

CURRENTS

The Official Newsletter of St. Mary's High School • Lancaster, NY



Sophomore Marysia Paradis tries her hand with the Ross Robotic Surgery Simulator.

Students explore robotic surgery at Roswell Park

In July and August, six St. Mary's High School students participated in the Junior Robotic Surgery Challenge at Roswell Park Cancer Institute. The Challenge introduced participants to various career opportunities within health care using hands-on, practical exercises, and classroom instruction as well as guest lectures from accomplished professionals.

As the Challenge came to a conclusion, senior Bridget Herod was a member of "The Fantastic Forceps," the group of

students that received the Best Team Performance Award. The other St. Mary's students participating in the Challenge were graduates Paige Burkard, Jacob Shepherd, and Kaitlyn Tytka; junior Victoria Jankowski; and sophomore Marysia Paradis.

"This challenge made me recognize that I want to be in the medical field for the rest of my life," Bridget commented. "This challenge opened new doors in my

(Continued on page 2)

Freshmen, what will your first weeks be like?

When do you start?

Your first day of classes as freshmen will be Wednesday, Sept. 9. On that day, the only other students in the building will be your mentors. You will be dismissed at 11:30 a.m. Bus transportation will be available that day, both before and after school.

What do you need to bring?

A book bag/back pack – that's all.

Where do you go?

When you get to St. Mary's, you will report to homeroom. The lists of homeroom assignments will be posted in the hallway.

You will receive a folder with paper and a pen to use for the rest of the day.

When you meet with your teachers over the first few days of school, they will give you a few things. First, they will give you your textbooks. Also, they will be giving you their course expectations. This will list their grading policy as well as what they expect you to do in their class. You

The First Two Weeks of School

<u>Mon., Sept. 7</u>	<u>Tue., Sept. 8</u>	<u>Wed., Sept. 9</u>	<u>Thur., Sept. 10</u>	<u>Fri., Sept. 11</u>
No School Labor Day	No School for Students Faculty/Staff Orientation 8am - 2:30pm	A-Day FRESHMEN ONLY 11:30 a.m. DISMISSAL	A-Day ALL STUDENTS FULL DAY	B-Day ALL STUDENTS FULL DAY
<u>Mon., Sept. 14</u>	<u>Tue., Sept. 15</u>	<u>Wed., Sept. 16</u>	<u>Thur., Sept. 17</u>	<u>Fri., Sept. 18</u>
C-Day Special Schedule Student Pictures Opening Liturgy Class Meetings Orientation Student Senate 2:30pm Meet the Teachers Night 6-8:30pm	C-Day (again) Walk-a-thon Pledges Due Fall Play Auditions 2:30pm	D-Day Fall Play Auditions 2:30pm	E-Day Math Club Meeting 2:30pm	F-Day Fall Play Callbacks 2:30pm

will also receive a list of supplies you will need for each class.

We want your first day to be as pleasant as possible. If you have any questions, please contact Mr. O'Connor,

Enrollment Director, or the guidance counselors, Mrs. Neudeck or Mrs. Whitwood.

We look forward to seeing you on September 9!

Robotic surgery *(continued from page 1)*

education of medicine.

“Winning [the team award] was like winning a Grammy!” Bridget continued. “This award that will hang in my bedroom now and in my dormroom when I go to college; it will remind me to look back and see how hard my team worked and studied to get this award.”

“I got a lot out of the Challenge,”



Recent graduate Kaitlyn Tytka practices with a surgery simulator.

Kaitlyn added. “I learned how to work well as a team and how to utilize each other’s strengths and weaknesses. This program helped me confirm my decision to work in the medical field. It also made my dream of working at Roswell in the future even more apparent. I would recommend this program to other students, especially students considering the medical field.”

“Our students had a positive experience and did very well in the program,” said coordinating teacher Mrs. Kathy Walh-Henshaw. “They were challenged, worked hard, and learned a lot. Our students were very excited and enthusiastic about their experience. They loved it!”

“We are extremely proud that our students learned so much, and received awards, from their participation in the Roswell Robotics Surgery Challenge,” said St. Mary’s Principal Mrs. Rebecca Kranz. “It takes a great commitment to engage in such a challenging program throughout the summer. This program, and many more like it, allow our students to prepare for their college, careers, and life after school.”

Robot-assisted surgeries are minimally invasive surgical procedures carried out



Bridget Herod holds her “Best Team Performance Award.”

