



Daily Bulletin

Monday, October 5th, 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



Congratulations to our Cougar Pride Spirit Winner, Aidan Yi! Please see Mrs. Wells in P1 during break to choose your spirit T-shirt!



Today's National Hispanic and Latino Heritage Month quote comes from *Mexican-American author Sandra Cisneros*, **"The more you speak more languages, the more you understand about yourself."**



Attention to 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 SMACK.** 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 tomorrow 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. Happy Investigating.



The Geography Bee has officially launched! The preliminary round of the annual CMS Geography Bee will be held on Wednesday November 4th, and the final round, where we'll crown our champion, will be held on Tuesday, November 10th. Sign up with your Social Studies teacher or with a librarian!



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!



Donut miss out! The CMS Cheer Team Krispy Kreme Fundraiser is off and running! Order from any CMS Cheerleader. Original Glazed are \$18/dozen; Chocolate Iced and Chocolate with Sprinkles are \$20/dozen. Payment is due when you order. Every dozen sold helps us get new warm-ups and head to competition. **Help us raise some dough!**



Come on out to the gym and cheer on our volleyball teams when they host Pacific Grove Middle School today! The 7th grade girls team starts off the competition at 4pm, followed by the 8th Grade Girls at 5pm. The Boys Volleyball Team will round out play at 6pm. **Go Cougars!**



Today's Menus: Breakfast: Freshly Baked Scone, Yogurt Parfait, and Honey Nut Cheerios.

Lunch: Chicken Strips w/chips, All Beef Hot Dog, Chicken Taquitos, or a Cheese & Cracker Bento Box.



Happy Birthday to: