



COUGAR NEWS

*One does not live on bread alone,
but on every word that comes forth from the mouth of God.
Matthew 4:4b*

Congratulations to the Boys Weightlifting...State Medalists!



JR ROSENBERG
3RD PLACE
TRADITIONAL



JAVIER PASTOR
6TH PLACE
OLYMPIC



THOMAS MATT
6TH PLACE
OLYMPIC

CONGRATULATIONS TO COACH RUANE AND THE
ENTIRE TEAM. THEY FINISHED THE SEASON AS THE
MOST SUCCESSFUL BOYS WEIGHTLIFTING TEAM IN
MOONEY HISTORY!

**Senior and Underclass Exam Schedules are Now Posted on
Canvas (All School/General Information)**

A Garden of Gold

PROM 2023

IMPORTANT INFORMATION

- Prom is on Saturday, April 29th at The Grove in Lakewood Ranch.
- Students must check-in between 6:45-7:15 PM. Photo identification is required for check-in.
- Students will not be permitted to leave Prom prior to 10 PM.
- CMHS reserves the right to refuse any student entry into Prom for violation of any rules or regulations (dress code, inappropriate behavior, etc.)
- Dress code policies can be found on the CMHS All-School Canvas Hub.



**TICKETS GO ON SALE
MONDAY**

**THIS FRIDAY
APRIL 28TH | 7 PM**

ADMISSION \$10

**PURCHASE TICKETS WITH CASH,
CHECK, OR CREDIT CARD DURING
YOUR LUNCH PERIOD**

**OR EMAIL
RKRAUSE@CMHS-SARSOTA.ORG
TO RESERVE TICKETS FOR
WILL CALL PICKUP**

Seniors, you're invited to the
Yearbook Distribution Party
Monday, May 1st @ 2:20pm

On the
same
WAVE length...



Spring Music Concert

Join the Music Department for a fabulous evening of music featuring the SM& M 5th Grade Band, the SM& M Advanced Band, the CMHS Guitar Ensemble and the CMHS Symphonic Orchestra. Our annual Spring Concert will be held on **Wednesday, April 26th at 6:45 p.m.** in the Zazarino Center at St. Martha Catholic School. Admission is free and donations are welcome!



STUDENT LIFE

**Today is the final day to apply
for Class Officer
for the 2023-24 School Year
(President, Vice-President, Secretary and
Treasurer)**

**This is a great way to grow your leadership
skills while being an integral part of the great
things happening for your class next year.**

**Click on this link to apply:
<https://forms.gle/jAiBcE8JfpAq7GRj9>**



Important Dates!

April 25
Blood Drive

April 26
Thespian Honor Induction | 2:45pm
Spring Music Concert
at St. Martha's | 6:45pm

April 27
Underclass Awards Ceremonies
(Grades 9, 10, 11)

April 28
Mr. Mooney Event | 7pm

April 29
Prom at The Grove | 7pm

Wednesday, May 3
7:55 Start Day | 7 Period Day

Wednesday, May 10
7:55 Start Day | Block Day (1,2,3)
Early Dismissal at 12:24

Baccalaureate

Friday, May 12
Graduation



Attention Seniors: Reminders from Mrs. LaFemina

*The last day for seniors to submit any missing assignments or tests from the second quarter of the current semester is the end of school day Friday, April 28th. Teachers will not be able to accept work after this date. Additionally, any coursework through FLVS will need to be completed on or before May 8th in order to be added to the final high school transcript. If you have any questions about missing assignments, quizzes or tests, please reach out to your teacher or advisor, Mrs. LaFemina.

*Mrs. LaFemina is seeking final transcript release forms and scholarship award forms to her office. Please be certain to get these documents to her for senior banquet and graduation.

*Bright Futures: It is not too late to complete your application and test for the Bright Futures Scholarship Award. Please see Mrs. LaFemina for details.

