



Daily Bulletin
Friday, October 23rd, 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. – 11:25 a.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

Do Not Forget that next week CMS will be celebrating Red Ribbon Week. Be sure to look for all of the details on our CMS Website and the CMS Chromebook Homepage. In order to spread this year's National Red Ribbon Theme, "**Be Happy. Be Brave. Be Drug-Free,**" we will be having dress-up days. This will be a first period competition, so get your outfits ready!

- **Monday, October 26th: Hugs not drugs Day (Wear Pj's and have your favorite stuffed animal sitting next to you during Zoom)**
- **Tuesday, October 27th: Be a Rockstar, don't do drugs (Wear Band T-shirts or Dress like a Rockstar)**
- **Wednesday, October 28th: Blackout Drugs (Wear lots of black clothing)**
- **Thursday, October 29th: CMS is Proud to be Drug-Free (CMS Cougar Pride Day - Wear Carmel Gear or as much RED as possible)**
- **Friday, October 30th: Scare Away Drugs (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 "RIP" Today's zoom meeting will be held at 1:15. 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 7th & 8th graders: As we begin the second quarter, please note that if you are interested in applying for CJSF (the California Junior Scholarship Federation) your second quarter final grades will be used for acceptance into this program. If you pride yourself on scholastic achievement and community service, please consider joining CJSF at the end of quarter two. "In 1967, the California Junior Scholarship Federation (CJSF) was founded to foster high standards of scholarship, service and citizenship in the middle school/junior high grades. Like CSF, CJSF emphasizes service to the school and the community while encouraging pride in scholastic achievement. In recent years the rapid growth of the California Junior Scholarship Federation (CJSF) has greatly strengthened CSF."

Hey Cougars, Yearbook needs your pictures! To pull off a book this year, we need your help. We need all kinds of photos- hobbies, sports, 8th grade baby pics, selfies, and pics of you doing your thing. **Go to the CMS homepage or click on the following link to see what we need and upload YOUR OWN pics!** <https://www.carmelunified.org/Domain/703>

 **Happy Birthday to: Atticus Frederick!!**

 **Also, Happy Birthday our student celebrating over the weekend: Sofia Tucker!!**