



Mar 26, 2026

Good morning, Cabin John Cougars! Happy Wednesday! This is Ms. Snider with your morning announcements. Today is National Make Up Your Own Holiday Day! If you could create your own holiday, what would it celebrate? Sleeping in, your favorite food, or something totally unique? Get creative and share your ideas with a friend!

Today in History

1979 - On this day in 1979, the first major women's college basketball championship was held, marking an important step forward for women in sports. Organized by the Association for Intercollegiate Athletics for Women before the NCAA began sponsoring women's championships, this event helped bring more recognition, funding, and opportunity to female athletes.

This moment helped pave the way for the growth of women's basketball from college teams to today's national tournaments and professional leagues, showing that women's sports deserve the same spotlight and support.

Women's History Month Moment:

During the month of March, we will be celebrating National Women's History Month. Far too often, the contributions of women—the prominent and the obscure, the pioneers and the innovators, the artists and the activists—have been overlooked.

Today for Women's History Month, we highlight Virginia Apgar, a pioneering doctor who transformed the care of newborn babies. She created the Apgar Score which is a quick test still used today to check a baby's health right after birth and make sure they are getting the care they need.

Her work helped save countless lives and improved how doctors support both mothers and newborns during and after delivery. Dr. Apgar reminds us that innovation in healthcare can change lives from the very first moments.

Cabin John Announcements

Spirit Week: Thank you to everyone who is participating in Spirit Week and wearing their pastels today. Remember, tomorrow is Matching Outfits day. Match outfits with your friends. Coordinate colors and/or style.

We have loved seeing you show off your school spirit all week long!

Churchill BLAST: Attention 8th Graders! We need you to represent Cabin John at Blast 36 at Winston Churchill High School. If you enjoy singing and/or dancing (all levels are welcome), please go to Churchill today at 3:30 to sign up. See Ms. Kumar if you have questions or can not make today, but you would still like to join.

Book Wars: For the 2nd year in a row, District 10 has taken the county Book Wars championship! Congrats to Hoover for bringing it home for us! Our Book Wars teams did really well, with two CJ teams coming in third and fourth out of 12 teams and one of our teams took home first place for best costume. It's Cabin John's turn next year! 😊 Gotta keep the District 10 streak going!

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 April 20th. We encourage you to think about this opportunity over Spring Break. For more information, contact Ms. Susanna via email or stop by room 1125.

Chess Club: The Chess Club is canceled today, March 26. Please do not stay for this activity.

Book Clubbers: Attention Book Clubbers! We will be meeting today during advisory in the media center. See you there!

Congratulations Advanced Band: Yesterday, our Advanced Band participated in the MCPS Middle School Band Adjudication, and they earned straight superior ratings across the board. That means every single judge awarded them the highest possible score in every category—including sight reading. That is an incredible accomplishment and not easy to achieve!

Adjudication is essentially like a standardized test for our music students. It evaluates not only how well they perform prepared pieces, but also how they respond to new music on the spot. Earning superior ratings in all areas shows an exceptional level of preparation, skill, and teamwork.

Please join me in congratulating our Advanced Band on a job extremely well done. We are very proud of your hard work and dedication!

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:

Why are cheetahs notoriously bad at hide and seek?

They are easily spotted!

Make it a great day Cabin John!