



Daily Bulletin

Friday, October 2nd, 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



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 during lunch for a Cougar Buck and to be entered into a drawing for your chance to win awesome spirit gear. Just as a reminder, the Spirit Table has been moved to the area by the Activities Box/Sports Court.

Grab a partner and head to the main quad for our 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!**



Today's National Hispanic and Latino Heritage Month quote comes from **Carlos Santana**, **"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."**



Attention every human at CMS: INK-tober is HERE! Come join your fellow earthlings in the library any day you can during the month of October to practice our ink drawing skills. No talent is needed. Just bring a pen, some paper, and a positive attitude. We will announce each word every day in the bulletin. **Today's word is RELIC.** Break out that sketch paper and pens and let your imagination take you where it may. We hope to see you today or any day during this month at lunch in the library!



Attention all science and engineering minded students: Are you looking for a way to channel your interest in electricity, coding, anatomy, engineering, or any of the other 20+ events that take place at the regional Science Olympiad event held in the Spring. If so, then the Science Olympiad can be your jam! Mr. Guzzi will be holding an informational meeting next Tuesday, October 6th during lunch in his classroom. If you are interested, get the google classroom code from your science teacher to read about some of the events and plan on attending the meeting next Tuesday.



Do you love Film and Spookiness? Well Mr. Matheson and Mrs. Jeffries have a challenge for you! Make a 60 second horror film by Friday, October 23rd following these requirements: **PROMPT: You'll Never Be Alone ~ PROP: Must use a flashlight in a scene. VIDEO RULE: The audience must see something that the protagonist never sees.**

SOUND RULE: An important sound must be heard offscreen before the source is revealed visually.

Email or chat with Mr. Matheson or Mrs. Jeffries for more information or to borrow equipment! BOO!

Good Luck to our Sports Teams in their upcoming competitions:



Cross Country has a Cluster Meet on our track beginning at 4pm.



While our 6th Grade Girls and Boys Volleyball Teams travel to All Saints for their matches.



Interested in playing basketball? Girls of all skill levels are invited to join us for **Open Gym** with Coach Tarr every Wednesday morning from 6:45–7:30am. Come get some extra shots up, work on your skills, play, and have fun! All girls interested in basketball are welcome. **Go Cougars!**



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!**