

| Period 1 | $7: 45-8: 35$ |
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| 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 | $1: 55-2: 45$ |

Spirit Week Update: The eighth graders once again DOMINATED the competition at yesterday's Home Run Derby. They hit so many home runs that their spirit score is officially over 300 ! Sixth graders are still in second place, and the reigning champions need to pick up the pace if they hope to hold onto last year's title. Today we've got a crazy competition happening in the main quad. Grab a partner and come on out to earn some points for your grade level at today's lunchtime potato sack races. Don't forget that leadership will be around during fifth period to see how many of you dressed up for CRAZY DAY! We hope to see lots of mismatched outfits and wild hairdos. Here are the rest of the dress-up days:

- Tomorrow, we all need to show our Cougar Pride by wearing our school colors. However, each grade level is going to be assigned a color.
Sixth graders, you need to wear as much WHITE as possible.
Seventh graders, you need to wear as much RED as possible.
Eighth graders, you need to wear as much GRAY as possible.
- Friday is Flannel or Plaid Day! Pull out your flannel shirts and plaid pants for our final spirit day of the week.

Today's Menus: Breakfast: Blueberry Muffin, Fruit, and Milk.
Lunch: Cheeseburger Sliders or Sunbutter and Jelly Sandwich, Fruit, Veggies, and Milk

2021/2022 CMS Planners: Would you like to stay extra organized this school year? Come by the front office at break or lunch and pick up an Academic Planner!

Fall Sports Tryouts begin next Monday, August $30^{\text {th }}$ from 3:00-4:30! Soccer tryouts will take place on the lower fields, Volleyball athletes will meet in the gym, and Cross Country will gather in front of the gym. Complete tryout information can be found on our website - click on ATHLETICS! Please remember that sports tryouts are only open to students who have preregistered on SportsNet, so if you haven't already done so, please remind your parents to access Sportsnet through our CMS website. https://sportsnethost.com/carmelms-parent. Registration closes tomorrow night at 5:00pm.

