



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!**



**Tomorrow is Earth Day! Come out to the main quad for an Earth Day Fun Friday Activity** led by the Environmental Club for your chance to earn Cougar Bucks. Earth Day is an event celebrated by more than 140 countries and a billion people around the globe. Outside of today's activity, you can help our planet by picking up trash, planting a tree, turning off the lights, limiting your water usage, offering your time to volunteer with a local nonprofit, and spreading the message about what others can do to help our planet.



**Come out to the track after school and cheer on our Track and Field Team in their League Meet!** The action will start at 4:00. **Track and Field Participants:** The running events in today's meet are all relays! Coach Steely wants everyone to be part of two relay teams in addition to any field events. There are four different relay events, with distances ranging from 100 to 1600 meters. If you did not make arrangements for your relay teams at Wednesday's practice, or if your team needs an additional runner or two, go talk to Coach Thompson in the library today!



**8<sup>th</sup> Graders:** Are you interested cheerleading at CHS next year? If so, plan attending a lunch time meeting in the library today at lunch. The High School Cheer Team will be there to tell you about their program and answer any questions you might have.



**The March/April Edition of the Cougar Catch** is now posted on the CMS school and library websites. Check out the latest edition of our online student newspaper and see what's happening on campus and what CMS students are thinking and talking about.



**Today's Menus:** **Breakfast:** Egg, Cheese, & Bacon Burrito, Bagel w/ Cream Cheese, and Cinnamon Frosted Flakes.  
**Lunch:** Cheesy Pull-Aparts w/marinara, Hamburger, Beef Rotini, or a freshly made Ham and Cheese Sandwich.



**Happy Birthday to:**  
**And to everyone celebrating over the weekend:**