

CURRENTS

St. Mary's Juniors attend March for Life

Thousands of people from throughout the United States travelled to Washington, D.C., for the annual March for Life. Among these thousands were two juniors from St. Mary's High School, Lonnie Bowlds and RiverLeigh Martinez.

The March, held every year on January 22, marks the anniversary of the Roe v. Wade Supreme Court Decision legalizing abortion in the United States.

RiverLeigh called the event "an amazing experience" and a "memory I will never forget." Lonnie described it as "powerful."

For Lonnie, RiverLeigh, and the group from the Diocese of Buffalo, the experience actually began the day before when they took a nine-hour bus ride to the Nation's Capital. They spent the day sightseeing before heading to the Catholic University where they spent the night with hundreds of teens from throughout New York State. They awoke the next morning to cold and snow and took part in the March for Life.

In addition to the walk in front of the Supreme Court Building, the day's activities also included prayers for the end of abortion, speeches from several national politicians, and a live concert by

Matt Maher, a Catholic song-writer who has a huge following among young Catholics.

"It was great to see mostly teenagers there, all for the same cause: to defend life," said RiverLeigh. "It's a great feeling knowing you're not alone in what you believe."

For Lonnie, a lasting memory will be the March itself.

"When it started, it was kind of slow," he remembered. "Then things started to speed up, and more and more people began to join. Then I looked back to see

this large group – thousands of people – all walking and chanting and praying. It was awesome."

"I loved going to the March and being in the presence of people who shared my beliefs," RiverLeigh concluded, "and I can't wait until next year!"



RiverLeigh Martinez (left) and Lonnie Bowlds (second from left) stand with other students from the Diocese of Buffalo as they take part in the annual March for Life.



Representatives from the Diocese of Buffalo made their presence known with their Prayer sign.



March participants stop in front of the Supreme Court Building. Photos courtesy of RiverLeigh Martinez

Senior receives Manus Christi Award

When the young people of the Diocese of Buffalo recently gathered for the annual Youth Convention at the Adams Mark Hotel in Buffalo, one of the highlights of the three-day event included with presentation of the Manus Christi Award.

The Manus Christi (Hands of Christ) Award recognized graduating seniors for their dedicated ministry in the name of Jesus and the Church.

Chelsea Goldyn, a senior at St. Mary's, was one of the award winners this year. The award was only presented to 11 seniors from throughout the Diocese of Buffalo.



Bishop Richard Malone presents the Manus Christi Award to Chelsea Goldyn.

In her congratulatory letter to Chelsea, Kathryn Goller, director of Youth and Young Adult Ministry for the Diocese, noted, "It is clear that throughout high school, you have been active in parish ministry and youth ministry, achieved academic success, exhibited leadership, witnessed to your faith, and demonstrated outstand-

ing moral character.

"I congratulate you on your accomplishments throughout your high school years," Ms. Goller continued, "and I thank you for using your God-given gifts to serve the church and your community."

Erin Neidhart named to All-Academic Team

A St. Mary's High School senior has been named to *Business First's* 2014 All-Western New York Academic Team.

Erin Neidhart (Special Mention) has qualified for this year's list of the 100 most outstanding high school seniors in the eight-county region.



Winners were chosen for their records of academic excellence, school leadership and community involvement. The top 25 were named to the First Team, 25 runners-up to the Second Team, and another 50 to the Special Mention list.

"This is a highly competitive award," said Jack Connors, president and publisher of *Business First*. "Think of it this way: We have about 20,000 high school

seniors in Western New York this year, and we've picked only 100 for the Academic Team. That puts them in the upper one-half of one percent. They're the best and brightest students anywhere in this region."

Schools throughout the eight-county area were asked to nominate their

smartest and most accomplished students for consideration by an eight-member committee, which included six admissions directors at area colleges and two *Business First* editors. A total of 122 schools responded with 419 nominees.

The complete list of 100 honorees will be published in *Business First's* Guide to Western New York Schools, which will hit newsstands on June 13.

