

October 2013

CURRENTS

Homecoming Week – October 14-19

The annual celebration of Homecoming will be held at St. Mary's High School the Week of October 14 to 19.

Organized by the St. Mary's Cheerleaders, the week will be filled with a variety of special events and special dress around the theme of "Haunted Homecoming."

The following is the list of events for Homecoming Week:

Monday – No School (Columbus Day)

Tuesday – Class Color Day: Halloween colors

Freshmen: purple; Sophomores: green;
Juniors: black; Seniors: orange;
Faculty & Staff: yellow

PM Liturgy Schedule

Spirit Banner decorating after school

Wednesday – "Western Wednesday"
(Standardized Testing Day – 11:30 a.m. dismissal)

Dress up in cowgirl or cowboy clothes; modesty is stressed; no shorts or bare midriffs; cowboy boots and hats are allowed; hats must be off for testing

Thursday – "Throw back Thursday"
(Class Competition Day)

Freshmen: 50s dress up; Sophomores: 60s dress up; Juniors: 70s dress up; Seniors: 80s dress up; Faculty & Staff: 90s dress up

Special Schedule

Friday – Pride Day (Pep Rally)

Face painting / colored hair spray allowed
Special Schedule

Saturday

1 p.m. – Football Game vs. St. Joe's
8-11 p.m. – Homecoming Dance

All Week Long

Tickets to the Homecoming Dance will be sold every morning before homeroom and during lunches. Some tickets will have coupons for special prizes.

Candy Corn Guessing Game during lunches – guess how many candy corns are in the jar and win points for your class.

Morning Trivia – be the first to answer the question of the day correctly and earn points for your class.

After all competitions, the class with the most points will receive an extra Pride Day (date to be announced).

Thank you, Mr. Ejbisz

Dear Family & Friends,



During the month of September, one of the greatest volunteers at St. Mary's High School announced his retirement.

Jim Ejbisz, who has been running the St. Mary's Sports Booster Club for many years, sold concessions at his last volleyball game and passed the torch on to the next leaders of this very important school group.

Jim and his wife Linda became involved at St. Mary's in 1997, when their only child Kristen was a freshman. And even though it has been over 12 years since Kristen graduated, Jim has been constantly at St. Mary's, working hard for the students and athletes.

Whether it was selling concessions at games or plays, or helping out in so many ways at the Auction or other fundraisers, Jim was doing all he could for the betterment of

the school. Come in on a Sunday morning, and there was Jim doing the inventory or reorganizing the supply closet or replenishing the snacks. Be at school at 10 o'clock at night, and you would find Jim cleaning up after the game or making new signs or emptying the garbage.

Jim was one of the people who helped to bring back the Sports Boosters after a hiatus of several years. And as the head of the Boosters, he was always willing to help the students athletes in any way that he and the Boosters could: by purchasing new uniforms or equipment or even just providing pizza for the visiting team and coaches after a long contest, before their long bus ride home.

On behalf of the faculty, staff, administration, students, athletes, and parents, I want to express to Jim our sincere gratitude for all that you have done. We will miss you very much and hope that you visit St. Mary's often where you will always have a special place in our hearts.

Sincerely,

Director of Special Programs

Looking for St. Mary's items? Try MyLocker.net

For many years, one suggestion that the Administration at St. Mary's has heard is that there should be a place to purchase St. Mary's items.

For example, grandma wants to

show her support of her grandchild with a softball tee-shirt; mom is looking for a coat that shows her love of the volleyball team; dad wants to brag to his buddies with a golf towel with his son's name on it; and students just want more options to wear on Pride Day.

After searching many sites and talking to many vendors, we received a suggestion from a parent (Thank you, Mr. Bova) to check out MyLocker.Net.

We are pleased to endorse the items found on this website to our students, families, and friends.

By going to the St. Mary's website and clicking on the MyLocker banner or by



going to www.mylocker.net/my/shop/lancers139920/index.html, St. Mary's families can order many St. Mary's items, including T-shirts, sweatshirts, fleeces, polo shirts, shorts,

towels, back packs, and so much more. A portion of the proceeds from all orders benefits St. Mary's High School.

Please note that just because an item was purchased through this endorsed website does not guarantee that the item is in Dress Code or allowed on Pride Days.

The St. Mary's website has more specific details regarding acceptable and unacceptable items for the Dress Code and Pride Day clothing.

