



Daily Bulletin

Monday, October 29th 2018

1	7:45 a.m. – 8:35 a.m.
2	8:40 a.m. – 9:30 a.m.
Break	9:30 a.m. – 9:40 a.m.
3	9:45 a.m. – 10:35 a.m.
4	10:40 a.m. – 11:30 a.m.
Lunch	11:30 a.m. – 12:00 p.m.
5	12:05 p.m. – 12:55 p.m.
6	1:00 p.m. – 1:50 p.m.
7	1:55 p.m. – 2:45 p.m.


Today starts the CMS observance of National Red Ribbon Week. We are asking all of you to make a pledge that you will reflect on the importance of making healthy choices to stay drug and alcohol free. Leadership will be around to all of your fifth period classes today to hand out pledge bracelets and classroom posters. This year's National Red Ribbon Theme is "Life is Your Journey. Travel Drug Free" To make sure that you are taking this journey with us, each day we will have dress up days that support our mission to stay drug and alcohol free. Today we started off the week knowing that Living Drug Free is No Sweat. During fifth period, we will check to see how many of you are wearing your sweats. The class with the highest percentage of participants will receive a special treat. Here are theme days for the rest of the week:

Tuesday: Team Up Against Drugs (wear your favorite team shirt/ jersey or other team gear)

Wednesday: Scare Away Drugs (wear Halloween Costumes)


Thursday: CMS Pledges to be Drug-Free. So, Use Your Head and Wear Red (Cougar Pride)

Friday: Hugs Not Drugs (wear PJs and bring in your favorite stuffed animal)

 **The Environmental Club** would like to thank the 6 people who have already signed up for the Ohm Connect Energy Saving Program! Remember to ask your parents to sign up so you can be on our Team, save the ocean, and earn money and prizes! Come to today's meeting at lunch in Madame Chupka's room D-1 for more information.

There are three more days left in Inktober! If you have sketches you would like to share, you can post them on Remind, or put them in the basket in the library. Today's word is **DOUBLE**.


WiffleNews: The *Whitford Friendlies* play the *Silva Tacos* in the first official game of the season for these two squads. Word on the streets, is that the *Tacos* have promised that they're going to "munch" the *Friendlies*. Tomorrow's game has the *Steely Hillbillies* against the *Krislyn Crushers*.

 **Good Luck to our Volleyball Teams** as they travel to Pacific Grove Middle School for their matches today. **Players:** You bus departs at 3:15. **GO COUGARS!**

Corn Toss Mania: Today, Ms. Prusasky and Mr. Loosley's 1st period classes will meet at the Corn Toss area at lunch to determine their Class Representatives. The official 7th grade class Corn Toss tournament begins tomorrow. Please stay tuned to the bulletin announcement tomorrow to find out what the matchups will be!

 **This is your last chance to guess the mass of the Great Pumpkin in the library.** The form for submitting your best guess is on the front page of MySchool.

VolleyNews: The lunchtime volleyball tournament gets back underway today as the *Johnson Spooky Boys* take on the *Carr Pumpkin Smashers*. Tomorrow, the *Las Calabazas Locas* will face the *Ghoulish Guzzis*.

 **Come out to the soccer field at 4:30 today and cheer on our Boys game against Stevenson! GO COUGARS!!**

The Extended Learning Center will be open after school today in the cafeteria. This is a drop-in program, open to all students who would like have a place to complete homework. Snacks will be provided and late busses to Cachagua and Big Sur are available. The hours are 2:45-5:30, Monday, Tuesday, Wednesday and 2:10-5:30 and Thursday. It will be closed on Fridays.