



COUGAR NEWS

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying,
‘This is the way; walk in it.’” Isaiah 30:21



Gifts of Christ



“October’s focus for the Cardinal Mooney Gifts of Christ character program was beauty. Students should seek beauty in all things and in all situations. Students will find the beauty of God’s creation and wonders around them. While we see students embody this gift of Christ throughout the year, two students have stood out this month. Our October recipients for the Gifts of Christ program are Zeshon Casimir and Ellie Bepko. Congratulations on a job well done! November’s Gift of Christ is “goodness.” Students will exhibit goodness as God’s example during daily life. They will seek goodness in learning situations and remember to see God’s likeness and goodness even in opponents. Faculty and staff will be watching for students who embody goodness.”

SENIOR NIGHT



We will recognize ALL of our Fall Senior Athletes during
football halftime tonight, Friday, November 4th, vs. Bayshore.
Parents and family members are encouraged to attend.



STUDENT ACTIVITIES



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

Cardinal Mooney's Thanksgiving Project to help families who have been stricken with this illness will take place during the weeks of November 7th– 11th and November 14th– 18th

Please follow the schedule below and let's show our Cougar support for these families.

On Monday, Nov 7th – Friday, Nov-11th we would like to collect \$3.00 (minimum) from every student, faculty and staff. This money will be used to buy Turkeys and other items for estimated 60+ families at Bethesda House. Money will be collected in all Theology Classes.

On 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 collections.

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

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.



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.



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!

ATTENTION PARENTS

C.A.R.E. Board

Cougars Are Reason Enough

Wednesday, November 16

6:00 -7:15 pm

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.

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](#)

CALENDAR REMINDERS



Tuesday, Nov. 8
Sophomore Retreat

Tuesday, Nov. 15
Junior Retreat

Friday, November 18
IS A REQUIRED SCHOOL DAY!!
Thanksgiving Break Nov. 21-25

Friday, December 9
All Assignments Due
December 12-16
Exam Week

From the Office of Advancement:

Welcome to Erica DiMinno, our new Assistant Director of Alumni Engagement and Special Events. We are growing to provide the best service to our entire Mooney Community!

- Our first 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



-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 that have already showed their support with a gift that helps us to provide our students with the very best education!

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

Thanks to your support, we are on our way to making it a Banner Year!

Take a selfie holding the Mooney banner - along with family, friends, pets, whomever you like - and send it to us. Show us where you are and what you're up to - at college, on a trip, on a hike, at a game, at a wedding, or on a train. One Cougar, two, or even a crowd - we want to see who and where you are! Upload your picture at <https://www.cmhs-sarasota.org/make-it-a-banner-year/> to share with the rest of the Mooney community on our Facebook pages.



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.



Do you have text 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

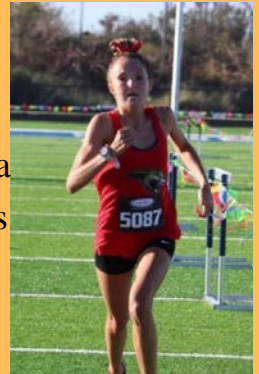
Athletics - GO COUGARS!

BOYS GOLF: The boys team finished 2nd (regional runner up) Wednesday with a team total of 305. The Cougars were led by Sophomore Nico Bencomo who fired a season low 68 and was co medalist for the tournament. The boys advanced to States with the 2nd place finish and will compete next weekend for a state title!



GIRLS GOLF: The girls season came to an end in the Regional Championship. They will look to work hard in the offseason.

CROSS COUNTRY: Both the girls and boys teams advanced to the State finals. The girls finished 6th overall in the Regional Championship with Addie Dempsey winning the overall individual race and Kate Ruona finishing 5th individually. The boys team finished 5th overall with Gage Hassler leading the way for the boys with a 10th place individual finish. The teams will compete this Saturday in the State Finals in Tallahassee at the Apalachee Regional Park. The link is listed below for directions. Admission is \$11 for advanced ticket purchases and \$14 the day of the meet. <https://visittallahassee.com/partners/apalachee-regional-park/>



VOLLEYBALL: The girls volleyball season finished strong reaching the Regional Final (final 8) before losing to Clearwater Central Catholic. The girls will turn around in just a few months to change gears from the hardwood to the sand for beach volleyball this spring.

SWIMMING: CONGRATULATIONS to the swim team as they advance 11 swimmers to the Regional Championships this Saturday, November 5th. Michaela Mattes is district champion in both the 200 IM and the 500 freestyle. She also was a part of two new school records. She broke the 50 yard freestyle record held by Jillian Santiago as she led off our 200 free relay . Our girls 200 free relay of senior Michaela Mattes, senior Leah Troiano, senior Peyton White and freshman Kao Parker qualified 7th. Our girls 200 medley relay of Kai Parker, Michaela Mattes, senior Valentina Baretta, and Payton White qualified 6th for Regionals. Sophomore Daniel Krajewski qualified 3rd for 200 IM with Phillip Singh qualifying 9th. Daniel also qualified 3rd in the 100 breaststroke, along with Michael Navarro Lenza 11th, and Alex Suarez 12th. Brothers Alexander and Turner Mitten qualified in two relays and two individual events each . Our boys 200 medley relay of Alexander Mitten, Daniel Krajewski, Michael Navarro Lenza, and Alex Suarez as anchor qualified 4th for the Regional Meet. Regionals for swimming will take place this Saturday at Northshore Park in St. Petersburg.

Athletics - GO COUGARS!

JV FOOTBALL: - The JV team defeated Lakewood Ranch 34-29 and finished their season with a 3 and 1 record. Awesome job Coach Barnhouse and JV boys!!

FOOTBALL: The varsity team has been busy the last 7 days! The Cougars went up to St Pete last Friday and defeated St. Pete Catholic 35-0. The boys then turned around and played cross town rivals Riverview Tuesday at The Ram Bowl. The Cougars came out with a strong 2nd half shutting out the Rams and scoring 14 second half points. The Cougars came out victorious with a 14-7 victory and the 1st ever win in Football against Riverview! What a great win for the Cougars. They finish the regular season this Friday, (senior night) against Bayshore High School . 7pm Kickoff!

Day	Date	Time	Level	Sport	H/A	Opponent
MON	11/7	5:00 PM	V	GIRLS SOCCER	A	BRADEN RIVER
TUES	11/8	5:00 PM	V	BOYS SOCCER	A	SMA
TUESDAY	11/8	6:00 PM	V	GIRLS SOCCER	H	BRADEN RIVER
THURS	11/10	4:00 PM	V	GWEIGHT	A	SOUTHEAST
FRI	11/11	4:00 PM	V	BOYS SOCCER	A	SEFFNER CHR.
FRI	11/11	7:00 PM	V	FOOTBALL	TBA	PLAYOFFS
FRI	11/11	TBA	V	GOLF	A	STATE FINALS- HOWEY IN HILLS
SAT	11/12	TBA	V	GOLF	A	STATE FINALS -HOWEY IN HILLS

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 FHSA sanctioned events)

Watch all Cougar home outdoor games in Smithers Stadium on YouTube

<https://www.youtube.com/channel/UC17QeLXzyIIfj4esSUckz3A>

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!!!