Questions about acceptable clothing should be addressed to Mr. Ard, Dean of Student Affairs, at mard@smhlancers.org. Please be sure before you order!

Dates for College Consortium, Freshmen Retreat changed

Please note that the College Consortium, originally scheduled for Friday, Oct. 4, has been changed to **Friday, Oct. 11**.

The consortium is a great opportunity for the juniors and seniors to learn more about many of the colleges in the Western New York area, including Buffalo State, Canisius College, Medaille College, St. Bonaventure University, University of Buffalo, and many more.

To accommodate the date change for

the consortium, the Freshman Class Retreat, originally scheduled for Friday, Oct. 11, has been changed to **Thursday, Oct. 10**.

Led by of the Retreat Peer Ministry class, the Freshmen Retreat will allow the ninth graders the opportunity to get to know one another a little better while allowing them to learn more about what it takes to be successful and involved students at St. Mary's.

October 16 – Testing & College Visitation Day

Wednesday, Oct. 16, is the Underclassmen Testing Day.

On that day, freshmen will take the EXPLORE test, sophomores will take the PLAN test, and juniors will take the PSAT.

All students must be in Western Wear for Homecoming Week (see page 1) or regular dress code that day.

Teachers and counselors will be working with students prior to the test so they are prepared for the day. Dismissal will be at 11:30 a.m.

Seniors DO NOT have to report to school that day and are encouraged to use the day to visit any college(s) that they might be interested in attending.

Have you signed into InfoNOW yet?

Hopefully, parents and students have connected to InfoNOW.

Here are some of the great features that parents will find on InfoNOW:

- Tracking their student's grades and assignments – from their computer or mobile device.
- Retrieving files needed for an upcoming quiz or test.
- Viewing their student's attendance and discipline records.
- Reading the daily announcements

If you have not already done so, be sure to enter your e-mail address (using the Settings link) and select the alerts you would like to receive.

This will allow the Attendance / Discipline Office to send an e-mail for attendance or discipline issues as well as teachers being able to easily communicate with you.

Those who have questions or problems with InfoNOW should contact Mr. Paul Meyerhofer at pmeyerhofer@smhlancers.org.

Progress Reports – October 10

- Thursday, Oct. 10, at 2:30 p.m. is the deadline for teachers to enter their grades and comments for the mid-quarter Progress Report.
 - Those grades are used to determine Academic Ineligibility for the next five weeks.
 - To view your student's Progress Report in InfoNOW, click on:
 - Grades
 - Activities
 - In the upper right corner is a button for Progress Report
- OR**
- Reports
 - Comprehensive Progress
- Students who become Academically Ineligible will receive a letter.

From the Health Office

Any student new to St. Mary's High School without a physical exam on file will be scheduled for a physical at school on November 13th to be given by the school doctor.

Also, any student needing a physical for working papers may sign up for the November 13th physical in the Health Office.

Winter Sport Athletes

All athletes must have a current physical on file in the Health Office. In addition, students interested in trying out for a winter sport must turn in Interval Health History Forms completed by a parent/guardian and student to the Health Office/Main Office by October 25. Failure to comply will result in not being able to start

practice with the rest of the team. This policy is explained in detail in the Student Handbook online. The Blue Health Form will be available in the Health Office, the Counseling Office, and the Main Office.

If you have any questions, please call the school nurse, Mrs. Murphy, at 683-4824, ext. 20.

Keep your kids safe. Get their seasonal flu vaccines every year. Seasonal Flu: A Guide for Parents

Is seasonal flu more serious for kids?	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
Flu vaccine may save your child's life.	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu. It is recommended for everyone 6 months and older.
What is seasonal flu?	The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.
Flu shot or nasal-spray vaccine?	<ul style="list-style-type: none"> • Flu shots can be given to children 6 months and older. • A nasal-spray vaccine can be given to healthy children 2 years and older. • Children younger than 5 years who have experienced wheezing in the past year – or any child with chronic health problems – should get the flu shot, not the nasal-spray vaccine. • Children younger than 9 years old who get a vaccine for the first time need two doses.
How else can I protect my child?	<ul style="list-style-type: none"> • Get the seasonal flu vaccine for yourself. • Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get vaccinated. • Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs. • Tell your children to: <ul style="list-style-type: none"> • Stay away from people who are sick; • Clean their hands often; • Keep their hands away from their face, and • Cover coughs and sneezes to protect others.
What are signs of the flu?	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.
How does the flu spread?	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
How long can a sick person spread the flu to others?	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
What should I use to clean hands?	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them unless they are visibly soiled. The gels should be rubbed into hands until the hands are dry.
What can I do if my child gets sick?	Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.
Can my child go to school/day care with the flu?	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
When can my child go back to school/day care after having the flu?	Children with the flu should be isolated in the home, away from other people. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours.) Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them if the school allows gels.