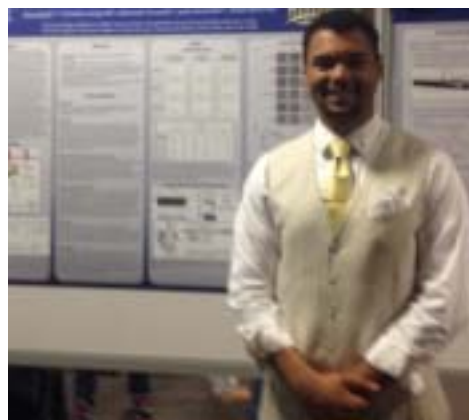
with assistance from a highly specialized surgical robot under the control and oversight of an experienced surgeon. Compared to traditional “open” surgeries, these procedures typically involve smaller incisions, less blood loss, and quicker recovery time. At Roswell Park, robot-assisted procedures are used in the treatment of many urologic, gastrointestinal, head-and-neck, thoracic, and gynecologic cancers.

St. Mary’s grad receives Roswell Research award

Korry Wirth, a 2012 graduate of St. Mary’s High School, was one of five college students to receive the “Outstanding Scientific Talk Award” for his research at Roswell Park Cancer Institute. Twenty-six students made presentations at the conclusion of the recent Roswell Park Summer Research Internship Program in Cancer Science.

Korry received his award for his presentation on “Investigating the Role of TAK-1 in the Invasion and Metastasis of Ovarian Cancer.”

In his research, Korry studied a particular gene that is mutated in highly aggressive forms of ovarian cancer and is responsible for its metastasis. His research characterized the role of the mutate TAK-1



Korry Wirth ‘12 stands with his award-winning presentation.

gene in the spread of aggressive ovarian cancer.

The Outstanding Scientific Talk Award recognized students for their ability to

relate their research to an audience in a logical, enthusiastic, and understandable manner utilizing strong visual aids.

Korry last participated in the Roswell Park summer program four years ago when he was a junior while attending St. Mary’s. Korry is presently a senior at Canisius College.

Currents

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Editor – Keith Kidder ‘85

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Our New Year begins

“Consider this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.” 2 Corinthians 9:6

Dear Family & Friends,

I’m sure we can all fondly look back on many new beginnings that we have experienced in our lifetimes. We can remember the beginning of special friendships. The beginning of our favorite song or



movie is always easy to recognize. And it wasn’t too long ago that we were all welcoming in the beginning of summer.

The “beginning” is so often associated with a positive and fresh start. We look forward to the beginning of a trip, the beginning of a party, the beginning of new life. The beginning of the school year can bring the same optimistic feelings, if we make the choice to do so.

Each one of us has a decision to make. We are all standing together at the starting

line of a new school year. What do you want to accomplish this year? Big things? Little things? Will you take on a positive attitude or are you looking at this beginning as an end? I hope that you will make the choice to come into the new year with renewed confidence and energy, ready to make the best of your new beginning. Take this blessing from God, this opportunity for a fresh start, and run with it.

As you enjoy your last few family dinners before all the craziness of the school year begins, maybe you could discuss what new goals you will set for the coming year. Talk about what you would like to accomplish academically, spiritually and in the extracurricular realm. Is your goal to make the honor roll first quarter? Will you make time to attend the voluntary weekly mass on Thursday mornings starting in October? What activities will you jump into in the new year – how about trying something new?

During those first few weeks of school, announcements will be made and sign-up sheets will be out for the many clubs and activities that St. Mary’s has to offer. How will you take advantage? What opportunities will you grasp?

I invite you all to join and follow me on Twitter @LancerKranz, as well as our other SMHS Twitter handles stmaryslancers. This is a great way to keep up with the many things going on at school.

May the grace of the Blessed Mother fill us all with inspiration for the new year. I’ll see you at the front door next week!

Sincerely,

Rebecca L. Kranz
Principal, Class of 1992

PS - I hope to see many parents at our **Parent Go-To-School Night** on Monday, September 14th at 6 pm. This is a great way to meet the teachers and get every one of our students started on their path to success.

Welcome, new teachers!

St. Mary’s High School is pleased to announce the addition of the following people to the Lancer community:

- **Dr. Kirsten Eurenus, Ph.D.** – Regents & General Chemistry, Forensic Science, STEAM Program Assistant
 - **Meaghan Hillery** – Ceramics, Advanced Ceramics, Digital Art, Digital Photo, Drawing & Painting, 2D Studio in Art, 3D Studio in Art, Yearbook Moderator
 - **Ryan Kaminski** – Keyboard & Guitar, Music Theory
- Check out future issues of *Currents* for profiles of the new community members.

Updates for the new year

Over the summer, our staff has been hard at work to make improvements to the building and programs within the school. Here is a list of some of the exciting things that have been going on at the school in the last couple of months:

- We are updating our School Counseling program to include the specialized position of College Counselor. Mrs. Jamie Whitwood has been appointed

to this position and will work with Mrs. Sarah Neudeck (Chairperson of the Counseling Center) to provide meaningful programming to educate both students and parents about making great decisions for their college choices. Along with this update, we will be transforming the setup of which counselors work with which students.

