change the world for the better. Remember to be the reason that someone smiles because kindness is a gift that everyone can afford to give. Today, CMS is **"Showing the Spirit of Kindness."** If you are wearing Carmel Gear or LOTS of red, be sure your first period teacher completes the form that Mrs. Wells emailed this morning! Yesterday, Mrs. Silva's class almost had 100% participation with "Kindness Makes the Heart Grow." Enjoy your treats! We hope that you all enjoy your February Break!

**Today's Kindness Challenge:** Write a quick note to a teacher or staff member telling them one thing you appreciate about them.

★ **Today, during lunch, there will be a Kindness Scavenger Hunt taking place.** Ms. Elaine would like to see as many students as she can before she says, **"Goodbye to CMS."** Your challenge is to try search for one of the **FIFTY Kindness Stars** that have been hidden around the school. The stars are only hidden in areas that you are allowed to go to during the lunch period. We have not hidden any Kindness Stars in teachers' classrooms or the bathrooms. Once you find a star, go straight to the office to visit Ms. Elaine. She will have a sweet treat waiting for you! Even if you do not find a star, be sure to stop by the office and say goodbye to one of the kindest people you will ever meet. We will miss you, Ms. Elaine!

💕 Not only do we have an exciting scavenger hunt taking place during lunch, but Mr. Loosley will also be hosting Lunchtime Lovesong Karaoke! Come out to the main quad to listen to some of the best ballads ever written. We hope to see you there!

 **Today's African American History Month** quote come from **Angela Davis:** *renowned American political activist, philosopher, academic, and author*, recognized globally for her work on social justice. Angela Davis once said, **"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."**

🏀 **Good Luck to our 6<sup>th</sup> Grade Boys Basketball Team** when they travel to Salinas Rec tomorrow for their Saturday game to take on Buena Vista Middle School. **Go Cougars!**

🎾 **Spring Sports Registration Is Now Open!** If you are interested in trying out for Wrestling, Golf, Track & Field, or Tennis, you must first be registered on SportsNet. Head to our website and click on **ATHLETICS** and follow the SportsNet link. Registration will close **DURING FEBRUARY BREAK** -on February 22nd, so please be sure to complete all required forms in SportsNet before the deadline. **A special message from the CMS Wrestling coach:** Wrestling is a co-ed sport that will get you in great shape. It builds discipline, mental toughness, and physical fitness that will improve your athletic skills. Girls are also encouraged to join! Did you know that girls' wrestling is one of the fastest growing middle and high school sports in the nation? Join the Carmel wrestling family. Practice begins on Monday, March 2nd at 3:00 in the gym.

🍎 **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 \_\_\_\_\_**

**Also, Happy Birthday to everyone celebrating over February Break, including**

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