For more information about the flu, visit <http://www.health.ny.gov/diseases/communicable/influenza/seasonal/> Or, www.cdc.gov/flu
Centers for Disease Control and Prevention



Follow us on:
Facebook/NYSDOH
Twitter/HealthNYgov

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 684-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)
Counselor to Classes of 2015 & 2017 Counselor to Classes of 2014 & 2016

Where student sits can make a difference

If your teen is feeling disconnected in his classes, it may help him to sit in the front of the room.

This can give him a whole new view of the class, and not just of the

blackboard.

Sitting up front can:

- Change a teacher's outlook on your teen. If your teen asks to sit up front, the teacher will probably

think he has become more motivated. She may engage him in more class discussion. In turn, he may get more out of the class.

- Help with taking notes. Your teen will probably be able to see and hear better. And the students next to him will likely have good notes too, in case he does miss something and needs to borrow later.
- Help with alertness. If your teen is up front, he'll be more aware that the teacher can see him. He'll be less likely to become distracted, look out the window, talk to his neighbor, or fall asleep!
- Help him gain confidence. After a few weeks of better listening, more class discussion, and better note-taking, your teen should feel more positive about the class and about school in general.

Study effectively for math, science

Students have to take several math and science classes to graduate. Studying these subjects requires different skills than studying other subjects.

Here are some tips on ways your teen can be more effective when he studies math and science:

- Spend more time. If math or science classes are challenging for your teen, he needs to spend more time on the subject. He should block out time every day.
- Start each study session with review. Before your teen begins working on new material, he should spend a few minutes reviewing. Look back over what the teacher covered

in class.

- Be sure he understands the material. Have him check the sample questions at the end of a chapter. Make sure he can answer all those questions without looking back.
- Draw a picture. If your teen is having trouble understanding something, have him try a diagram. Making a picture of something he's read will often help him see how things fit together.
- Answer all of the questions. Some teachers will tell students to answer the first five questions or

(Continued on page 6)

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"What matters to boys?"

Adam J. Cox, Ph.D.

Thursday, Oct. 10 • 7 p.m.

Flickinger Performing Arts Center at Nichols School
1250 Amherst St., Buffalo NY 14216

Dr. Cox is a critically-acclaimed leader in the development of communications with children and teens. He has written three books and will specifically be discussing his research project commissioned by the International Boys' Schools Coalition. Dr. Cox will lecture on key strategies for developing boys' social skills with an emphasis on how to initiate meaningful conversations about topics of relevance to youth. Parents are encouraged to attend this important discussion about boys' emotions, thoughts, and ideals, and what really matters to them about family, relationships, and their futures.

This event is open to all faculty, staff and BISSNet-affiliated schools' parents.

The Education Choice Alliance of WNY
presents

Parent Options for School Choice

with special guest

Virginia Walden Ford

National School Choice Advocate

Saturday, October 19
2:30 to 4:30 p.m.

at the

Frank E. Merriweather Jr. Library
1324 Jefferson Ave., Buffalo NY 14208

www.educationalchoicewny.org



Campus Ministry

October is Holy Rosary Month

During the month of October the Catholic community celebrates the Holy Rosary.

The rosary is a centuries-old prayer, and it was a method of teaching and remembering the events and mysteries of the life of Jesus, long before printed Bibles, missals, and prayer books were available. The Church prays this prayer of Jesus through the intercession of Mary this way: The Joyful Mysteries are prayed on Mondays and Saturdays; the Luminous Mysteries on Thursdays; the Sorrowful Mysteries on Tuesdays and

Fridays, and the Glorious Mysteries on Wednesdays and Sundays. The repetitive nature of the Our Fathers, the Hail Marys and the Glory Be's offers the opportunity to rest in the presence of the Holy Spirit.

