



Monday, September 23rd, 2019

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.

From September 23rd-27th thousands of schools and youth organizations across the United States will participate in *Start with Hello Week*. *Start with Hello* was created by the Sandy Hook Promise Organization. It focuses on the simple fact that saying hello can make someone's day. It is small but powerful actions that promote connectedness and inclusion. Social isolation is a growing concern throughout the nation. Here at CMS, we want everyone to feel like they belong and are connected to each other. This week we challenge all of you to take the time to say hello to someone new. Remember, always follow the Cougar Way and choose kindness. Go Cougars!

CMS eSports Club will meet today at lunch in S-2. Come by if you're ready to sharpen your gaming skills or test your skills against the best.

Good Luck to our Soccer Teams as they take on Buena Vista Middle School today. Our girls team will travel to Buena Vista Middle School, while our boys will play on our home fields. Both matches will begin at 4:30pm. Ladies: Your bus departs at 3:15. **Go Cougars!**

Our Volleyball Teams will also square off on the courts against Buena Vista tonight, in what are usually 3 exciting matches. Our 7th grade girls take the courts at 4:00, 8th grade girls at 5:00 and the boys round out the evening with a 6:00 game. Come out to our gym tonight to cheer them on and should your **CMS PRIDE**.

6th Grade Girls Volleyball Team: Your game against Buena Vista has been cancelled today. Please meet Ms. Krislyn at the outdoor volleyball court after school for practice and continue sharpening those skills!

8th Grade East Coast Trip Students: There will be a mandatory meeting at lunch today in the library. See you there!

The Dungeons and Dragons Club will reconvene this week on tomorrow and Thursday at lunch in Mr. Abate's room (C-11). Please bring your patience and your created character. We hope to break up into our smaller campaign groups. Due to the overwhelming popularity of the club, we cannot accept any new people at this time.



Happy Birthday to: