CATHOLIC HIGH SCHOOL



Whatever you do, do it wholeheartedly, as if you were doing it for the Lord and not for others, since you know that you will receive from the Lord an inheritance as your reward for you are serving the Lord Christ. -**Colossians 3:23** 

ougar Pride

## IMPORTANT INFO

### **Buy Your Ball Drop 50/50 Tickets**



You don't have to be at the Golf Tournament Oct. 6th to win!



### **October Dates**

Tuesday, October 3rd

Freshmen Retreat

Wednesday, October 4th

**Picture Retakes** 

Mu Alpha Theta Induction

Wednesday, October 11th

PSAT | 9th, 10th & 11th Grades

**Seniors No School** 

Thursday, October 12th

7 PERIOD DAY

Monday, October 16th

No School | Fall Holiday



### MENU Week A

#### **MONDAY:**

**BURGERS \$5** 

**CHICKEN FLATBREAD \$5** 

**TOTS \$3** 

**TUESDAY:** 

**CHICKEN TENDERS \$5** 

**ITALIAN SUBS \$5** 

**WEDNESDAY:** 

**MEATBALL SUB \$5** 

PASTA \$5

THURSDAY:

**CHICKEN SANDWICH \$5** 

**EMPANADAS \$5** 

**FRIDAY:** 

MARCO'S PIZZA \$2.50 A SLICE

Week B

#### MONDAY:

**BURGERS \$5** 

SPICY CHICKEN \$5

**TOTS \$3** 

**TUESDAY:** 

**CHICKEN TENDERS \$5** 

STEAK-N-CHEESE \$5

**WEDNESDAY:** 

**PULL-A-PARTS \$5** 

**PRESSED CUBANS \$5** 

**THURSDAY:** 

**CHICKEN SANDWICH \$5** 

**BBQ PORK RIBBS \$5** 

**FRIDAY:** 

MARCO'S PIZZA \$2.50 A SLICE

# ACADEMIC SERVICES



### **PSAT Information**

The PSAT will be given to all students in grades 9, 10 and 11 on October 11th during the school day. Dates:

Wednesday, October 11th – PSAT Testing for 9-11 grade. Students should report at 7:55 on this day for testing. Seniors should not report to school.

**Student dismissal:** 11:00 for standard testers and 11:45 for those receiving extended time.



### **College Visits**

**Information and sign up in Naviance!** 

### **Jacksonville University**

Tuesday, October 3 @ 1:45pm

#### **Boston University**

Wednesday, October 4 @ 9:30 am

### University of Oklahoma- Norman Campus

Thursday, October 5 @ 1:10pm

#### **Merrimack College**

Friday, October 6 @ 8:00am

### PARENT INVOLVEMENT



### All Are Welcome

**First Friday Family Mass** 

We invite parents, students and faculty to join us for Mass on the first Friday of each month at 7:15am in the Mooney Chapel with Father Alex.

First Friday of the month @ 7:15am

October 6

**November 3** 

**December 1** 

### Volunteers Needed at The Mooney Golf Tournament Friday October 6th

We are looking for Enthusiastic
Volunteers to help out on the day of our
Mooney Golf Tournament.

**Volunteers needed for:** 

- Registration and Check-in
- Goodie Bag Distribution
- Helicopter Ball drop ticket sales
- Hole-in-one contest judge
- Putting contest Judge



**Click Here for Donation List** 

Every quarter the CMHS CARE Board will be doing a "Teacher Love" event where we stock the teacher's lounge.

All Items should be dropped off at the school office on Monday, October 2 or Tuesday, October 3rd. The lounge stock will take place on October 4th.



Looking forward to loving our teachers!
Thank you for your support!

### STUDENT LIFE



# Gave The Date Homecoming 2023

We are looking forward to our annual Homecoming Dance on Saturday, Oct. 28th from 7:30-10:00 on our campus. All CMHS students are invited to attend. (No outside guests will be permitted at this event.) Tickets will go on sale on Oct. 16th and will be sold online, in advance. No tickets will be sold at the door. Click here for Dress Code.





### Do You Have Our Students Backs?

We are looking for companies/families to sponsor our Homecoming t-shirt this year. We will be distributing over 800 t-shirts for free to every student, staff and faculty. We are looking for a few companies to sponsor at the \$700 level to have their logo included on the back of every shirt.

Please contact Mrs. Santiago



### STUDENT LIFE



### **VARSITY FOOTBALL**

9/22 **HOME** Game Mooney Vs. Sarasota 7:00pm



Cougar Fans live stream athletic events from our HOME stadium and gymnasium through CMHS Athletics' YouTube channel. This is a NEW COUGAR ATHLETIC YOUTUBE CHANNEL as of September 7, 2023. Subscribe today!



Now accepting credit cards, apple pay, google pay in Concessions



**Concessions** 

### FOOTBALL GAME THEMES















10/20 AWAY BISHOP VEROT





11/3 AWAY Bayshore



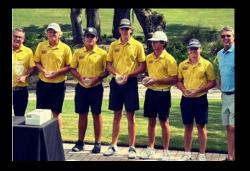
# COUGAR COMMUNITY



CROSS COUNTRY: Senior Addie Dempsey continues her tear this fall! She took another PR with a time of 17:20 at the North Port race last weekend. The Boys team averaged a time of 20:10 and finished 7th place. The JV Girls finished 8th place in their division.

GIRLS GOLF: The girls team lost to Lakewood Ranch this week with Freshman Jolie Pastorick firing an even par 36 and Junior Kaitlyn Galvin shooting a 42. The team will be in the Donald Ross Tournament October 9th.





BOYS GOLF: The boys team defeated St. Stephens last week firing a team low even par 144. The team is currently ranked 32nd in the state out of 425 schools. Junior Nico Bencomo was named athlete of the week, marking the second boys golfer this year as athlete of the week.



VOLLEYBALL: The JV team is currently 12-2 and the Freshmen team is 12-0! The Varsity team is currently 12-4 on the year and ranked 37th in the state in all classifications. The team host Ft. Myers Canterbury next Tuesday at home.



FOOTBALL: The boys varsity won last week at Space Coast 60-0. The team is home this week vs. Sarasota High and then will have a week off (Bye Week) the week of October 6th.



### COUGAR ATHLETICS SCHEDULE

### OCTOBER 2ND -7TH

### **Monday**

Boys Golf: Varsity @ Seffner Christian @ Diamond Hill 3:30pm

### **Tuesday**

Girls Volleyball: JV vs Ft. Myers Canterbury 5:30pm Girls Volleyball: Varsity vs. Ft. Myers Canterbury 7pm JV Boys Golf: LWR Prep @ Laurel Oak CC 3:30pm Girls Golf: Venice @ Legacy 3:30pm

### **Thursday**

JV Football: Booker Home 6pm
Boys Golf Varsity: Mitchell / LWR / Sarasota @ Laurel Oak CC 3:15pm

#### **Friday**

Varsity Volleyball: @ Bishop Moore Tournament
Varsity Football: BYE

### **Saturday**

**Cross Country: @ Riverdale 9am**