STUDENT LIFE

Students for Life Club is sponsoring Guest Speaker Pam Stenzel on **Tuesday, April 25** from 2:40pm – 3:30pm in our Mooney Chapel. She will be delivering a powerful Pro-Life talk on the issue of Abortion Exceptions?

This talk will be considered as part of an extra credit assignment for Sophomore Theology classes. All students from all grades attending will receive 1 community service hour. There will be sign in sheets.

See Mr. Shipe in room 226 with any questions. Mooney parents are welcome to attend. All students are encouraged to make arrangements with rides and coaches ahead of this event.



We are looking for volunteers to assist with the breakdown of the Mr. Mooney Event on Friday, April 28th.

[Service Hours will be earned!](#)

We have two shifts to choose from (or volunteer at both!)

[Friday, April 28, 9 -11 PM](#)

[Saturday, April 29th, 7-9 AM](#)

Use the QR code to sign up to volunteer.

Parents and students are welcome to help!



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.



COUGAR COMMUNITY NEWS AND SERVICE



Our Last Blood Drive of the Year!

The Bloodmobile will be here Tuesday, April 25th from 9:00 AM to 2:00 PM. Those who are at least 16 and in good health are eligible to donate the "gift of life." Three hours of community service is available for one pint of blood donated.

If you are 16 but not yet 17, you **MUST** bring a parental permission slip and a photo ID with you to the Bloodmobile. You can obtain a permission form when you sign up.

You should have a healthy breakfast before donating. To sign up for this Blood drive, see the Blood Bank recruiters at lunch time on Friday, April 21st or Monday, April 24th.

If you have any questions please see Mr. Scheuer

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The 2022-23 Cardinal Mooney Annual Fund closes on
June 30th—only weeks away!
Every gift of Every size impacts the life of
Every Mooney student.

Show your support today and join other families in making it a banner year.
Click on Donate To Annual Fund - Cardinal Mooney Catholic High School:
Sarasota Private School (cmhs-sarasota.org)

Thank you!

ACADEMIC SERVICES & GUIDANCE



CMHS 2023/2024 Scholarships Available

The Knights of Columbus Council 7826 of St. Thomas More Parish offers a **high school scholarship** program for children and grandchildren of parents and grandparents who are registered parishioners of St. Thomas More.

Scholarships will be awarded for the school year beginning in August 2023 at Cardinal Mooney Catholic High School. There are currently five scholarships available to be awarded ranging in amount from \$1,000 up to \$2,500.

Application forms and guidelines are available at the Parish Office. The deadline for submitting completed applications is May 4, 2023. To receive a packet by email or if you have any questions please email Steve McElroy, Scholarship Committee Chairman, at mcelroyfs@verizon.net or call 941-539-4263.

Attention Seniors:

Care Board Scholarships Available

Are you a four-year student here at Cardinal Mooney High School? If so, here is a scholarship opportunity for you. This is an essay response scholarship which does not carry a GPA requirement or letters of recommendation. If you have any questions, please see Mrs. LaFemina in room E202. Essays are due to Mrs. LaFemina on Wednesday, April 26th at 3:00 pm

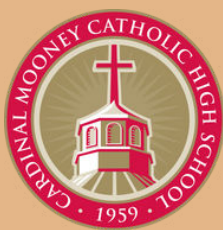
As part of our mission, the Cardinal Mooney Catholic High School CARE Board is offering TWO one-time \$500 Scholarships to two Cardinal Mooney seniors.

To qualify, please write an essay (500 word maximum) on:

"AS A FOUR-YEAR STUDENT OF CARDINAL MOONEY CATHOLIC HIGH SCHOOL, REFLECT UPON THE MISSION STATEMENT OF THE CARE BOARD: *'THE MISSION OF THE C.A.R.E. BOARD IS TO PROMOTE AND FOSTER QUALITY CATHOLIC EDUCATION AND ACTIVITIES BY SUPPORTING THE CARDINAL MOONEY CATHOLIC HIGH SCHOOL COMMUNITY.'*"

In your essay, share with the scholarship committee how you have demonstrated promoting Catholic education and supporting the school community through your experiences at Cardinal Mooney. Include how you plan to promote and foster quality Catholic education and activities for a future generation.

