



Daily Bulletin

Friday, October 23rd, 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!**

 **Tonight is our Spooktacular Halloween Dance from 7:00-8:30!** In order to be admitted into the dance, you will simply need your signed permission form. Get ready for a hauntingly good time with an incredible DJ, photo area, games, and more. Be sure to bring extra money for pizza and treats! Don't forget that we will have a contest for the scariest, most creative, most Halloweeniest, and best group costumes. We hope to see you there!

 **Yesterday at Wiffler's Park**, the *M Dawg Elites* took on the *Allentown Alligators* in an elimination playoff showdown, and the Elites came ready to play. Dane Watkins and Finn O'Neal wasted no time getting the offense rolling, each blasting a home run in the first inning to set the tone. The defensive highlights were just as impressive, with Cai Masten and Ziggy Montoya each making spectacular web gems to keep the Alligators at bay. The Alligators managed to scratch across a couple of runs, but they were simply no match for the high-powered Elites, who cruised to a commanding 12-2 victory. Today's playoff action features the *Krislyn Krushers* taking on the *Guzzilacci Goats* in another must-win elimination matchup.

 **Donut forget – TODAY is the day to get your GLAZE on!** Your Krispy Kreme orders will be ready for pickup immediately after school, in front of the school. Be sure to swing by and grab your sweet treats! We'll also have a limited number of individual Original Glazed donuts available for just \$2 each! Thanks for supporting CMS Cheer!

 **Next week, schools from all around the country will be celebrating National Red Ribbon Week.** The Red Ribbon organization is the oldest and largest drug prevention program that was established 40 years ago in order to spread awareness to students regarding the importance of living a healthy lifestyle by being drug and alcohol-free. Millions of people celebrate Red Ribbon Week by pledging to live drug-free lives. This year's National Red Ribbon theme is **"Make a Difference. Be a Hero. Stay Drug-Free."** At CMS, we try to encourage all of you to make positive choices each and every day by following the Cougar Way and always choosing kindness. During Red Ribbon Week, the leadership class will be hosting daily dress-up themes that focus on the Red Ribbon Message.

Monday - We will begin our pledge by celebrating the Red Ribbon Theme, **"Make a Difference. Be a Hero. Stay Drug Free."** **We are asking all of you to dress up like a superhero.** You can wear a superhero T-shirt, a costume, a cape, or a hat. Be as creative as you like. And remember, a superhero doesn't have to be like Superman, or Batman, or Wonder Woman. It can be heroes that we see every day, like firefighters, police officers, teachers, doctors, and nurses.

Tuesday - **Hugs Not Drugs.** Wear your pajamas to school and bring in your favorite stuffie to hug all day.

Wednesday - **"Spread the Aloha"** by choosing not to do drugs. The eighth graders can wear their Aloha sweatshirts, and everyone else can wear Hawaiian gear.

Thursday - CMS is Proud to Be Drug Free. **Be sure to wear Carmel Gear or LOTS of Red.**

Friday - **Scare Away Drugs.** Be sure to wear your Halloween Costume for this fun minimum day! The first-period classes showing the most dedication to each day's theme will receive a special treat.

 **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 be celebrating over the weekend!