Transportation requests due by April 1

Parents of St. Mary's students must request transportation services directly from the public school district.

The deadline for submitting written requests for transportation for the 2014-15 school year is April 1.

Failure to submit a request by this deadline might lead to the suspension of bus privileges for those families.

Most school districts require families to apply for transportation on the district website, though some districts still have forms to fill out and submit. Mrs. Fiume, who coordinates transportation for St. Mary's students, will be sending letters homes soon with more information.

Note - Students in the Buffalo and Lockport school districts do not need to apply for transportation.

SCRIP News

Thank you to all families who have been supporting the SCRIP program thus far. Please remember this is a year-round fundraiser for St. Mary's, and your participation is very important.

We will be keeping Tops, Tim Horton's, Target, Kohl's, Dunkin Donuts, American Eagle, Barnes & Noble, and Bath & Body Works cards on hand. Cards for local retailers Crusciki Bakery, Delta Sonic, Depew Deli, Frank's, and LT's Aurora St. Pizzeria will also be on hand. This is in the effort to fill orders within the same day or two and send them home without the wait.

Information will soon be sent home

(Continued on page 9)

Currents

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Vol. 22, Issue 7

Edited by Keith Kidder '85

Congratulations, Second Quarter Honor Roll Students

Top five Seniors



Erica Swannie Christopher Hoffman Laura Cavallari Reagan Craddock Catherine Blaszak

Top five Juniors



Kaitlyn Tytka Agatha Milholland Hannah Gresham Kayla Murphy Rebecca Hojna

Senior 1st Honors

Torey Adams
Catherine Blaszak
Kathleen Bookmiller
Dylan Braniecki
Caitlin Bystrak
Holly Bystrak
Alexandra Casillo
Laura Cavallari
Mamin Amy Chen
Yijing Shery Cheng
Reagan Craddock
Aaron Denz
Daniel Dolinar
Natalia Dziadosz
Kevin Eggert
Tyler English
Laura Enzinna
Chelsea Goldyn
Marc Gonzalez
Jacob Hacker
Rylee Haffey
Peyton Harris
Chelsea Heffernan
Meghan Helak
Brett Helmbrecht
Christopher Hoffman
Brooke Kacala
Nathaniel Keith
Cory Kiezbak
Cailyn Krygier
Allison Langley
Ana Lyons
Mary Martin
Marco Matteini
Mark McManus
Bailey Michalski
Rachel Molino
Erin Neary
Erin Neidhart
Katarina Raab

Francesca Rockwood
Samantha Rodriguez
Michaela Rowe
Victoria Rozler
Abigail Salamone
Nicholas Soluri
Jacqueline Steck
Nicholas Sugg
Erica Swannie
Christopher Szumla
Erika Talbot
Latrell Tyson
Nicholas Vallone
Hayley Wnuk
Matthew Wrobel
Trevor Wrona
Yige Jessica Wu
Collin Zelli
Grant Ziomek

Senior 2nd Honors

Thomas Briatico
Amanda Burns
Samantha Cousineau
Vincent Francemone
Jeffrey Hunziker
Sydney Irish
Emily Krucenski
Melissa Musialowski
Joseph Podwika
Claire Schroeder
Megan Wrest

Junior 1st Honors

Paul Bargnesi
Andrew Blaszak
Theresa Cometto
Teresa Cronmiller
Ashley Drzymala
Jennifer Dudzinski
Nicholas Federico

David Filion
Katie Grabski
Hannah Gresham
Xinyue Chloe Guan
Joseph Hamilton
Hannah Hapeman
Justin Hersey
Danielle Hockwater
Rebecca Hojna
Zachary Ineson
Katrina Kenneweg
Austin Klink
Victoria Kwitowski
Nicholas Lukasik
Magdalene Manuel
RiverLeigh Martinez
Leah Meyer
Jessica Michalski
Agatha Milholland
Kayla Murphy
Marc O'Neill
Tia Piotrowski
Ryan Ratajczak
William Roskopf
Gillian Sacco
Matthew Schneider
Kaitlyn Schott
Jacob Shepard
Mason Smith
Julie Sobczynski
Shelby Strausbaugh
Alexandria Szpila
Zachary Szpila
Jacob Tomaszewski
Mariah Troidl
Kaitlyn Tytka
Matthew Wierzbicki
Michael Wierzbicki
Amber Wilk
Alexandra Zelazny
Alyssa Ziobro

