



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

♥ **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. We hope that all of you are showing the spirit of kindness by wearing your Carmel Gear or LOTS of red. If you are showing your spirit, come out to the Spirit Table during lunch for your chance to be entered into a drawing to win free spirit gear. Also, leadership will be around during fifth period to see which classes have the most spirit. Yesterday, it was **Miss Carr's** and **Mrs. Diaz-Perez's** classes that had the highest percentage of students wearing sports gear. We hope you enjoyed your treats. **Today's Kindness Challenge: Write a quick note to a teacher or staff member telling them one thing you appreciate about them. We hope that you all enjoy your February Break!**

🐾 **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 during lunch to enjoy Lunchtime Karaoke Love Songs with Loosley!

🏀 **Good Luck to our 6th Grade Basketball Teams** in their games on Saturday at Seaside Middle School. **Go Cougars!!**

🔬 **Science Olympiad** meets today at lunch in Mr. Guzzi's Room A2.

📖 **The library has a new display!** It's called *Eliana Emerson's Book of the Month!* Come check out what Eliana recommends for a good read!

📅 **It's the LAST DAY TO ORDER OUR CMS 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!

📖 **Does your backpack feel heavy? It may be because you have some overdue library book in there!** Please check your emails for a message from the library about which books you have checked out. Now is the time to return them!

🏓 **Eighth Grade Wiffle Ball Update:** The *AndersonTown Accelerators* won a seesaw battle yesterday against the *Clarke-FordVille Alternators* by a score of 11-5. Tomorrow the *Woodward Water Sensors* will play the *Kuenz Catalytic Converters*.

🌸 **Spring Sports** kickoff when we return from February Break. If you signed up for Wrestling, plan on meeting Coach Shugars on Monday, February 27th from 3:30 - 5:00 pm. For all other Spring Sports information, please head to our CMS website, and click on Athletics.

🗑️ **Stop by the Lost and Found Shelf** by the end of the day to claim your forgotten items before the break!

🍎 **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:**

Also, a very Happy Birthday to everyone celebrating over the February Break: