COUGAR NEWS

THE WEEKLY NEWSLETTER OF CARDINAL MOONEY CATHOLIC HIGH SCHOOL

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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.



MIDSEASON MOMENTUM!

With weeks of hard work, strong performances, and plenty of miles behind them, the **Cougar Cross Country** teams are ready to keep pushing toward the postseason.

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NEXT WEEK AT A GLANCE

MONDAY SEPTEMBER 28	TUESDAY SEPTEMBER 29	WEDNESDAY SEPTEMBER 30	THURSDAY OCTOBER 1	FRIDAY OCTOBER 2
• No events	• No events	• No events	• No events	• House Points at Football vs CCC at 7 PM

FEATURE STORY

Penny Wars Breaks Record!

This week, the House System hosted its second **Penny Wars** competition to raise funds for an organization helping those in need. This year, funds are being donated to **Selah Freedom**, a Sarasota faith-based non-profit anti-human trafficking organization with the mission to protect children, end sex trafficking and bring freedom to individuals who have been exploited. **We are super proud to announce that we broke last year's record by bringing in a record $5,889.03!** Thank you to everyone who contributed, and congrats to Dignitas on winning the competition!





Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.

PSALMS 19:14

STAY CONNECTED

Cardinal Mooney
CATHOLIC HIGH SCHOOL

TWO WEEKS AWAY



FISH Fry

October 9, 2026
5 - 7 PM
Selby Center

Catered by: Walt's Fish Market RESTAURANT & TIKI BAR

CLICK HERE TO PURCHASE TICKETS!

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!

- Sept 30: Nova Southeastern University
- Oct 1: Clark University
- Oct 1: Bryant University
- Oct 5: Hillsdale College
- Oct 5: Drexel University
- Oct 7: Lynn University
- Oct 7: John Carroll University
- Oct 7: Villanova University
- Oct 8: University of South Florida
- Oct 8: Elon University
- Oct 9: Furman University

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.



PSAT TESTING

- The PSAT will be given to all freshmen, sophomores and juniors on **Wednesday, October 21.**
- Students should report to their assigned rooms by 7:55. Room assignments will be 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 by 11am and students will extended time will be dismissed by 12pm.
- Students need to bring their fully charged iPads and charging cord with them to school that day. The test is completely digital.
- Seniors have the day off.

LUNCH

NEXT WEEK'S MENU

Monday, Sept. 28
- Spicy Chicken Sand.
- Ham & Cheeseburger
- Tater Tots

Tuesday, Sept. 29
- Chicken Tenders
- Mini Tacos

Wednesday, Sept. 30
- Meatball Sub
- Pasta

Thursday, Oct. 1
- Chicken Sandwich
- Hot Italian Sub

Friday, Oct. 2
- Cheese Pizza
- Pepperoni Pizza

Always Available:
- Parfaits
- PB&J
- Noodle Soup
- Snacks & Drinks

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

2026/27 MEETINGS

C.A.R.E. Committee meetings take place at 8 AM at Mooney:

- November 9, 2026
- January 11, 2027
- March 8, 2027
- May 10, 2027

UPCOMING EVENTS & VOLUNTEER OPPORTUNITIES

Oct 9: Student Ice Cream Bar during School Lunch
- Sign-up here to donate toppings and/or help serve

Oct 9: Homecoming Fish Fry
- Sign-up here to help with setup or during the event

Oct 16: Parent Coffee & Connections at Foxtail UTC
- Sign-up to attend here.

Oct 19: Staff Birthday Bundts
- Sign-up has filled for this opportunity!

Oct 21: PSAT Snacks for Students Distribution
- Sign-up has filled for this opportunity!

STUDENT LIFE

@CMHS.STUDENTLIFE

HOMECOMING SPIRIT WEEK THEMES ANNOUNCED!