Junior 2nd Honors
Paige Burkard
Jacob Concannon
Raymond Cooper
Nicolas DeSanto
Samuel Freeman
Brittany Gorny
Sydney Kozminski
Michael Kruse
Sydney Mulkey
Brianna Poules
Jackson Sperduti
Benjamin Tobolski
Christopher Truesdale
Sean Wilson
Alyssa Yebernetsky

Sophomore

1st Honors

Jennifer Baran
Garrett Braniecki
Austin Calkins
Olivia Carl
Joelle Cianciosa
Kendra Ciezki
Madison Fermo
Lisa Gali
Helen Gibson
Victoria Gorny
Christopher Gresham
Jia Wei Jimmy Gu
Ann Hamilton
Jack Hathaway
Bridget Herod
Carolyn Kidder
Nicholas Kobis
Rosalie Martin
Leah May
Mikala McCartney
Brendan McKeating
Katherine Netti

Sophomore

2nd Honors

Jordan Badura
Bradley Berchou
Marissa Dantonio
Anna DiDomenico
Joseph DiGesare
Alexander Hokaj
Maddisen Irish
Jessica Kranz
Tianyi Gary Li
Kaila MacKay
Ariel Mecca
Nina O'Scier
Jonathan Rowe
Andrew Salamone
Nicholas Samson
Evan Zaprzal
Kevin Zolnowski

Freshman

1st Honors

Asia Alexander
James Ando

Gina Appenheimer
Alexander Bish
Charles Bristol
John Connolly
Daniel Cress
Mark Cronmiller
Jenna Erwin
Joshua Fontaine
Grace Fuller
Meghan Hanna
Anna Heerd
Stephanie Hossenlopp
Victoria Jankowski
Marissa Loniewski
Caitlyn Meyer
Faith Meyers
Savannah Meyers
Stephanie Nemmer
Alex Paul
Hannah Pufpaff
Kristi Smith
Alexander Stegmeier
William Story
Collin Tytka
Kathryn Vogl
Haley Wipperman

Freshman

2nd Honors

Elizabeth Bakeman
Alexandria Deguire
Amaya Devers
Erin Hufford
Andrea Seeloff
Jacob Tredo
Brittany Wachowski
Nathan Waley
Sydney Zajac
Maya Zelazny

Top five Sophomores



Christopher Gresham Julie Pijacki Carolyn Kidder Austin Calkins James Roetzer

Top five Freshmen



Daniel Cress Kathryn Vogl Victoria Jankowski Marissa Loniewski Grace Fuller

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)
 Counselor to Classes of 2015 & 2017 Counselor to Classes of 2014 & 2016

Help with time management skills

Time management and organization are challenging for most teens. The challenge gets greater as teens get older and have to deal with more complicated projects and schedules. They may particularly feel the pinch during the spring.

Help your teen see how much time he really has. Chances are, it's less than he thought. You can:

- Sit down with your teen, a calendar, and other scheduling tools he has. These might include a list of assignments or a schedule of his extracurricular activities.
- Have him list everything he has due between now and the end of the year. Ask him to estimate and write down how much time he has to complete these assignments.

- Turn to the calendar. Have him cross off parts of days where he will not be studying. Say he left Friday night open to study. But when you check his other commitments, it turns out he has practice for two hours after school and then a babysitting job that evening. Does Friday still count as a study day?

- Look at "soft" commitments as well. If he gives himself two hours of downtime on Saturdays, is he really going to stop doing this and study? Should he schedule study time first? Could he set a reminder on his phone?