The Gospel readings for this month focus on the values of discipleship, gratitude, persistence, and humility. Luke teaches us of the depth of faith in the parable of the mustard seed (October 6); the expression of gratitude in the cure of the 10 lepers (October 13); the attitude of perseverance in the story of the "nagging" widow (October 20); and the blessings of

humility by contrasting the attitudes of the Pharisee and the tax collector (October 27). These are all life lessons to be learned.

As the events of October fill our calendar with sports, social functions, family gatherings, and Homecomings, let us remember our call to be persistent, thankful, humble disciples. The words of St. Francis, whose feast day is October 4, should resonate; "Preach the Gospel everyday, if necessary, use words."

Benedicat vos omnipotens Deus.

Cast for *Teen Antics* set; tickets go on sale Oct. 15

The St. Mary's Theater Department announced the cast for this year's fall play, *Teen Antics* by Hazel Peavey.

- Samantha Cousineau as Mrs. Helen Stetson
- Christopher Hoffman as Norby Woodruff
- Jessica Michalski as Faith Stetson
- Eric Eggert as Ronald Fisher
- Aggie Milholland as Patsy Stetson
- Nick Federico as Woody Dodge
- Peter Marks as Dr. James Wyndham

- Chelsea Goldyn as Marion Eagen
- Alexandra Zelazny as Veronica Stetson
- Kayla Murphy as Stella Stetson
- Student Directors – Jenna Erwin, David Owczarczak, Regan Weiss

Teen Antics will be performed on Friday, Nov. 1, and Saturday, Nov. 2, at 7:30 p.m. both nights. Tickets go on sale on Tuesday, Oct. 15, at a cost of \$5 per ticket in Mr. Kidder's Office (behind the library).

9/11 Survivor



Lisa Amatura, mother of freshman Campbell, recently spoke to Mrs. Connelly's Participation in Government Class about her experiences during the terrorist attack on September 11, 2001. Mrs. Amatura was on the 78th floor of the North Tower when the first plane struck the 93rd floor. It took her over an hour to walk down the stairs to escape the building

Please support SCRIP program

Families and friends are encouraged to consider supporting the SCRIP program, new to St. Mary's High School.

Letters and forms regarding the program were recently mailed home. Additional forms are also available by going to smhlancers.org and clicking on the SCRIP logo.

More information is available by contacting Mary Rozler at mrozler@smhlancers.org.

Bash for Cash is November 8

Bash for Cash (formerly Galaxy of Prizes) will be taking place at St. Mary's High School on Friday, Nov. 8.

For those new to the event, Bash for Cash combines a cash give-a-way with an evening of fun and food.

The grand prize is \$10,000, while there are also 61 other prizes ranging from \$50 to \$1,000. And every entry has a chance for every prize.



On the day of the event, every ticket purchased allows two adults to attend the festivities which include pizza, beverages, raffles, split clubs, and games.

More tickets are available by contacting Mrs. Pam Aquino, Special Events Coordinator, at 683-4824.

Individuals interested in volunteering should contact Mrs. Aquino.

Health Corner

October is Breast Cancer Awareness Month

By Laura Cavallari '14
Healthy Lifestyles Club

October is National Breast Cancer Awareness Month.

Almost everybody has been affected by breast cancer in some way, maybe through a relative or friend.

About 232,340 females and 2,240 males are diagnosed each year with breast cancer. Nearly 40,000 lives are taken by this disease yearly. According to cancer.org, breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. Research has greatly aided the fight against breast cancer in the past decades, and the pink ribbon has become an iconic image to many.

Breast cancer awareness helps to raise funds to support research and develop new treatments for those who are infected.

Breast cancer can be a fatal disease; however, early detection can greatly increase odds of recovery. Due to an increase in awareness, people are

following the recommendations given by their doctors: doing self-exams starting in their 20s and reporting any unusual changes to their doctor. The number of fatal cases is also decreasing steadily as mammograms and screenings have become more common.

There are many ways to support the fight against breast cancer. One of those ways is through donations. Donations help fund the research that saves lives. Participation in a fundraiser is a fun way to help. There are many types of fundraisers such as runs and walks. These are easy

ways to show support to survivors, as well as those currently suffering from the disease.

One way you can help make a difference in the fight against breast cancer is by participating in Making Strides Against Breast Cancer, which is taking place in Downtown Buffalo, Niagara Square, on October 19.

