





Daily Bulletin


Monday, January 23rd, 2023


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: Maggie Watts.** Be sure to see Mrs. Wells during break to pick out your brand-new Spirit Gear!


 **You're invited to support diversity and inclusion at CMS** at the [Be Yourself Club](#) meeting today in Ms. Clarke's room C11. Bring your lunch and join Mr. Abate, Ms. Clarke, and Ms. Krislyn to help make CMS a safe and welcoming place for everyone.


 **Grade Level Spelling Bees-** The Seven and Eighth Grade Spelling Bee will take place today during lunch. 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 tomorrow in the library during lunch. Talk to a friendly librarian if you have any questions.

 **Come out to our gym and help cheer on our Basketball Teams in their home games tonight!** The 8th Grade Girls kick off the action at 4:00 when they take on Buena Vista Middle School. The 7th Grade and 8th Grade Boys hit the court at 5:00 and 6:00pm to battle Palma. Come dressed in Spirit Wear and be ready to cheer for the home team!

 **FINAL COUNTDOWN TO ORDER YEARBOOKS:** There are only 4 weeks left to order a 2022-2023 Yearbook! If you have not already secured your copy, head to our CMS webpage and click on the link to purchase your commemorative keepsake today!

 **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:** Cinnamon Roll, Yogurt w/ Granola, and Assorted Cereals
Lunch: Crispy Chicken Sandwich, Orange Chicken w/rice, Bean & Cheese Burrito, or Spicy Chicken Wrap.

 **Happy Birthday to:**