- Add up the real amount of time available for studying. Encourage him to make a study schedule from this.

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Improve writing with 6 strategies

Your teen will be expected to do a lot of writing in high school. Before turning in a history report or answering an essay question, he should remember to review it for obvious problems.

Here are six editing tips to share with your teen:

- Track with your finger. Have your teen proofread slowly, word by word, to check for mistakes. One careless error can negatively affect his grade.
- Check capital letters. Make sure they are used at the beginning of each sentence. Capitals should also be used for proper names and at the beginning of some quotations.
- Correct same-sound words. Many English words sound alike. Teens who know better may still confuse words like there and their.
- Add pizzazz. All writing needs a little oomph. Have him use interesting details or a unique point of view to make the writing his own.
- Proofread punctuation. Do sentences end with a period or question mark? Are commas used correctly? Check for proper use of apostrophes (and pay attention to the difference between its and it's. The latter means "it is.")
- Add support. Does the essay include interesting examples? Is there support for the main idea?

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Students/Teacher of December



Nicholas Sugg



Magdalene Manuel



Marissa Dantonio



Kristi Smith



Mr. Keith Kidder

Students/Teacher of January



Bailey Michalski



Andrew Blaszak



Garrett Braniecki



Victoria Jankowski



Mrs. Maryellen Migliore

- From the Health Office -

Physical Sign-up for 2014-15

Every student playing a sport must have a current physical on file in the Health Office prior to the first tryout/practice date. Students wishing to have a school physical **MUST** sign up in the Health Office. Students will **NOT** be automatically

signed up if they had a physical the previous year. **The school physician will be here at St. Mary's on March 18th.**

Additionally, any student who did not play a sport this year but is interested in playing a sport next school year, or anyone who is interested in getting a physical for

working papers, needs to sign up for a physical with Mrs. Murphy in order to have a physical. **THE DEADLINE TO SIGN UP IS MARCH 7TH.**

Those with questions should call the school nurse, Mrs. Murphy, at 683-4824, ext. 220.



Campus Ministry



Is Sunday a Day of Rest?

"Remember the Sabbath Day, keep it holy," Exodus 20:8. Scripture goes on to tell us that on the seventh day the Lord rested.

For some people Sunday is the same as any other day: the opportunity to catch up on tasks that didn't get finished previously. For others, Sunday is the opportunity to rest, like the Lord, and pause from the busyness of life to recall the faith relationship personally and communally. The challenge is to make church attendance a priority.

The celebration of Liturgy offers the opportunity to "know

God" in Scripture and to experience the presence of Jesus in the sacrament of the Eucharist. Liturgy empowers us to share joys and sorrows of the past week and to seek wisdom and strength for the next. (A good way to prepare for Liturgy is to read the Scripture passages before attending Mass).

Recently, as part of his homily, a priest asked the congregation, "Does what we do here make any difference in your life?" If your answer is no, maybe you're not doing it right or often enough.

Benedicat vos omnipotens Deus. twf+

The Lancer Parent Partnership presents the Annual Spring Fashion Show Dinner



Wrapped In Fashion

Thursday, April 3, at Salvatore's Italian Gardens Restaurant

Doors Open at 5 p.m.

Tickets \$35. Tables of 10 Available.

Tickets now on sale in the School Office.

Tickets will also be sold prior to performances of "Footloose", March 20-22.

Deadline for tickets sales is March 27.

For more information, please contact Sandy Gibson at ekgib15@msn.com

Diocese seeks Easter Mass participants

Daybreak TV of the Diocese of Buffalo has been asked again to provide Easter Sunday Mass nationally for ABC affiliates.

The Easter Sunday Mass will be pre-recorded on Saturday, March 8, at 10 a.m. at St. Joseph Cathedral, Delaware Avenue, Buffalo. The goal is to fill the cathedral with 800 people.

This Mass will feature the talents and good work of many people from the diocese. The Cathedral Choir and Brass will present the music.