There are other walks people can participate in, all with the goal of preventing and finding a cure for breast cancer.

For more information on ways to help go to <http://www.nationalbreastcancer.org>.



Lancer Parent Partnership Important Dates

Executive Committee Meeting: Thursday, Oct. 3, 6:30 p.m. in the Library

Fashion Show Committee Meeting: Thursday, Oct. 24, 6 p.m. in the Library

If you are not able to attend either or both of these meetings but would still like to participate, please e-mail Sandy Gibson at ekgib15@msn.com.

All are welcome!

Upcoming Enrollment Events

Admission Exam Prep Classes

October 26,
November 2 & 9

Admission Exam

November 16
8:30 a.m. to 12 noon

For more information, contact Mr. Grieco at 683-4824, ext. 37, or sgrieco@smhlancers.org

Math, science (continued from page 4)

only the even-numbered ones. If your teen does all the questions or solves all the problems, he may start to feel more confident – so when he sees similar questions on a test, he'll know that he can answer them.

• Don't fall behind. Studying science or math is like climbing a ladder.

Progress is made step by step.

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Calendar helps SMHS athletics

The Athletic Department of St. Mary's has continuously grown over the years, and our athletes have continued to put St. Mary's on the map.

We are asking that each family support the athletic program by selling five 6-month lottery calendars to help offset costs. Each calendar costs \$20.

You can pick up your calendars in

the Athletic Office or you can have the calendars mailed home by contacting the Athletic Office at 683-4824, ext. 35.

Please have your completed calendar stubs returned to the school no later than Thursday, October 31st.

Should you have any questions, please feel free to contact Marion Sobczynski at 445-6490.

Who's reading *Currents*?

To encourage the reading of *Currents*, Mr. Kidder is sponsoring a little contest.

Bring in the attached form to Mr. Kidder's office to enter a contest for a free

snack. The random drawing of submitted forms will take place on October 17.

Thanks for reading *Currents* and keeping up on the latest from St. Mary's.

Yes, I'm reading *Currents*!

Name _____

Homeroom _____

**Bring to Mr. Kidder's Office
for your chance to win a FREE Snack!**

JV Volleyball team off to a great start

The 2013 Girls' JV Volleyball team has gotten off to a great start this season. Almost at the half way point of the Msgr. Martin League season, the Lady Lancers have a perfect 7-0 season so far.

They opened the season at Nichols with a 2-0 win, 25-4, 25-5. They then traveled to Rochester to play powerhouse Pittsford Sutherland for a non-league game.

The Lancers lost 2-1 with scores of 23-25, 19-25, and 25-20, getting behind early in each set, coming back late to tie, but not being able to win in the end.

The Lady Lancers next recorded home wins over Mount St. Mary's 2-1, Niagara Catholic 2-0, and Sacred Heart 2-0. On the road, the team has wins at Mt. Mercy 2-0, O'Hara 2-0, and at Nardin 2-1, in a show down for first place.

In set one of the Nardin match, the Lady Lancers played their best game of the season 25-8 to shock the Gators. In set two, it was a see-saw game with many lead changes, with St. Mary's falling short 26-28. In set three, with great serving and aggressive court coverage, the Lancers rocked the home team 25-16.

Lancers Win West Seneca Tournament

The JV Lady Lancers completed a six match sweep on Saturday, Sept. 28, to win The West Seneca Tournament held at the

BNCC.

In a field of 11 teams, the Lancers cruised through pool play with wins over Iroquois 2-0, Kenmore East 2-0, and Olmstead 2-0. In the playoffs, the first round was a 30-17 score over a scrappy West Seneca East team. Then, in the semis against Cheektowaga, the Lancers used their solid defense and balanced attack to put away the Warriors 25-9, 25-7.

In the finals, it was a rematch with West Seneca West, the team that knocked the Lancers out in the semis last season. Set one was a tight game with many lead changes with the Lady Lancers just unable to find a consistent attack and dropping a 23-25 score. In set two St. Mary's was down early 5-2 and showing signs of fatigue and doubt, but the Lancers settled down and did what they

do best – strong passing, serve well, and cover the court on defense with consistent smart setting. They roared back and took set two 25-13. Set three the Lady Lancers had all the momentum as sophomores Carrie Kidder (8 points) and Madi Fermo (7 points) put on a serving clinic. The Lady Lancers rolled West 15-1 to win the tournament.