MONDAY OCTOBER 5	TUESDAY OCTOBER 6	WEDNESDAY OCTOBER 7	THURSDAY OCTOBER 8	FRIDAY OCTOBER 9	SATURDAY OCTOBER 10
GAME DAY	DRESS FOR THE EVENT	BARBECUE DADS VS SOCCER MOMS	DRESS FOR YOUR FUTURE CAREER	WEAR YOUR HOMECOMING T-SHIRT	HOMECOMING DANCE
					
REP YOUR FAVORITE TEAM BY WEARING YOUR FAVORITE SPORTS ATTIRE!	PROM! RODEO! LUAU! CHURCH! PICK AN EVENT AND DRESS FOR IT!	ARE YOU A MASTER OF THE GRILL OR A MASTER AT THE MINIVAN CARPOOL?	DRESS FOR THE CAREER THAT YOU DREAM OF HAVING ONE DAY!	HOMECOMING SHIRTS WILL BE DISTRIBUTED EARLY IN THE WEEK TO BE WORN ON FRIDAY!	A NIGHT IN RIO!

HOMECOMING DANCE 2026

When: Saturday, October 10th, 7-9:30 PM
Where: CMHS Selby Center & Courtyard

Who can attend?
All CMHS students are welcome to come to the homecoming dance! Outside guests are not permitted.

How can I purchase a ticket?
Ticket sales will open on Monday, September 28th and will close on Thursday, October 8th at 8 AM. Tickets cost $35 and will be purchased through GoFan (link will be distributed Monday). If you're purchasing a ticket for your date (who is another CMHS student), you will need to complete a second transaction to purchase their ticket.

Any other important details?
Students must check-in at the Dance between 6:45-7:15 PM. Students will not be permitted to leave the Dance before its dismisal for any reason. Assorted food, drinks, and snacks will be available!

What's the dress code?
Homecoming is a semi-formal event and follows Cardinal Mooney's guidelines for a semi-formal dance.

- Males should wear a button-down shirt or a polo shirt, with pants and appropriate footwear. Ties and jackets are welcome but not expected.
- Ladies should wear semi-formal dresses.
  - Hemlines should be longer than the lady's fingertips when her arm is extended by her side, and dress slits should begin lower than the fingertips.
  - The following types of dresses are not permitted:
    - No backless dresses that sit below the natural waistline
    - No midriffs or side cutouts
    - No visible undergarments or see-through dresses
    - No strapless dresses

Other questions?
Please reach out to Mr. Krause here with any questions regarding the Homecoming Dance. If you would like to get your outfit approved prior to purchasing, please reach out to Mrs. Mulligan, Dean of Students, by clicking here.

ATHLETICS

@CMHS.ATHLETICS

NEXT WEEK'S SCHEDULE

MONDAY SEPTEMBER 28	TUESDAY SEPTEMBER 29	WEDNESDAY SEPTEMBER 30	THURSDAY OCTOBER 1	FRIDAY OCTOBER 2	SATURDAY OCTOBER 3

• No games	• **Girls' Golf** vs Charlotte & Palmetto: 3:30 PM
	• **Boys' Golf** vs LWR & Sarasota: 3:30 PM
	• **Volleyball** at Holy Names
	  ◦ 6:30 PM: Varsity
		• No games	• No games	• **Boys' Golf** at LWR: 8 AM
				• **Football** vs CCC
				  ◦ 7 PM: Varsity
					• **Cross Country** at Venice Invitational: 8 AM
					• **Boys' Golf** at LWR: 8 AM
					• **Volleyball** at Estero
					  ◦ TBD: Varsity

CMHS CAMPUS MINISTRY

@CMHS.CAMPUSMINISTRY

COME SUPPORT FOOTBALL & CHEERLEADING

All are welcome to join us for mass with the football and cheerleading teams before all home games at 3 PM!

- Today, Sept. 25th
- Friday, Oct. 2nd

ROSARY PARENT GROUP

Our parent rosary group meets every Friday morning at 7:45 AM in the CMHS Chapel. All are welcome to join us!

STUDENTS: BIBLE STUDY & FCA OPPORTUNITY

- Feed your Faith Bible Study every Thursday during lunch!
- Fellowship of Christian Athletes every Thursday at 7 AM in the Media Center (donuts provided)!

ORDER OF CHRISTIAN INITIATION FOR TEENS

- First session next Wednesday, Oct. 7th at 2:45 PM
- Contact Mrs. Marten for more details!

OFFICE OF ADVANCEMENT

GRATIA GALA

January 23, 2027 - The Ora Premiere Event Venue
Join the Committee! We need your help planning this year's annual gala, please contact Dana Mitchell at dmitchell@cmhs-sarasota.org if interested.