"I hope you will join me to celebrate Easter (a little bit early and wearing your Easter finest!)," wrote Bishop Richard Malone, "and bring family, friends, or associates with you."

Because seating is limited, reservations are needed.

Please register online at www.daybreaktv.org or call 716-847-8745 to RSVP.

EARN FREE SUPPLIES at OFFICE DEPOT

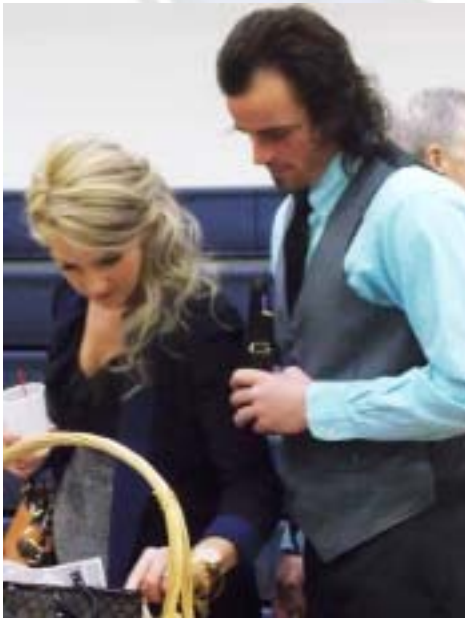
Every time you give our School ID number when buying qualifying school supplies, St. Mary's receives credits equal to 5% of the qualifying purchases to use for Free Supplies!

The School ID for St. Mary's High School is **70073221**

Thank you for making Auction Successful!

Thank you to everyone who helped to make Lancer Auction so successful. To those who were greeters, registrars, servers, musicians, check-out assistants, valet parkers, attendees, ...

(the list could go on and on), thank you for your time, your effort, and your generosity. It was because of you that the Auction was one of the most successful Auctions in school history.



Photos by Julie Pijacki '16 and Keith Kidder '85.
More photos coming soon to www.smhlancers.org.

Spring Sports Schedules 2014

Varsity Softball

Games begin at 4:15pm unless noted otherwise. Home games are played at Walden Pond.

Mon., April 7 vs. Christian Central
Wed., April 9 vs. Nardin
Fri., April 11 vs. Niagara Catholic
Sat., April 26 - Depew Tournament
Wed., April 30 vs. O'Hara
Fri., May 2 @ Immaculata
Sat., May 3 - Williamsville Tournament
Wed., May 7 @ Mount Mercy
Fri., May 9 @ Mt. St. Mary's
Mon., May 12 vs. Nichols
Sat., May 17 - Quarterfinals
Mon., May 19 - Semifinals
Wed., May 21 - Finals
Tues., May 27 - States

JV Softball

Games begin at 4:15pm unless noted otherwise. Home games are played at Walden Pond.

Mon., April 7 @ Christian Central
Wed., April 9 vs. Nardin
Wed., April 30 vs. O'Hara
Fri., May 2 @ Immaculata
Wed., May 7 @ Mount Mercy
Fri., May 9 @ Mt. St. Mary's
Mon., May 12 vs. Nichols

Men's Lacrosse

Matches begin at 5pm unless noted otherwise. Home matches are played at Keysa Park.

Wed., April 2 @ Buffalo (All-High)
Tues., April 8 vs. Erie
Thurs., April 10 vs. Depew
Wed., April 23 @ Depew
Thurs., April 24 vs. Gow
Sat., April 26, TBA - Club Tournament
Mon., April 28 vs. Niagara Falls
Wed., April 30 vs. Buffalo
Fri., May 2 @ Gow
Tues., May 6 @ Park
Fri., May 9, 5:30pm @ Erie
Tues., May 13, TBA - Quarterfinals
Thurs., May 15, TBA - Semifinals
Sat., May 17, TBA - Finals

Varsity Baseball

Games begin at 4:15pm unless noted otherwise.