The Lancers' overall record is 13-1.



With their trophy from the West Seneca Tournament are (seated) co-captain Carrie Kidder, co-captain Maddie Wnuk, (kneeling) Madi Fermo, Olivia Carl, Annie Hamilton, (standing) Mikala McCartney, Erica Michalski, Kathryn Vogl, Katie Netti, Rosalie Martin, Joelle Cianciosa, Bridget Herod, Gina Appenheimer, and Coach Dennis Zureck. (Missing – Victoria Jankowski, injured.)

2013 Fall Sports Schedules

Varsity Football

All games start at 1 pm unless noted.

- Sat. Oct. 5, 2pm @ Canisius
- Fri. Oct. 11, 7pm @ Hutch Tech (All High Stadium)
- Sat. Oct. 19, vs. St. Joe's
- Fri. Oct. 25, 7pm @ St. Francis
- Sat. Nov. 2, 2pm @ O'Hara
- Sat. Nov. 9, time TBA – Quarter Finals
- Sat. Nov. 16, time TBA – Semi-Finals (Ralph Wilson Stadium)
- Sat. Nov. 23, time TBA – Finals (Ralph Wilson Stadium)

Golf

- All matches begin at 4pm.
- Tues. Oct. 1 @ O'Hara (Brighton)
- Thur. Oct. 3 @ Gow (Elma Meadows)
- Fri. Oct. 4 @ St. Francis (Harvest Hill)
- Wed. Oct. 9 vs. St. Joe's (BTC)
- Mon. Oct. 14 – All-Catholics (East Aurora CC)

Women's Volleyball

All JV matches start at 4:30 pm, Varsity matches start at 6 pm unless noted

- Wed Oct. 2, 5 & 6:30pm, vs. Orchard Park
- Sat Oct. 5 & Sun Oct. 6 – New Jersey Tournament – Varsity Only
- Mon Oct. 7, vs. Nichols
- Wed Oct. 9 @ Mt. St. Mary's
- Fri Oct. 11, vs. Mt. Mercy
- Sat Oct. 12 – Lancaster Tournament – JV Only
- Tues Oct. 15 @ Niagara Catholic
- Wed Oct. 16 vs. Eden
- Thurs Oct. 17 vs. O'Hara
- Mon Oct. 21 @ Sacred Heart
- Wed Oct. 23 vs. Nardin
- Thurs Oct. 24 @ Eden
- Fri Oct. 25 @ Immaculata
- Mon Oct. 28 – Quarterfinals at St. Mary's
- Wed Oct 30 – Semifinals at St. Mary's
- Fri Nov. 1 – Finals at Canisius High School

Men's Soccer

All games start at 4 pm unless noted. Home games played at Fireman's Park.

- Tues. Oct. 1, 4:30pm @ Niagara Catholic
- Thurs. Oct. 3, vs. Gow
- Fri. Oct. 4, 4:30pm, vs. Wilson
- Tues. Oct. 8. @ Timon St. Jude (Tiff Farm)
- Thurs. Oct. 10 vs. Christian Central
- Tues. Oct. 15 vs. Park
- Thurs. Oct. 17 @ O'Hara
- Tues. Oct. 22, 4:30pm @ Walsh
- Wed, Oct. 23 @ Park
- Thurs. Oct. 24 vs. Niagara Catholic

JV Football

All games start at 10 am unless noted.

- Mon Oct. 7, 4:30pm vs. Canisius
- Sat Oct. 12 vs. Hutch Tech
- Sat Oct. 19 @ St. Joe's
- Sat Oct. 26 vs. St. Francis

Men's Volleyball

All matches (except tournaments) start at 5 pm.

- Thurs. Oct. 3 @ O'Hara
- Tues Oct. 8 vs. St. Joes
- Thurs Oct. 10 @ St. Francis
- Mon, Oct. 14 vs. Maryvale
- Tues Oct. 15 @ Canisius
- Sat. Oct. 19 – Grand Island Tournament
- TBA vs. O'Hara

Women's Soccer

All games start at 4:30 pm unless noted. Home games played at Westwood Park.

