



Daily Bulletin

Friday, September 18th, 2026

Period 1	7:45 – 8:20
Period 2	8:25 – 8:55
Period 3	9:00 – 9:30
Break	9:30 – 9:40
Period 4	9:45 – 10:15
Period 5	10:20 – 10:50
Period 6	10:55 – 11:25
Period 7	11:30 – 12:00
Lunch	12:00 – 12:15

Today is a Minimum Day Schedule.

We will attend 1st-3rd period before break, then will head to periods 4th - 7th after break.

All students will be released at 12:00, lunch will be served from 12:00-12:15, and buses will depart promptly at 12:15.



Today is our Cougar Pride Spirit Day! Because it is a minimum day, we will not host a lunchtime activity or have the Spirit Table. However, if you are wearing LOTS of Red or Carmel gear, come out to the main quad during break and see Mrs. Wells for a Cougar Buck.

Good Luck to our Cross Country and Volleyball Teams:



Cross Country has a Cluster Meet today at Pacific Grove Middle School beginning at 4:00pm.



Our Boys Volleyball Team will travel to PG tomorrow morning for their Saturday tournament that begins at 9 am.

On Sunday, our 6th Grade Girls A Team will also travel to Pacific Grove Middle School for their tournament that kicks off at 8:30 am. **Let's go, Cougars!**



ARRRRRRE YE READY?! Tomorrow is INTERNATIONAL TALK LIKE A PIRATE DAY. Today we're celebratin' the only way we know how... EXAGGERATE YOUR RRRRRs ALL DAY LONG! Roll 'em. Growl 'em. Stretch 'em. Make those RRRRRs mighty enough to scare the kraken! Arrr you ready to join the crew? Come visit Ms. Tullius and the Speech Room – C 11a and grab some pirate gear to help you look the part! Pirate hats, eye patches, accessories, and swashbucklin' fun. But beware, mateys... supplies be LIMITED! Don't wait too long or ye may be left walkin' the plank without a pirate hat! Set sail for C 11a and get yer pirate gear while supplies last!



From Science Guy Stadille: Do you like cool rocks, beautiful gems, and dazzling jewelry? Of course you do! Come to the Gem Show at the Monterey County Fairgrounds this weekend. You can buy loads of fossils and polished rocks that are super cheap. Stop by the office for your \$1 off coupon and bring the whole family to the show! Find Mr. Stadille tomorrow or Sunday and he'll give you a free gemstone just for showing up. If you're in 7th grade, you'll even get extra credit for attending. See you at the Gem Show!



Attention Students: Axe body spray, colognes and perfumes are not allowed on campus at any time. Many students and adults are sensitive or allergic to these smells. We appreciate your effort to smell nice but please leave it at home and stick to deodorant.



Today's Menus: Breakfast: Ham, Egg, & Cheese Croissant Sandwich, Cinnamon Swirl Bun, and Frosted Flakes.

Lunch: Domino's Pepperoni & Cheese Pizza, a Taco Bowl w/chips, Cheese Ravioli w/a garlic knot, or a Parfait w/granola



Happy Birthday to: _____ **Also to:** _____ who will all be celebrating over the weekend!