Tues., March 25, 4:30pm, vs. Newfane
Sat., March 29, 1pm, vs. Dunkirk
Tues., April 1, 4:30pm, vs. West Seneca East
Mon., April 7, vs. St. Joe's
Wed., April 9, 4:30pm @ St. Joe's
Mon., April 21, 4:30pm vs. Sweet Home
Wed., April 23, 4:30pm @ Christian Central (Lou Gehrig Park)
Sat., April 26, 1pm vs. Frewsburg
Mon., April 28, vs. St. Francis
Wed., April 30 @ St. Francis
Fri., May 2 @ Cardinal O'Hara
Mon., May 5, 4:30pm vs. Cardinal O'Hara
Mon., May 12 @ Bishop Timon (Cazenovia Park)
Wed., May 14, vs. Bishop Timon
Fri., May 16, @ Canisius (Delaware Park)
Mon., May 19, vs. Canisius

JV Baseball

Games begin at 4:15pm unless noted otherwise.

Tues., Apr. 1, 4:30pm @ St. Joe's
Wed., Apr. 2 @ West Seneca East
Thurs., Apr. 10, vs. Canisius
Tues., Apr. 22, @ St. Francis
Thurs., Apr. 24, vs. Canisius
Sat., Apr. 26, TBA @ St. Francis
Mon., Apr. 28, vs. O'Hara
Fri., May 2, vs. St. Francis
Wed., May 7, vs. St. Joe's
Fri., May 9, @ St. Joe's
Sat., May 10, TBA vs. Timon
Mon., May 12, @ Timon (Cazenovia Park)
Fri., May 16, @ O'Hara
Mon., May 19, @ Canisius (Delaware Park)
Thurs., May 22, vs. St. Joe's
Sat., May 24, TBA @ St. Francis

Tennis

Matches begin at 4:30pm. Home matches are played at Como Park.

Tues., April 1 @ Park
Thurs., April 3 vs. Niagara Catholic
Tues., April 8 @ Mt. Mercy
Thurs., April 10 @ Nardin
Tues., April 22 @ Sacred Heart
Thurs., April 24 vs. Mt. St. Mary's
Tues., April 29 vs. Buffalo Seminary
Wed., April 30 vs. Park
Tues., May 6 @ Niagara Catholic
Thurs., May 8 vs. Mt. Mercy

Women's Lacrosse

Matches begin at 4:30pm unless noted otherwise. Home matches are played at Keysa Park.

Wed., March 19, 4:45pm @ Niagara Falls (Scrimmage)
Sat., March 22, TBA @ Villa (Erie)
Tues., March 25 vs. Springville
Thurs., March 27 @ East Aurora (Scrimmage)
Fri., April 4 @ Sacred Heart
Mon., April 7 vs. Buffalo Seminary
Wed., April 9 vs. Nardin
Fri., April 11, 5pm @ Eden
Tues., April 22 @ East Aurora
Sat., April 26, 10am @ Niagara Falls
Mon., April 28 vs. Mt. St. Mary's
Wed., April 30 @ Buffalo Seminary
Fri., May 2, 4:45pm @ Niagara Wheatfield
Thurs., May 8 vs. Mt. Mercy
Fri., May 9 @ Nardin
Sat., May 10, 10am @ Lockport
Mon., May 12 vs. Sacred Heart (St. Mary's)
Wed., May 14 @ Mt. St. Mary's

Women's Track

Meets begin at 4pm.

Wed., April 9, vs. Immaculata/Sacred Heart (@ St. Francis)
Wed., April 23 vs. Sacred Heart (location TBA)
Wed., April 30, vs. Cardinal O'Hara (location TBA)
Mon., May 5, vs. Mt. St. Mary's (location TBA)
Mon., May 12 - All Catholics
Wed., May 14 - All Catholics

Men's Track

Meets begin at 4pm.