ACADEMIC SERVICES & GUIDANCE



Save the Date Underclassmen Awards Ceremony Thursday, April 27th in the Chapel

Grade 9 - 8:00 am
Grade 10 - 8:40 am
Grade 11 - 9:30 am



On Thursday, April 27th, the guidance department will hold our annual academic awards ceremonies for students in grades 9-11 in the chapel. Freshmen awards will begin promptly at 8 am, followed by our Sophomore ceremony at 8:40 and our Junior awards at 9:30. Parents can attend. In addition, our counselors will email parents of students receiving special awards beyond honor roll designation.

If you have questions about the awards ceremony,
contact Mrs. George or Ms. Lewis

AP Testing begins on May 1st Please check the schedule on Canvas for your testing dates and times.



Some important notes regarding AP Testing:

- Make sure that you arrive early to your testing room.
- Late students cannot take the test.
- AP students are expected to stay on campus for their classes before or after their tests.
- If a student wants to arrive late or leave early, parent MUST complete the attendance/tardy/early dismissal notes online in advance.
- Students should read the AP terms and conditions prior to taking the test. www.cb.org/apexamterms.

Please contact Lori Lewis at llewis@cmhs-sarasota.org if you have any questions.

Good luck!

ACADEMIC SERVICES & GUIDANCE



Applications for the Leadership Sarasota Class of 2024 are now open!

This program is designed to develop and enhance the leadership skills of high school juniors and seniors who are interested in making a positive impact in our community.

As a participant in the program, you will have the opportunity to engage with other like-minded individuals, learn from experienced leaders, and gain valuable insights into the issues facing our community. Through a series of interactive sessions and experiential learning opportunities, you will develop the skills and knowledge necessary to be an effective leader and make a meaningful contribution to our community.

If you know someone who would be a great fit for Leadership Sarasota, we encourage you to share this opportunity with them. Not only will you be helping them to develop their leadership skills, but you will also be making a positive impact on our community by supporting the next generation of leaders. If interested, please see the application in the email from your school counselor.

The deadline for Youth Leadership is June 10.



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 pm and ends at 3:10 pm.

No appointment is necessary.

For any information, please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org.



Athletics - GO COUGARS!

Day	Date	Time	Level	Sport	H/A	Opponent
MON	4/24	4:30 PM	VARSITY	BASEBALL	H	INSPIRATION
MON	4/24	TBA	VARSITY	SOFTBALL DISTRICTS		
MONDAY	4/24	TBA	VARSITY	BEACH	H	DISTRICTS
TUES	4/25	TBA	V	BEACH	H	DISTRICTS
TUES	4/25	7:00 PM	VARSITY	BASEBALL	LWR	LWR
WED	4/26	TBA	V	BEACH	H	DISTRICTS
WED	4/26	8:00 AM	VARSITY	TRACK	A	DISTRICTS- LAKE PLACID
WED	4/26	7:00 PM	VARSITY	BLAX	TBA	REGIONAL SEMIFINALS (BOYS)
TUES	4/25	7:00 PM	VARSITY	BASEBALL	LWR	LWR
THURS	4/27	4:00 PM	VARSITY	BASEBALL	H	BOOKER- SR NIGHT

CONGRATULATIONS TO FOUR OUTSTANDING STUDENT-ATHLETES WHO PARTICIPATED IN AN ATHLETIC SIGNING ON WEDNESDAY IN THE GAIL BAIRD LEARNING CENTER.



KATE RUONA
FLORIDA STATE
UNIVERSITY
TRACK & CROSS COUNTRY

SEAN LAUREANO
ROLLINS COLLEGE
LACROSSE

JACK MACKINNON
UNIVERSITY OF
MICHIGAN
FOOTBALL

JR ROSENBERG
TEXAS A & M
FOOTBALL

Athletics - GO COUGARS!



