



Daily Bulletin
Thursday, October 22nd, 2020

0 period - Early Bird PE	7:35 a.m. – 8:10 a.m.
1st period	8:15 a.m. – 9:00 a.m.
2nd period	9:15 a.m. – 10:00 a.m.
3rd period	10:15 a.m. – 11:00 a.m.
4th period	11:15 a.m. – 12:00 p.m.
5th period	12:15 p.m. – 1:00 p.m.
6th period	1:15 p.m. – 2:00 p.m.
7th period	2:15 p.m. – 3:00 p.m.
8th period	3:15 p.m. – 4:00 p.m.
9th period	Independent Study PE

Attention Cougars: Today is our Thursday Cougar Pride Spirit Day! If you wore as much red or Carmel gear as possible to all of your Zoom classes, snap a selfie that shows off your red or Carmel Gear and submit it to the Google Form found on the CMS Chromebook Homepage. When you complete the form, you will be entered into a drawing for your chance to win incredible gift cards. You can find the Google Form on the CMS Chromebook Homepage. Go Cougars!

Next week schools from all around the country will be celebrating Red Ribbon Week. At Carmel Middle School, we all take Red Ribbon Week very seriously because it is an opportunity to reflect on the importance of making good and healthy choices so we can all live long and successful lives by staying drug and alcohol-free. We are asking all of you to make a pledge next week that you will reflect on the importance of making healthy choices to stay drug and alcohol-free. This year's National Red Ribbon Theme is **Be Happy. Be Brave. Be Drug-Free.** Since we cannot be together on campus to show our dedication to the CMS Red Ribbon message and pledge, we decided that each day next week we will have Zoom school-appropriate dress-up days that support our mission to stay drug-free and live a healthy lifestyle. To encourage you to participate in our commitment to Red Ribbon Week, we will also have first-period competitions to see which class has the MOST participation in the daily theme.. Here are the Theme Days for the week:

- Monday, October 26th is Hugs not drugs Day wear Pj's and hold stuffed animals!**
- Tuesday, October 27th is Be a Rockstar, don't do drugs Day wear Band T-shirts/dress like a Rockstar!**
- Wednesday, October 28th is Blackout drugs Day wear Lots of black clothing!**
- Thursday, October 29th is CMS is Proud to be Drug-Free wear your CMS Cougar Pride Spirit Wear!!**
- Friday, October 30th is Scare Away Drugs Day wear Halloween Costumes!!**

If you do dress-up to support our CMS Pledge to make healthy choices, please take a selfie and upload it to the Google Form on our CMS Chromebook Homepage to be entered into a drawing for your chance to win an awesome gift card.

Inktober's Word of the Day is "CHEF" Today's zoom meeting will be held at **12:15**. Remember that even if you can't attend the zoom meeting, you can still post your artwork and interact on the daily Padlets. REMEMBER, it's never too late to join and participate. If you are still unsure on how Inktober works please join the google classroom using the code **odfzspk** and watch the posted video.

Attention Cooking Club members: if you plan to enter tomorrow's Cupcake Wars, go to our Google Classroom TODAY! All instructions are posted and require planning ahead of time. Can't wait to see your creations!



Happy Birthday to: Chloe Peelman!!