Mon., April 7 @ Canisius
Wed., April 9 @ St. Francis
Wed., April 23 @ St. Joe's
Wed., April 30, vs. Cardinal O'Hara (location TBA)
Mon., May 12 - All Catholics
Wed., May 14 - All Catholics

Schedules are subject to change, especially due to the weather. Updates available www.smhnlancers.org

January Lottery Winners

Jan. 1	677	Ann Seward	\$25
Jan. 2	693	Ticket Unsold	\$-
Jan. 3	612	Tom Michalski	\$25
Jan. 4	375	Ticket Unsold	\$-
Jan. 5	115	Ticket Unsold	\$-
Jan. 6	520	Ticket Unsold	\$-
Jan. 7	038	Ticket Unsold	\$-
Jan. 8	582	Ticket Unsold	\$-
Jan. 9	734	Ticket Unsold	\$-
Jan. 10	483	Ticket Unsold	\$-
Jan. 11	324	Ticket Unsold	\$-
Jan. 12	407	Ticket Unsold	\$-
Jan. 13	201	Pat Kruse	\$25
Jan. 14	705	Ticket Unsold	\$-
Jan. 15	644	Ticket Unsold	\$-
Jan. 16	013	Virginia Stolarski	\$25
Jan. 17	218	Ticket Unsold	\$-
Jan. 18	151	Ticket Unsold	\$-
Jan. 19	449	Ticket Unsold	\$-
Jan. 20	258	Lynnsay Browne	\$25
Jan. 21	212	Joe Grega	\$25
Jan. 22	220	Ticket Unsold	\$-
Jan. 23	106	Ticket Unsold	\$-
Jan. 24	938	Ticket Unsold	\$-
Jan. 25	267	Ticket Unsold	\$-
Jan. 26	719	Ticket Unsold	\$-
Jan. 27	950	Mark Sheperd	\$25
Jan. 28	108	Alan Roskopf	\$25
Jan. 29	357	Joleen Guay	\$100
Jan. 30	955	Ticket Unsold	\$-
Jan. 31	622	Ticket Unsold	\$-



Health Corner

Wellness Week is March 24-28

By Healthy Lifestyles Club

Every year St. Mary's High School participates in Wellness Week. This year Wellness Week will be held the week of March 24- 28.

During Wellness Week we focus on increasing wellness awareness and the importance of staying healthy.

Students will have the chance to participate in the following activities during this week:

- Morning Prayer – Start the day off on the right foot. Every morning at 7:30 a.m. a short and inspirational prayer service will be held in the Blue Room.
- Step- A- Thon – We want to increase our activity level during this week. It is our goal to have all of the students participate in the Step-A-Thon during lunch periods. As a school, it is our

goal to reach 500,000 steps. The class with the most steps and participation will receive a Pride Day.

- Healthy Eating – The St. Mary's Cafeteria always offers healthy lunches. During this week we will increase our healthy

food choices by offering fresh fruit and vegetables.

Please encourage your son/daughter to get involved in Wellness Week! It's important that we try our best to get healthy and stay well.

Spirit Week Fun

Senior Cory Kiebzak knocks down pins during the Human Bowling Game of the Class Competition Assembly of Spirit Week.



School Meals

We serve education everyday through healthy choices

March 2014 Menu

Breakfast – \$1

Reduced – 25¢
 Bagels, cream cheese, assorted cereal, muffin, juice, milk, fresh fruit
Served Every Day
 7:15-7:45 p.m.

