





Daily Bulletin


Monday, October 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 Day Winner: Brayden Anderson!** Please see Mrs. Wells in P1 during break to choose your spirit t-shirt! **Go Cougars!**

 **Today begins National Red Ribbon Week.** Your first period teachers will distribute a pair of Red Ribbon Sunglasses that we hope you will use to Shade Out Drugs. According to the official Natural High Website, 13 is the average age of first-time drug and alcohol use. As we stated last Tuesday at our Red Ribbon Gathering, you all have such a bright future, and we want you to fill your life with something great. You all have a purpose and special gifts to share with the world. We hope that you will focus on your Natural High and live a life free from drugs and alcohol. This week, we will have dress-up days that revolve around this year's National Red Ribbon Theme: Be Kind to Your Mind. Live Drug Free. Please join us in celebrating a drug and alcohol-free lifestyle by taking your Red Ribbon Pledge and dressing up each day. **Tomorrow**, we are going to **"Spread the Aloha"** by having the eighth graders wear their Aloha sweatshirts. For everyone else, we hope that you will dress in Hawaiian gear. On **Wednesday** - You need to remember that we need to embrace **"Hugs Not Drugs,"** and wear our PJs to school. On **Thursday** - You should show that **"CMS is Proud to be Drug Free"** by wearing Carmel Gear or as much Red as possible. On **Friday** - It's time to **"Scare Away Drugs"** by wearing Halloween costumes to school. Also, on Friday, we hope that you will keep on their Halloween costumes for the Halloween Dance that will take place outside in our main quad from 7:00-8:30 P.M. You will need to have your signed permission slip and a bit of cash if you would like to purchase pizza or treats that the PTO will have for sale. Permission Slips will be passed out to students on Wednesday. In addition to an incredible DJ, we will have a Halloween-themed selfie photo booth set up where students can have our parent volunteers take pictures of them. We will also have a costume contest for the scariest, funniest, most original, and best group costumes. All Halloween costumes must be school-appropriate, and you are not allowed to have weapons as a part of your costumes.


 **INK-tober's Word of the Day is: CELESTIAL.** Come to the library today and practice your ink drawing skills.

 **Auditions for the fall play, *The Three Musketeers and the Very Pretty Diamonds*, take place today after school!** This hilarious swashbuckler is filled with slapstick and, of course, duels!! If you're interested, you should already have completed the google form and audition appointment on our school website. If you have any questions, please email Ms. Balistreri at gbalistreri@carmelunified.org.

 **GeoBee Question of the Day: Do you know the name of the highest mountain on earth?** The first 4 people to provide the answer to your friendly librarians today at break will get a cougar buck!

 **The Podcast Club** meets today in room C10.

 **Good Luck to our Girls Soccer and Volleyball Teams** in their home field matches beginning at 4:00pm today!

 **Today's Menus: Breakfast:** Cinnamon Crumble, Benefit Bar, and Cinnamon Toast Crunch.
Lunch: Bean and Cheese Burrito, Chicken Tenders and Waffle, Hamburger, or a freshly made Turkey Sandwich!

 **Happy Birthday to:**