



COUGAR NEWS

Dear Lord,

Today we honor our Veterans, worthy men and women who gave their best when called to serve and protect. We pray that you will bless them for their unselfish service to preserve our freedoms, our safety, and our country's heritage for all of us.

We also take a moment for special thanks to our own Cougar Veterans.



Deputy Jeff McCroskey
Army
1985-1988



Mr. Joe Hayden
U.S. Naval Academy: 1976
-1980
U.S. Navy
1980 – 1993



Ms. Sue Macedonio
Coast Guard
1999-2003



Mr. Tim Shipe
National Guard
1981-1987

**CALENDAR
REMINDERS**



Tuesday, Nov. 15

Junior Retreat

Friday, November 18

IS A REQUIRED SCHOOL DAY!!

November 21-25

Thanksgiving Break

Friday, December 9

All Assignments Due

December 12-16

Exam Week

STUDENT LIFE



CARDINAL MOONEY HIGH SCHOOL THANKSGIVING PROJECT FOR BETHESDA HOUSE & SVdP SOCIETY

(An organization that helps/supports families dealing with HIV/AIDS)



Sponsored by our St. Vincent de Paul Society

Please join us for Cardinal Mooney's Thanksgiving Project to help families who have been stricken with this illness.

Starting Monday, Nov 14th – Friday, Nov 18th (before Period 7) we would like to collect food and dinner items to fill the boxes. Lists & boxes will be provided to all Theology teachers for collection.

Let us once again show the community how much Cardinal Mooney Catholic High School cares!



Join us for the 25th Annual Jingle and Jog 5K Run/Walk benefiting The Haven!

To participate in the run, click here: <https://runsignup.com/Race/FL/Sarasota/JingleandJog5k>

All funds raised by the event benefit the mission of The Haven, providing programs and services for children and adults with disabilities.

Click on the link below to sign up to help volunteer for the race.
<https://www.signupgenius.com/go/10c0f4ca4a923a3fcc52-jingle>

LOOKING FOR COMMUNITY SERVICE OPPORTUNITIES TO COMPLETE YOUR CARDINAL MOONEY GRADUATION REQUIREMENTS?

The All School Module found on Canvas has a routinely updated community service link. Opportunities, current and yearlong, are all posted at this link. Verification forms and letters of our school requirements are also posted for easy access. If you have any questions, please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org.



You take great photos every day. Send us your best photos for consideration in the CMHS yearbook!

**2 WAYS TO SUBMIT
YOUR PHOTOS TO THE
YEARBOOK STAFF:**

Download the Yearbook Snap mobile app from the App Store or Google Play, and enter our access code: **cougars**

OR

Go to yearbookforever.com, enter our school name, click on Yearbook Snap and enter our access code: **cougars**

It's your life. Share your photos of it!

Cougars Connected for Christ student Bible study club will collect canned goods in G-102 to support the Bethesda House fundraiser by St. VdP. **Our next CCC meeting is Wednesday, Nov. 16, where we will pray the rosary while doing Soul Core with Mrs. Maun at 2:45 pm** in comfy workout clothes in G-102. Please RSVP to Dr. K. All are welcome.

ATTENTION PARENTS

Our first adult volunteer meeting for the **Sail Away with Mooney Annual Gala** will be held on Tuesday, November 15, 2022 at 8 am, in the front office.



Come learn how you can help our school and meet other parents by volunteering on a committee.

Questions? Please contact Erica DiMinno at ediminno@cmhs-sarasota.org

C.A.R.E. Board

Cougars Are Reason Enough

Wednesday, November 16

5:00 -6:00 pm *Time Change

Cardinal Mooney Gail Baird Learning Center

Committee sign-ups this evening

This is our parent organization.
Please RSVP to mtomasso@cmhs-sarasota.org
by Tuesday, September 15.

Do you know an 8th grader interested
in Cardinal Mooney?

CARDINAL MOONEY
Catholic High School

You Belong Here!

Placement Testing Dates
November 12th or November 21st
(for rising freshmen)
You must register online at:
www.cmhs-sarasota.org

CARDINAL MOONEY CATHOLIC HIGH SCHOOL
COUGARS

Open House
Wednesday, November 9, 2022
5:15 p.m. - 6:15 p.m.
Check-in, Optional Tours, & Athletic Information
6:15 p.m. - 8:00 p.m.
Informational Sessions

Online registration is required for Open House attendance.
Register at: cmhs-sarasota.org/admissions/
Questions: call Rene Hebda 941-371-4917

Our Senior Ministry students are excited about putting on another retreat for their Junior classmates on
Tuesday, November 15th.

We are asking for your prayers!!!

We will be offering Adoration in the Chapel
from 10-1 during the retreat.

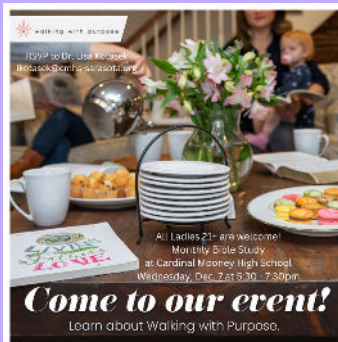
Parents are invited to stop in and spend some time with our Lord in
Adoration.

If you would like to come pray, please send an email to
Julie Santiago at jusantiago@cmhs-sarasota.org


Thank you for your prayers!