A la carte items:
 Muffins – 60¢
 Pop Tarts – 60¢
 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
3	Asian Day – Rice, oriental vegetables, popcorn chicken, dinner roll, fruit, milk	4 Mexican Day – Tacos in a bag, seasoned meat, lettuce, cheese, seasoned rice, fruit, milk	5 Italian Day – Stuffed shells, romaine salad, dinner roll, fruit, milk	6 French Day – Baked chicken, mashed potatoes, gravy, corn, fruit, milk	7 ESL Day – Fish fry, salad, Cole slaw, tater tots, fruit, milk
10	Chicken patty on bun, romaine salad, potato rounds, green beans, fruit, milk	11 Pizza bagels, chef salad, hash brown patty, peas, carrots, fruit, milk	12 Stuffed-crust pizza, chef salad, tater rounds, broccoli, fruit, milk	13 Tacos, seasoned meat, two 6" wraps, lettuce, cheese, salsa, rice, fruit, milk	14 Grilled cheese, tomato soup, hash brown patty, broccoli, corn, fruit, milk
17	Turkey or ham wraps, lettuce, tomato, cheese, oven fries, carrots, peas, fruit, milk	18 Chicken tender sub, sweet potato fries, corn, broccoli, fruit, milk	19 Cheeseburger on roll, macaroni & cheese, green beans, peaches, fruit, milk	20 Hot dogs on a bun, baked beans, vegetables, fruit, milk	21 No School
24	Chicken patty on roll, chef salad, tater tots, carrots, fruit, milk	25 Tacos, two 6' wraps, lettuce, cheese, tomatoes, salsa, seasoned rice, fruit, milk	26 Sahlen's hot dog on a bun, baked beans, oven fries, fruit, milk	27 Stuffed-crust pizza, chef salad, sweet potato fries, fruit, milk	28 Ravioli, romaine salad, dinner roll, broccoli, corn, fruit, milk
31	To be announced				

March 2014 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Spaghetti Dinner to benefit Baseball Team 1-5pm
2 MBB Finals at Cansius College 6:30 or 8pm	3-E Day Student Senate 2:30pm	4-F Day Curriculum Committee 2:30pm	5-A Day Special Schedule (Ash Wednesday Prayer Service) SEEK Meeting 2:30pm	6-B Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library	7-C Day Junior Retreat 8am-3:30pm	8 SAT Testing Day
9	10-D Day Student Senate 2:30pm	11-E Day NHS Meeting 2:30pm	12-F Day Campus Ministry Meeting 7:30am Principal's Ad Board 2:30pm	13-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library	14-B Day Special Schedule (Lenten Reconciliation) Seniors to OLV Basilica	15
16	17-C Day Student Senate 2:30pm	18-D Day	19-E Day Campus Ministry Meeting 7:30am Lenten Day of Prayer – Eucharistic Adoration Faculty/Staff Meeting 2:30pm WLax @ Niagara Falls (Scrimmage) 4:45pm	20-F Day Pride Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Pride Day	21 NOSCHOOL Administrative Day Musical 7:30pm No School	22 Musical 7:30pm WLax @ Villa (Erie) TBA
23 Wellness Week Donate Life Week	24-A Day Student Senate 2:30pm	25-B Day Ext HR / PM Liturgy Schedule (Class Meetings / Annunciation Liturgy) VBB vs. Newfane 4:30pm WLax vs. Springville 4:30pm Liturgy Dress Code	26-C Day Spring Sports Banquet 6pm	27-D Day Weekly Mass 7:30am in Chapel Blood Drive 8am-1pm NHS Tutoring 2:30pm in Library WLax @ East Auorra (Scrimmage) 4:30pm	28-E Day Jeans Day Jeans Day	29 VBB vs. Dunkirk 1pm
30	31-F Day Campus Ministry Meeting 2:30pm Student Senate 2:30pm	1-A Day Curriculum Committee 2:30pm Tennis @ Park 4:30pm JV BB @ St. Joe's 4:30pm VBB vs. West Seneca East 4:30pm	2-B Day SEEK Meeting 2:30pm JV BB @ West Seneca East 4:15pm MLax @ Buffalo (All-High Stadium) 5pm	3-C Day Pride Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Fashion Show 5-9pm Tennis vs. Niagara Catholic 4:30pm Pride Day	4-D Day Ext HR Schedule (Lenten Prayer Service) End of Third Quarter WLax @ Sacred Heart 4:30pm	5

Scrip News (continued from page 2)

regarding a sign up for shopwithscrip.com. This will be offered in addition to our traditional SCRIP ordering process.

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Thank you again to everyone for participating in this very important program.

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March 20-22

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