Camera #1

Good morning cougars! Today is Monday November 11th and my name is _____ .

Camera #1

And my name is _____

Welcome to the Cabin John Morning News Show!!

Camera #1

Please stand for the pledge of allegiance.

(Pause for a 5 seconds)

Camera #1

I pledge allegiance to the flag of the united states of America, and to the republic for which it stands, one nation, under god, indivisible, with liberty and justice for all.

Camera #1

Please be seated.

(Pause for a 3 seconds)

Here's _____ and _____with today's weather and more announcements for the day.

Camera #2

Thank you _____.

Todays weather will have intervals of clouds and sun. Sunset will be at 4:58 pm today.

Camera #2

We will have a high near 61 degrees with winds from the Southeast of about 5 to 10 miles per hour.

Camera #2

I have a message from your counseling team this morning. We are excited that this week is Mental Health Awareness Week.

Camera #2

We will be exploring ways for all of us to stay happy and well, even when times can get stressful and make us feel anxious.

Camera #2

There will be activities, strategies and reminders throughout the week.

Camera #2

And of course you can always come down to see your counselor or use the Mindfulness Room if you need a moment to take a deep breath and chill out!

Camera #2

We are going to start the week with a Mindful breathing exercise that some of you may remember from last year.

Play Video

Camera #2

It is time to start ordering your 2019 - 2020 yearbook! Place your order by November 29th and get a discounted price of only 38 dollars.

Camera #2

The price increases to 45 dollars after November 29. You can place your order on a link found on the Cabin John website.

Camera #2

Now over to _____ with another announcement for the day.

Camera #3

Thanks _____.

Camera #3

Attention all seventh and eighth graders interested in making the Cabin John basketball teams.

Camera #3

There will be an important meeting during PRIDE in the cafeteria on Wednesday, November 13.

Camera #3

Girls who cannot make the meeting need to see Mr. Unger in room 2225. Tryouts for the girls will begin on December 3rd.

Camera #3

Boys who cannot make the meeting need to see Mr. Kanon in room 2131. Tryouts for the boys will begin on December 10th.

Camera #3

Now back to ____ and ____ with a few more announcements for the day.

Camera #1

Thanks _____.

Camera #1

Attention Cabin John students and staff who were not able to take a photo for their photo ID or yearbook on retake day last week.

Camera #1

Lifetouch is taking appointments for Saturday, December 7th, at their Rockville studio located at 15720 Crabbs Branch Way.

Camera #1

Please call in advance to make an appointment. The number is 410-644-7700.

Camera #1

The CJMS PTSA is holding a fundraiser on Tuesday, November 13th from 4-8pm at Gusto Farm to Street Pizza at Montgomery Mall.

Camera #1

Gusto will donate a percentage of proceeds to our the Cabin John PTSA.

Camera #1

Ordering fresh pizzas with the famous cauliflower crust options, and unique salads will give your parents a much needed break from cooking AND benefit a great cause.

Camera #1

So come out to support your PTSA on Tuesday, November 13th. Hope to see you there!

Camera #1

Today is Veterans Day is a U.S. federal holiday observed officially on November 11, regardless of the day of the week on which it falls.

Camera #1

It's an important day set aside to THANK and HONOR ALL who have served in wartime or peacetime.

Camera #1

Be sure to watch the TV's in the halls for other important information about what is going on at Cabin John.

Camera #1

THANK YOU!!!! And make it a great day Cougars!!!!!!