- Wed. Oct. 2 @ Park
- Sat. Oct. 5, 12 noon, vs. Buffalo Seminary
- Mon. Oct. 7, 5pm vs. Maryvale
- Wed. Oct. 9 @ O'Hara
- Fri. Oct. 11 vs. Immaculata
- Tues. Oct. 15 vs. Niagara Catholic

School Meals

We serve education everyday through healthy choices

October 2013 Menu

Breakfast – \$1

Reduced – 25¢

Served Every Day
7:15-7:45 p.m.

A la carte items:

Muffins – 75¢
Pop Tarts – 75¢
Orange Juice – 50¢
Milk – 50¢

Lunch – \$3

Reduced – 25¢

**Students may
prepay for lunch for
one week or more –
\$2.75 per day**

All lunches include milk:

White – 1%
White – Fat Free
Chocolate – Fat Free

A la carte items:

Sandwiches – \$1.50
Other items vary
everyday!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken patty on roll, oven fries, baked beans, fruit, milk	2 Pizza, lettuce salad, potato rounds, green beans, carrots, fruit, milk	3 Chicken finger sub, oven fries, broccoli, carrot sticks, celery sticks, fruit, milk	4 Grilled cheese, tomato soup, hash brown patty, green beans, corn, fruit, milk
7 Cheeseburger on roll, lettuce salad, oven fries, green beans, fruit, milk	8 Chicken nuggets, dinner roll, mashed potatoes, gravy, peas, carrots, fruit, milk	9 Spaghetti, meat balls, dinner roll, Romaine salad, corn, fruit, milk	10 Tacos, seasoned meat, lettuce, cheese, salsa, rice, 2 six-inch wraps, fruit, milk	11 Pizza, lettuce salad, garbanzo beans, carrots, sweet potato fries, fruit, milk
14 No School	15 Chicken patty on roll, Romaine salad, potato rounds, green beans, carrots, fruit, milk	16 No lunch – Half Day	17 Sahlen's hot dogs on roll, baked beans, corn, mixed vegetables, sweet potato fries, fruit, milk	18 Grilled cheese, tomato soup, hash brown patty, green beans, corn, fruit, milk
21 Turkey or ham sub, 6" roll, sweet potato fries, peas, mixed vegetables, fruit, milk	22 Tacos, seasoned meat, lettuce, cheese, salsa, rice, 2 six-inch wraps, fruit, milk	23 Cheeseburger on roll, lettuce salad, oven fries, green beans, fruit, milk	24 Pizza, Romaine salad, Garbanzo beans, carrots, fruit, milk	25 Grilled ham & cheese, sweet potato fries, corn, baked beans, fruit, milk
28 Popcorn chicken, rice, oriental vegetables, dinner roll, fruit, milk	29 Spaghetti with meat balls, dinner roll, Romaine salad, corn, fruit, milk	30 Tacos, seasoned meat, lettuce, cheese, tomatoes, salsa, rice, 2 six- inch wraps, fruit, milk	31 Roasted chicken dinner, mashed potatoes, gravy, broccoli, bean salad, fruit, milk	

Walk-a-thon help



Mr. Rzemek helps students cross Pavement Road during this year's Walk-a-thon. The Walk-a-Thon raised over \$10,000 for scholarships, classes, and activities.



Now on Sale! 2014 Entertainment Books

– Sale benefits Class of 2014 –

The Senior Class of St. Mary's High School is selling the 2014 edition of the Entertainment Book.

The cost is **\$20** for each book with the class earning at least \$5 per purchase. Once the sale ends, the cost is **\$30** each, with all money going to the company.

Please don't let this opportunity pass you by. Send in your money today. And remember, every Book sold by a Senior equals **\$5** off of that student's Graduation Fee.

(Please note that payment must be made before an Entertainment Book will be handed out. Thank you for your understanding.)

