








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


 **Attention Cougars: 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 by the theater during lunch for a Cougar Buck and to be entered into a drawing for your chance to win awesome spirit gear. **Go Cougars!**


 **Come out 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.


 **Did you forget your Spirit Wear?** The office carries a large supply of Charcoal Grey Hoodies, Plaid Pajama Pants, and Super Soft Tees for purchase. Stop by the office and get your Spirit Wear today!


 **Grade Level Spelling Bees-** The Sixth Grade Spelling Bee will take place today during lunch in Mrs. Krislyn's room D-7. The Seven and Eighth Grade Spelling Bee will take place during lunch on Monday, January 23rd. Seventh-grade students report to C-9, Mr. Loosley's classroom, and Eighth-grade students report to D-1, Mrs. Kuenz's classroom. Students who chose to sign up for the spelling bee, please get your lunch quickly and report to the class bee within the first 5 minutes of lunch. You will be allowed to eat during the Bee. **Good Luck!**

 **It's time for the Battle of the Books Scrimmage!** This is a chance for all BoB participants to get together with (or find) your team for March's Battle. In addition to meeting up with your team, the Scrimmage is your chance to become familiar with the format of the Battle and to get a preview of some of the questions that will be asked. All participants and interested students should plan to attend the Scrimmage on Tuesday, January 24th in the library during lunch. Talk to a friendly librarian if you have any questions.

 **Good Luck to our 6th Grade Basketball Teams** in their Saturday games vs Seaside Middle School tomorrow!

 **Spring Sports Sign Ups are OPEN!** If you'd like to participate in Tennis, Wrestling, or Track and Field, you must first be signed up on SportsNet. Your parent can access SportNet under our ATHLETICS tab on the CMS website. Don't delay in signing up to play on one of our wonderful spring sports!

 **Here's a special message from our Wrestling Coach:** Hello Cougars! Wrestling season is right around the corner. We will begin after February break. Make sure you get your paperwork complete now. Do not wait till the last minute! If you want to see what wrestling all is about, come to Carmel High on Thursday January 26th at 5:30pm when the Padres face off against North Monterey County, North Salinas, and Watsonville. Carmel has a chance to win our second ever division title, but they need your support.

 **Today's Menus: Breakfast:** Sausage and Cheese Breakfast Pizza, Yogurt w/Granola, and Assorted Cereals.
Lunch: Cheesy Pull-Aparts w/ marinara sauce, Beef Taquitos, Chicken Corndog, or a Spicy Chicken Wrap.

 **Happy Birthday to:**
AND Happy Birthday to everyone celebrating over the Weekend: