COUGAR NEWS

THE WEEKLY NEWSLETTER OF CARDINAL MOONEY CATHOLIC HIGH SCHOOL

OCTOBER 16, 2026 | 2026-2027 | EDITION 12

Cardinal Mooney Catholic High School, a college preparatory institution rooted in Catholic faith, prepares students to serve and lead by nurturing spiritual growth, cultivating the talents of all students, and challenging them to pursue academic excellence.



THE TROPHY GOES TO GAUDIUM!

School spirit and friendly competition took center stage last week as the House of Gaudium took control of the Tournament Cup for the time being.

WHAT'S INSIDE

- ACADEMIC SERVICES P. 2
- C.A.R.E COMMITTEE P. 2
- STUDENT LIFE P. 3
- ATHLETICS P. 3
- CAMPUS MINISTRY P. 4

NEXT WEEK AT A GLANCE

MONDAY OCTOBER 19	TUESDAY OCTOBER 20	WEDNESDAY OCTOBER 21	THURSDAY OCTOBER 22	FRIDAY OCTOBER 23
• No events	• Freshmen Retreat	• PSAT Testing • No classes for Seniors • Open House for Prospective Students & Families 5 PM	• No events	• No events

PSAT TESTING

The PSAT will be given to all freshmen, sophomores and juniors this Wednesday, Oct 21st.

- Students should report to their assigned rooms by 7:50 AM. Room assignments are posted on the doors to the E and G buildings and will also be in Canvas.
- Please note that this is **NOT a late start day**.
- Students with standard time will be dismissed from school by 11am and students with extended time will be dismissed from school by 12pm. Students school day is finished at the conclusion of their testing.
- Students need to bring their fully charged iPads and charging cord with them to school that day. The test is completely digital.
- Seniors do not have classes and do not need to report to school on this day.



Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

COLOSSIANS 3:13

STAY CONNECTED

ACADEMIC SERVICES & COUNSELING

UPCOMING COLLEGE VISITS

The following colleges and universities will be on campus in the coming weeks. Juniors and seniors are welcome to attend college visits, but they must preregister to attend on SCOIR. College visits are being added daily, so always check SCOIR for the most up-to-date schedule!

- Oct 19: Florida Southern College
- Oct 22: Florida State University
- Oct 22: Southeastern University
- Oct 26: University of Miami (FL)
- Oct 28: University of Missouri
- Nov 2: Fairfield College

Students must register to attend a visit on SCOIR at least two days prior to the date of the visit, and also must notify the teacher of the class that they will miss.

FLORIDA BRIGHT FUTURES

October is **Bright Futures** month! Complete your Bright Futures Profile by October 30th. CMHS will be entering senior grades for early evaluation this month only. The next evaluation opportunity will be in February 2026, so don't miss this window! All seniors and senior parents should refer to your email for further details. Any questions, contact Angela Lawandus (Registrar) here.

LUNCH

NEXT WEEK'S MENU

Monday, Oct. 19
- Spicy Chicken Sandwich
- Hamburger
- Cheeseburger

Tuesday, Oct. 20
- Chicken Tenders
- Mac & Cheese

Wednesday, Oct. 21
- No lunch - PSAT Testing

Thursday, Oct. 22
- Chicken Sandwich
- Empanadas

Friday, Oct. 23
- Cheese Pizza
- Pepperoni Pizza

Always Available:
- Salads w/ Chicken
- PB&J
- Noodle Soup
- Snacks & Drinks

C.A.R.E. COMMITTEE: COUGARS ARE REASON ENOUGH









CARDINAL MOONEY CATHOLIC HIGH SCHOOL · 1959 · C.A.R.E COMMITTEE

Thank you parent volunteers for helping with our Ice Cream Sundae bar and all other activities last week !

STUDENT LIFE

@CMHS.STUDENTLIFE

FEEDBACK: HOMECOMING WEEK 2026

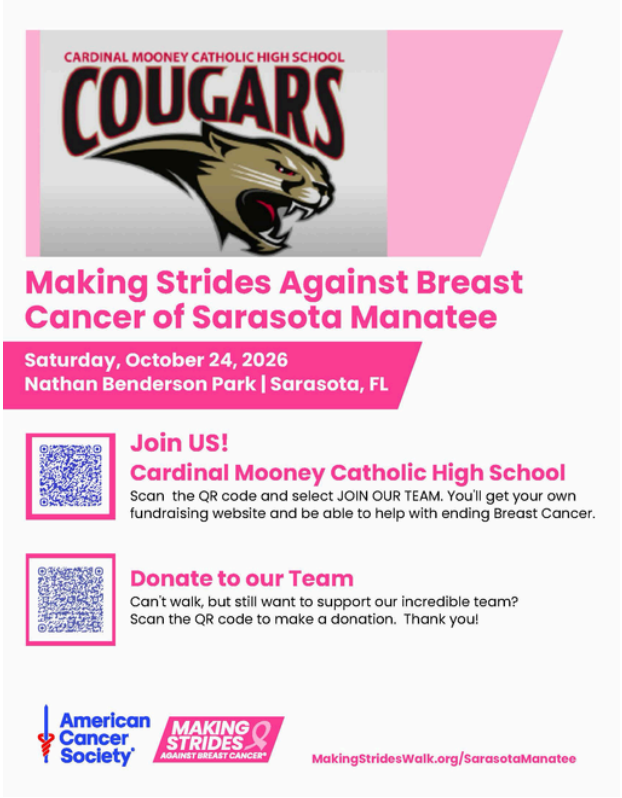
Thank you for helping make Homecoming 2026 a success!
This is your last chance to share you feedback on the week and help us make next year's Homecoming Week even better! Feedback surveys close at 3 PM today.

Student Survey **Community Survey**

SAVE THE DATE: TRUNK OR TREAT 2026

Our 2nd Annual Trunk or Treat will take place during late-start on Wednesday, October 28th!

- Students should keep an eye on announcements and their email for a link to enter your car soon!
- All students welcome to come to school early, walk around the displays, and trick or treat!
- Please be advised that a section of senior parking will be reserved for this event, so parking on this day will be first come - first serve!



ATHLETICS

@CMHS.ATHLETICS

NEXT WEEK'S SCHEDULE

MONDAY OCTOBER 19	TUESDAY OCTOBER 20	WEDNESDAY OCTOBER 21	THURSDAY OCTOBER 22	FRIDAY OCTOBER 23	SATURDAY OCTOBER 24

• **Boys' Golf** at CCC at Cove Cay Invite
  ◦ 9 AM
	• **Girls' Golf** at CCC at Cove Cay Invite
	  ◦ 9 AM
	• **Volleyball** vs TBD (Reg. Qtr-Final)
	  ◦ Varsity: 7 PM
		• No games	• **Girls' Golf** at ODA
			  ◦ 3:30 PM
				• **Football** at Palm Beach Central
				  ◦ 7 PM: Varsity
					• **Cross Country** at Tri-County Championship
					  ◦ 8 AM

CMHS MINISTRY

@CMHS.CAMPUSMINISTRY



OCIT (Becoming Catholic)

WEDNESDAYS 2:45 P.M. - 3:30 P.M.
MEDIA CENTER CLASSROOM

For more information please reach-out to Mrs. Marten or your theology teacher!

EMARTEN@CMHS-SARASOTA.ORG



LIFE TEEN CAMP
COVECREST
TIGER, GA

INFORMATIONAL Meeting

Tuesday, October 27th at 6 p.m.
Media Center Classroom

RSVP HERE





