



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

Daily Bulletin

Monday, November 14th, 2022

"In a world where you can be anything, be kind." Yesterday was **World Kindness Day**. However, the Leadership Class is celebrating it today! Around campus, our poster display cases are filled with messages of kindness to remind each of you of the importance and the impact of being kind to one another. In addition, the leadership class will deliver a special message during fifth period classes to spread a little more joy and kindness. Today we challenge you to remember our CMS Motto, **"Always Choose Kindness."** While you are walking around campus from class to class, say hello to someone you have never talked to before. During lunch, sit with someone new. When you enter your classrooms, greet your teachers with a positive message. These are just a few things you can do today and every day to make someone feel noticed and special. Remember, "Kindness is free to give but priceless to receive." **We appreciate you Cougars!**

Basketball Tryouts begin today! The 7th and 8th Grade Boys will tryout today, tomorrow and Wednesday. **The 7th Grade Boys** will hit the court from 3:00-4:30 and **8th Grade Boys** will show their skills from 4:30-6:00. **The 7th and 8th Grade Girls** tryouts will take place Thursday and Friday, and **6th Grade Basketball** tryouts will be held when we get back from Thanksgiving Break. **Good luck to all!**

Attention 8th graders. If you have PE 3rd or 4th period or are in 5th period and your last name begins with A-K report directly to the library for Week 3 of your special presentations. There is no need to go to the gym first

Congratulations to Last Week's Special Thursday Cougar Pride Spirit Winner: Luca Foreman. Be sure to see Mrs. Wells during break to pick out your brand-new Spirit Gear! Remember that each Friday is a Cougar Pride Spirit Day!

Attention ALL 8th Grade Girls and Boys Volleyball Players: Please come to S2 and meet with Mr. Morgan, Mr. Griffin, and Mrs. Wells at the beginning of lunch TODAY. This is a mandatory meeting.

You're invited to support diversity and inclusion at CMS at the **Be Yourself Club** meeting today in C-3. Bring your lunch and join Mr. Abate, Ms. Clarke, and Ms. Krislyn to help make CMS a safe and welcoming place for everyone.

Attention 7th & 8th Graders applying for CJSF (California Junior Scholarship Federation): We are currently accepting applications for CJSF. The deadline to apply is Friday, December 2nd. To apply, please visit the CMS website and click on the CJSF application link. This form is only accessible to STUDENTS using their CUSD account. Before applying, please read the application carefully as there are strict guidelines for acceptance into this association. Please use official Trimester 1 final grades when applying. If you have any questions, please reach out to your School Counselor.

Keep those contributions coming in for the Carmel Valley Angel Project. The CVAP supports families during the holiday season by providing food, toys, and other important items to those in need. This year, we will be focused on providing items for children from infancy through grade 5. Please consider supporting this collection drive by providing small items such as toothbrushes, socks, crayons, jewelry, flashlights, silly putty, small Lego sets, stickers, balls, hot wheels, or other small toys/items. Items can be placed in the red collection bin in our front office until December 1st. Let's work together and make sure we fill our bin and make a difference in the lives of those in need.

Today's Menus: Breakfast: Cinnamon, Yogurt w/ Granola, and Assorted Cereals
Lunch: Crispy Chicken Sandwich, Orange Chicken w/rice, Bean & Cheese Burrito, or Spicy Chicken Wrap.

Happy Birthday to: