





**CARMEL MIDDLE SCHOOL  
COUGARS**


**Daily Bulletin**

**Friday, February 16th, 2024**


<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>


 **Today we will create a culture of belonging as we celebrate National *No One Eats Alone Day*.** Building a culture of belonging makes schools and communities stronger. Beyond Differences was founded by Laura Talmus and Ace Smith to honor the life and memory of their daughter Lili Rachel Smith (1994 – 2009). Since 2010, Lili has been the inspiration and guiding light for Beyond Differences' accomplishments and growth. Like many young people, Lili suffered from social isolation in middle school. Lili was born with Apert Syndrome, a rare cranial-facial anomaly, which caused her peers and teachers to treat her differently than other students. She was not bullied or teased but was often treated as if she were invisible. Lili's brave efforts to overcome social isolation, now serves as a guiding light for other children, adolescents, and families. Lili's experience has grown into a national movement to build a culture of belonging. We believe that middle school can and should be a great experience for everyone. **Our motto: inclusion is the "new cool" in school.**


 **Congratulations to Mr. Matheson's and Mr. Loosley's first-period classes.** They both had about 70% of their students showing their dedication to Kindness Week yesterday by wearing their sports gear. We hope you enjoy your treats! **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. Today is the day we hope you are **"Showing the spirit of KINDNESS" by wearing your Carmel gear or lots of red.** **Today's Kindness Challenge:** Write a quick note to a teacher or staff member telling them one thing you appreciate about them.


 **Come out to the main quad at lunch, find a cozy spot on a picnic blanket with friends, and enjoy some Lunchtime Karaoke Lovesongs with Loosley.** Also, if you are showing your spirit by wearing LOTS of RED or Carmel gear, head over to the spirit table by the theater during lunch for a Cougar Buck and to be entered into a drawing for your chance to win awesome spirit gear. If you have saved up FOUR Cougar Bucks, head over to the student store to purchase a delicious frozen treat.


 **Today's Black History Month** quote comes from **Nelson Mandela**, *Former President of South Africa, Political activist and human rights advocate*, when he said, **"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."**

 **Today is the LAST DAY to register for a Spring Sport!** If you want to participate in Golf, Cheerleading, Wrestling, Tennis or Track & Field, you MUST be registered on SportsNet which is found under the **Athletics** tab on our website by 5:00pm today!

 **If you are a 6th and 7th Grader** who has selected Leadership as your first or second elective choice, TODAY is the LAST DAY to turn in your Leadership Applications! You can drop off your completed applications to Ms. Elaine in the front office or Mrs. Wells in P1 by the end of the day!

 **We need our Loaner Chromebooks back!** If you have borrowed a loaner Chromebook, please return them by the end of the school day.

 **Today's Menus:** **Breakfast:** Ham, Egg, and Cheese Sandwich, a Smoothie w/ Graham Crackers, and Cinnamon Frosted Flakes. **Lunch:** Round Table Cheese Pizza, Chicken Sandwich, Beef & Cheese Tacos, or a Turkey Club Sandwich.

 **Happy Birthday to:**  
today and to everyone celebrating over February Break, including