



Apr 22, 2026

Good morning, Cabin John Cougars! Happy Wednesday! Today is April 22nd which means it's National Earth Day. Earth Day is all about taking care of our planet. Whether it's picking up litter, recycling, turning off lights when you leave a room, or walking instead of driving—every little action helps. Let's each do one small thing today to make a big difference for our Earth.

On this date: April 22nd: ([On This Day Website](#))

1970: First celebrated on this day in 1970 in the U.S., Earth Day—founded by American politician and conservationist Gaylord Anton Nelson—helped spark the environmental movement and quickly grew into an international event.

Cabin John Announcements

National Administrative Professionals' Day: Today we celebrate National Administrative Professionals' Day—a special opportunity to recognize the incredible people who keep our school running smoothly every single day. We would like to give a big thank you to Ms. Mudrock, Ms. Murek, Ms. Varhola, Ms. Tung, and Ms. Hardy. From answering endless questions and solving problems before most of us even notice them, to supporting students, staff, and families with patience and care—you are truly the heart of our front office and counseling office. We appreciate all that you do to make our school a welcoming and organized place. If you see them today or when you come to the main office, please take a moment to say thank you!

MSP Art Exhibit: Do you want to show off your artistic talent and your heritage? MSP is hosting an art exhibit from April 27th to May 1st and they want to see your best! Submissions can be physical or digital, but not audio or video. A bitly link will be available in the CJMS Canvas page and submissions are due by Friday April 24th. For more information, contact Ms. Susanna via email or stop by room 1125.

Celebrate Jazz Appreciation Month (JAM) with Tri-M! April is Jazz Appreciation Month! Today, Tri-M celebrates the birthday of Bassist/Composer Charles Mingus, in 1922, in Nogales, Arizona. A towering figure in jazz history, Mingus was a master bassist, composer, and bandleader whose music fused gospel, blues, and avant-garde influences into powerful, emotionally charged works. Known for his fearless creativity and social commentary, his compositions remain some of the most dynamic and influential in jazz.

Multicultural night: Get ready for one of the most exciting events of the year! Friday, May 1st, from 6:30 to 8:30 PM, we're celebrating what makes Cabin John Middle School so special—our incredible diversity—at our annual Multicultural Night! Come out for an evening filled with amazing food, fun activities, and live performances representing cultures and countries from all around the world. Whether you're coming for the food, the performances, or just the great atmosphere, there's something for everyone, you won't want to miss it!

SGA: SGA Spring Movie Night is this Friday at 5:30pm! Come watch Zootopia 2 and play carnival games with us. Tickets are \$5 which include pizza, popcorn, and a drink. Pay online and turn in your permission slip at lunch.

Vote for your favorite Black Eyed Susan nominee! Did you read any of the nominees for the Black Eyed Susan award this year? This week is your last chance to vote for your favorite one. All voting ends on Saturday, April 25th. Stop by the media center to cast your vote and let your voice be heard!

BINGO today in the media center during advisory: If you signed up to play BINGO in the media center today during advisory, you should have received a pass to bring with you. Students without passes will be sent back to their advisory classes. See you today for BINGO!

Pledge of Allegiance

At this time, please stand for the pledge of allegiance:

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.

Joke of the Day:

Charles, Nathaniel 7th grader

Why did the ruler feel important?

Because it always measured up.