BOYS LACROSSE



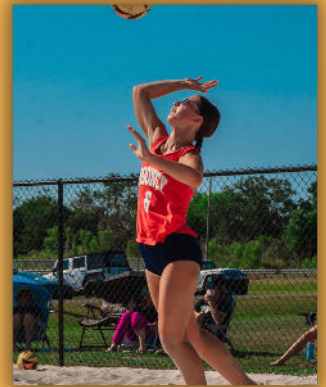
Last week the boys won their **8th District Title** in 10 years. Tonight, April 21, the team will host St. Stephens in the Regional Quarterfinal. The match starts at 7:00.

TRACK AND FIELD

The district meet has been postponed and now will take place next week. Best of luck to our Cougars! Please check MaxPreps for location, date, and time.

BEACH VOLLEYBALL

The girls defeated Braden River to wrap up the regular season with a 14-1 record. They are off to the SSAC State Championships this weekend to defend their State Title! Good luck ladies!



SOFTBALL

The girls lost a hard fought game Wednesday afternoon at home to CCC 5-2. The girls will next be in action next week in districts at a site and opponent yet to be determined.

BASEBALL



The baseball team defeated North Port this week 7-4 in 10 innings to notch their 5th victory of the season. The boys are back in action at Tampa Catholic this Friday. Senior day will take place against Booker on Thursday, April 27th at 4pm.

TENNIS



The girls team finished district runner up this year and just recently faced a fierce Community School of Naples squad who defeated our girls in the first round of Regionals. This was the girls first appearance in regional play since 2018. Awesome season Cougars!

GIRLS LACROSSE



The girls finished their season as the District Runner-up with a record of 8-8. Congratulations to our Lady Cougars on a great season!

Athletics - GO COUGARS!



Summer Camp Information and Registration is now available on our website at <https://www.cmhs-sarasota.org/athletic-camps/>

Boys Basketball Camp - June 26-30, \$150

Participants will learn and work on fundamental basketball drills and skills. The camp is taught by Mooney coaches. Times: 9 a.m. to noon. Ages: Entering grades 3-8

Cougar Cheer Camp - June 19-21, \$100

Campers will learn cheers, dances, tumbling techniques and stunting. The camp is taught by Mooney coaches. Time: 9 a.m. to noon Ages: Grades pre-K and up

Football Camp - June 12-15, \$175

Participants will learn and work on fundamental football drills and skills. The camp is taught by Mooney coaches. Ages - 4th-8th grade

Girls Basketball Camp, June 19-22, \$150

Participants will learn and work on fundamental basketball drills and skills, plus play five-on-five games. The camp is taught by Mooney coaches. Time: 9 a.m. to noon. Entering grades 3-8

Volleyball Camp, July 10-13, \$175

Participants will learn and work on fundamental volleyball drills and skills. The camp is taught by Mooney Head Coach Chad Davis. Time: 9 a.m. to noon Ages: 8 and up

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

****SUBJECT TO CHANGE BASED ON EVENTS****

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.](#)

SPRING
cleaning





Time to clean out those closets!

We will take your pre-loved uniform
pants, shorts and polos!



Drop off in the front office.

CARDINAL MOONEY COUGARS
OFFICIAL TEAM STORE



BSN SPORTS
STEP-UP BACKPACK

OGIO
LOGAN BACKPACK



SALE

UP TO 15% OFF!

SPORT-TEK
RIVAL CINCH BACKPACK

NEW ERA
LEGACY BACKPACK

Now thru 4/30, savings are in the bag when you spend \$100+ at your Cougars Sideline Store. Get 15% OFF the perfect bag and anything else you need with code **EXTRA15**.

SHOP NOW

[HTTPS://TINYURL.COM/2M6E5EA9](https://tinyurl.com/2M6E5EA9)