PRAY

ATTENTION PARENTS



YOUR VOTE IS NEEDED



Cardinal Mooney Rocks!
We need YOUR help to nominate
Cardinal Mooney for

BEST PRIVATE SCHOOL

Please take a moment to nominate Mooney
for Best of SRQ Local AND the
Herald-Tribune's Reader's Choice Awards.
This is the initial nomination period with
final voting taking place in January.
Use the direct links below to vote DAILY.

[SRQ Magazine
Voting](#)

[Herald Tribune
Voting](#)

Recently, your family received a letter asking for your support of the
2022-23 Let's Make It a Banner Year Annual Fund.

We are so grateful to those families who have already shown their support with a gift that
helps us provide our students with the best education!

Once you receive your thank you letter and CMHS Banner please remember to upload a
photo:

with this link; <https://www.cmhs-sarasota.org/make-it-a-banner-year/>



Thank You

Our sincere thanks to our sponsors, players, and supporters of the sold-out
2022 CMHS Golf Tournament!

**Because of YOU, we raised over \$23,000 for the
Adopt-A-Student Financial Assistance Program.**

ACADEMIC SERVICES & GUIDANCE

If your student takes AP courses, your FACTS account has been billed for their AP exams. It is labeled “incidental fee.” AP exam fees will be due on Friday, December 16th. Fees will vary depending on the number and type of AP tests. They are as follows:

AP Test:	\$97
AP Test Reduced:	\$53
AP Capstone:	\$145
AP Capstone Reduced:	\$101
FLVS AP Test:	Free

Please contact Lori Lewis, Counselor/AP Coordinator, with any questions or concerns.



HOMEWORK HELPERS

Any student of any grade level looking for assistance with homework or prepping for a quiz or test? We offer National Honor Society Homework Help Monday – Thursday in room G105. This service begins at 2:40 and ends at 3:10. No appointment is necessary. For any information, please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org.

Do you have test anxiety? Is it making it difficult for you to be successful in test-taking? We have a solution for you! The guidance office will be hosting a lunch bunch on Thursday, November 17th for both A and B lunches. Pizza will be provided. Space is limited, so please come by the guidance office to reserve your space soon!

Attention, Sophomores, Juniors, and Seniors!

REPRESENTATIVES FROM VARIOUS POST-SECONDARY OPPORTUNITIES ARE EAGER TO SPEAK WITH CARDINAL MOONEY STUDENTS.

How to Attend a Rep Visit

1. Sign Up in your Naviance Account under the What's New Tab (Check for visit updates as the list grows.)
2. Let your teacher whose class you are missing know in advance
3. Create a Pass for the Visit

Athletics - GO COUGARS!

CROSS COUNTRY: Congratulations to Addie Dempsey for winning 2nd place in the State Championship! Kate Ruona finished in 11th. The Girls Team finished 20th and the Boys Team finished 25th in the State.

BOYS GOLF: Will be competing in the State Championship this Saturday. We wish them the best of luck.

SWIMMING: Will be competing at the State Championship next Friday, November 18.

FOOTBALL: Will be competing at John Carroll High School next Friday, November 18, 7:30 pm

Lacrosse Fundraiser Wednesday, November 16!

8:30 am - 9:30 am in CMHS Parking Lot!



\$4.25 Chicken Biscuit

\$2.50 Butter Biscuit



ATHLETIC CLEARANCE / HOME CAMPUS- Parents and athletes, please make sure to have all forms uploaded properly on home campus. We want your children to be able to play as soon as possible and we can't do that without proper forms signed and documented. Paperwork will only be accepted online. Refresh your computer and/or phone if having issues with uploading. Thank you for your support! Please direct calls to Drew Mitchell at 941-371-4917 (ext. 117) if you need assistance with Home Campus.

FAMILY PASSES are now available for \$175. The pass includes 6 names to be emailed to the assistant AD, Drew Mitchell, dmitchell@cmhs-sarasasota.org. All children 10 and under are free when including your 6 names.

GATE COST: All athletic home contest are \$5 for adults and Cardinal Mooney students are free. Children under 10 are free as well... (Passes are good for all home games except FHSAA sanctioned events)

Watch all Cougar home outdoor games in Smithers Stadium on YouTube

<https://www.youtube.com/channel/UC17QeLXzyIIIfj4esSUckz3A>

School Reminders and Everyday Information

Monday	Tuesday	Wednesday	Thursday	Friday
7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7	7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7	Late Start Periods 1-3 7:30 - 9:22 Early Drop off Available in Selby Center. 9:27-10:55 Period 1 10:59-12:24 Period 2B 10:59-11:29 Lunch A 11:33-12:58 Period 2A 12:28-12:58 Lunch B 1:02-2:30 Period 3	7:55 Start time Periods 4-7 7:55-9:23 Period 4 9:27-10:55 Period 5 10:59-11:29 Lunch A 10:59-12:24 Period 6B 12:28-12:58 Lunch B 11:33-12:58 Period 6A 1:02-2:30 Period 7	7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7

NO items may be brought to school during the school day, including lunch, iPads, phones, and athletic gear.

Attendance/Tardy/Early Dismissal Form

This form needs to be filled out by 9 AM each and every time your student is absent, arriving late or leaving early from school. Classes missed will be unexcused until the note is received.

Please use the link to upload any applicable doctor notes.

[Click here for the link.](#)

Please remember!

Only the CMHS uniform polo shirt from
CHILDREN'S WORLD UNIFORM
SUPPLY is allowed.

**SHIRTS MUST BE TUCKED IN
DURING THE SCHOOL DAY.**



Wear your ID EVERYDAY!!!