



Mar 26, 2025

Good morning, Cabin John Cougars! Today is Wednesday March 26th which means it is also **National Spinach Day!** Whether you love it fresh in a salad or blended into a smoothie, today is a great day to enjoy this superfood packed with vitamins and nutrients! Raise your hand if you know who Popeye is?

### Women's History Month Moment:

As we continue to celebrate National Women's History Month and the incredible contributions made by women today, we celebrate Clara Barton. Did you know that in 1881, Clara Barton founded the **American Red Cross**? She was a pioneering nurse who provided medical aid during the Civil War and dedicated her life to helping people in crisis. Thanks to her efforts, the Red Cross continues to provide disaster relief and emergency assistance worldwide!

### Cabin John Announcements

**Multicultural Night:** Our annual Multicultural Night is happening on Thursday, April 3rd. Sign up for your spot as a table representing your countries and background. Sign-ups are on the CJMS Website. Sign up by March 28th!

**Spanish Review Sessions:** Do you need a refresher on Spanish level 1? Join Mrs. Morales on Wednesdays, after school, in Room 2219 for interactive review sessions. We'll go over key topics to strengthen your skills. This Wednesday we will begin with ABCs, 123s, and Basic Introductions. See you there!

### 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.

### Quote/Question/Joke of the Day:

"It's Wednesday, only 2 more days until Friday!"