



Mar 13, 2025

Good morning, Cabin John Cougars! Happy Thankful Thursday! Today is NATIONAL GOOD SAMARITAN DAY. So today, hold the door for someone else, help an elderly person cross the street, or just be kind to someone you don't normally talk to!

[\(National Day Website\)](#) [\(On This Day Website\)](#)

Women's History Month Moment:

During the month of March, we will be celebrating National Women's History Month. Today we highlight Maria Tallchief who was teased in school for her Native American Heritage and later told to change her name to something that sounded Russian. She persisted, ignoring the taunting and bad advice to become the first great American Prima Ballerina.

Cabin John Announcements

Girls on the Run: Attention: Girls on the Run is back! Please visit the CJMS website if you're interested in participating. Registration closes on March 20th. If you have any questions, please email Ms. Rogers or see her in room 1201.

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!

MISA Today: Reminder - All students should be in first period at this time. After first period, ALL students will be reporting to their testing locations. 8th graders will be taking Units 3 and 4 of the MISA assessment today. Test administrators, please make sure you ONLY administer Units 3 and 4 today. We will make an announcement following the completion of testing today for students to move to period 4 classes.

6th and 7th grade, you will report to your testing locations when the testing time arrives.

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 of the Day:

Think bigger. Forget limits. Embrace the idea of endless possibility...it will change you.