October 2013 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-D Day Curriculum Committee 2:30pm Golf @ O'Hara 4pm MSoc @ Niagara Catholic 4:30pm	2-E Day SEEK Meeting 2:30pm WSoc @ Park 4:30pm WVB vs. Orchard Park 5, 6:30pm	3-F Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Golf @ Gow 4pm MSoc vs. Gow 4pm MVB @ O'Hara 5pm	4-A Day Special Schedule Early Dismissal 2pm Golf @ St. Francis 4pm MSoc vs. Wilson 4:30pm 2pm Dismissal	5 SAT Testing Day WVB @ New Jersey Tourney WSoc vs. Buff Sem 12noon Football @ Canisius 2pm
6 WVB @ New Jersey Tourney	7-B Day Student Senate 2:30pm JVFB vs. Canisius 4pm WVB vs. Nichols 4:30, 6pm WSoc vs. Maryvale 5pm	8-C Day NHS Meeting 2:30pm MSoc @ Timon 4pm MVB vs. St. Joe's 5pm	9-D Day Campus Ministry Meeting 7:30am Principal's Ad Board 2:30pm Club & Fall Sport Photos in Athletic Center 2:30pm Golf vs. St. Joe's 4pm WSoc @ O'Hara 4:30pm WVB @ Mt. St. Mary's 4:30, 6pm	10-E Day Freshman Retreat 8am-2:19pm Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Club & Fall Sport Photos in Athletic Center 2:30pm MSoc vs. Christian Central 4pm MVB @ St. Francis 5pm	11-F Day Special Schedule (College Consortium /Class Meetings) WSoc vs. Immaculata 4:30pm WVB vs. Mt. Mercy 4:30, 6pm Football @ Hutch Tech 7pm	12 Grade School Girls Volleyball Tournament JVWB @ Lancaster Tourney JVFB vs. Hutch Tech 10am
13 Homecoming Week	14 NOSCHOOL Columbus Day Golf - All-Catholics 4pm No School	15-A Day PM Liturgy Schedule (Homecoming Liturgy) School Spirit Hallway Decorating After School MSoc vs. Park 4pm WSoc vs. Niagara Catholic 4:30pm WVB @ Niagara Catholic 4:30, 6pm MVB @ Canisius 5pm	16 Standardized Testing Day / Senior College Vistation Day 11:30am Dismissal Faculty/Staff Meeting 11:30am WVB vs. Eden 4:30, 6pm 11:30am Dismissal	17-B Day Weekly Mass 7:30am in Chapel Special Schedule (Class Competition Assembly) NHS Tutoring 2:30pm in Library MSoc @ O'Hara 4pm WVB vs. O'Hara 4:30, 6pm	18-C Day Pride Day Special Schedule (Pep Rally) Powder Puff Football 6 pm Pride Day	19 Homecoming Dance 8-11pm MVB @ Grand Island Tourney JVFB @ St. Joe's 10am Football vs. St. Joe's 1pm
20 Red Ribbon Week	21-D Day Special Schedule (Guest Speaker) Student Senate 2:30pm WVB @ Sacred Heart 4:30, 6pm MVB @ Timon 5pm	22-E Day MSoc @ Walsh 4:30pm	23-F Day Campus Ministry Meeting 7:30am MSoc @ Park 4pm WVB vs. Nardin 4:30, 6pm	24-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library MSoc vs. Niagara Catholic 4pm WVB @ Eden 4:30, 6pm	25-B Day Jeans Day WVB @ Immaculata 4:30, 6pm Football @ St. Francis 7pm Jeans Day	26 Admissions Test Prep Class 9-12noon ACT Testing Day JVFB vs. St. Francis 10am
27	28-C Day Freshmen Class Officer Forms Due 2:30pm Student Senate 2:30pm WVB Quarterfinals 6pm	29-D Day	30-E Day WVB Semifinals 6pm	31-F Day Donut-Day sponsored by Campus Ministry NHS Tutoring 2:30pm in Library	1-A Day Ext HR / PM Liturgy Schedule (Freshmen Class Officer Speeches / Class Meetings / All Saints Day Liturgy) Photo retakes during lunch Fall Play 7:30pm WVB Finals 7:30pm Liturgy Dress Code	2 Admissions Test Prep Class 9am-12noon SAT Testing Day Fall Play 7:30pm Football @ O'Hara 2pm

In the October issue of *Currents*

- Homecoming Week – October 14-19
- Buy St. Mary's items at MyLocker.net
- Cast announced for Teen Antics
- October 16 – Standardized Testing / College Visitation Day
- Seasonal Flu Guide
- JV Volleyball team off to a great start
- October Calendar & Menu
- And much more!

For the latest news about
St. Mary's High School,
go to www.smhlancers.org

Learning at Open House



Senior Christopher Hoffman gives a chemistry demonstration to Open House guest Emily Pijacki.

Your Opportunities Await at
St. Mary's High School
142 Laverack Avenue
Lancaster, NY 14086-1849