(Continued on page 4)

Meet the Teacher Night is Sept. 14

St. Mary’s High School will hold its annual Meet the Teacher Night on Monday, Sept. 14, beginning at 6 p.m.

This night – designed for parents (leave your student home) – will allow parents the opportunity to meet with their students’ teachers and to learn more about the classes, homework assignments, and

grading policies. In addition, parents will also hear from Mrs. Rebecca Kranz, Principal, who will discuss updates to school policies. Also, parents will hear from the Lancer Parent Partnership.

Refreshments will be available throughout the evening. Hope to see you on September 14!

Summer updates *(continued from page 3)*

Each counselor will work with students from all four grade levels. Mrs. Whitwood will work with students with last names beginning with the letters A through L and Mrs. Neudeck will work with students with last names beginning with the letters M through Z. Our counselors also excel at teamwork and will work with one

another throughout this transition, especially with seniors who have been working with Mrs. Whitwood for the past three years.

- Our Technology Staff has been hard at work updating the WiFi throughout the building, including 43 new access points. We now have strong, reliable coverage throughout the entire

building, including the Athletic Center. Students have their own SMH-STUDENT network to use and there is also an SMH-GUEST network that all parents and guests can use when they are in the building. Additionally, we have new computers in Room 108 that will benefit all classes in that lab.

- Through our STEAM Grant from the Oishei Foundation, we have continued updates to the STEAM Zone in Room 205, as well as to the STEAM Program. We have added more computers, updated furniture and will be adding a junior/senior project component, as described by Mr. Phil Conner (STEAM Coordinator) on page 8. Additionally, we received a very generous donation from Empire EMCO of a 3D printer that allows us to print at a much larger scale than the two 3D printers that the school already owns.
- Through a School Safety grant from the state, we will be adding more lighting to the front of the building, along with more security cameras. Additionally, work is being done to repave the front walkway.
- Many classrooms and hallways have been treated to fresh coats of paint, as has the Art Gallery.
- The St. Francis of Assisi Peace Garden (in memory of Marty Galasso) has received a great deal of attention over the summer. Additionally, the office next to the Faculty/Staff room is being transformed into a space for the Campus Ministry team. We look forward to students and faculty enjoying those spaces for reflection and interaction throughout the year.
- The inaugural class of the Marian Honors Academy is beginning with the Class of 2019. A small group of select students will work with Academy Coordinator, Mr. Keith Junik, to cultivate their academic talent and further their academic and extracurricular pursuits.

From the Enrollment Office

2015 Open House for Prospective Students

Friday, Sept. 25 – 5 to 8 p.m.

Sunday, Sept. 27 – 11 a.m. to 3 p.m.

Please spread the word about the St. Mary's Open House for Prospective Students and their Families, taking place on Friday, Sept. 25, from 5 to 8 a.m. and Sunday, Sept. 27, from 11 to 3 p.m.

This event is designed to allow middle school students, potential

transfer students, and their families to come to St. Mary's; meet with students, teachers, coaches, and parents; take a tour of the school; and learn about the curriculum, clubs, and sports that the school offers. Visitors will also receive a gift and refreshments.

Volunteers needed

Mr. Beck O'Connor, Enrollment Director, is looking students and parents who are willing to volunteer at this year's Open House, to share what St. Mary's means to them and their families.

Students interested in helping out should stop in to Mr. O'Connor's office to sign up.

Parents are asked to contact Mr. O'Connor at 683-4824, ext. 237 or boconnor@smhlancers.org.

Can you post a sign?

Mr. O'Connor is also looking for families willing to place an Open House sign on their front lawn for passing drivers to see.

If you can help, please call Mr. O'Connor at 683-4824, ext. 237, or email him at boconnor@smhlancers.org.

Upcoming Enrollment Events

Admission Exam Prep Classes

Saturdays,
October 31, November 7 & 14

Admission Exam

Saturday, November 21
8:30 a.m. to 12 noon

Wi-Fi access upgraded throughout SMHS building

We are pleased to announce that we have completed the first phase of the implementation of the One-to-One Technology Program at St. Mary's.

Over the summer, we updated the Wi-Fi throughout the building. We have installed 43 access points, including the Athletic Center, which never had Wi-Fi access before.

Students will see the improvement immediately upon entering the school with more reliable connections, faster uploads and downloads, and stronger signals.

As part of this upgrade, we also installed two new networks: SMH-STUDENT for the students, and SMH-GUEST for parents and guests to use

when they are in the building. (To access the new network when you visit the building, you just need to go to your Wi-Fi settings on your mobile device, select SMH-GUEST as your desired network, and follow the instructions.)

In September 2016, every student at St. Mary's will be receiving a Chromebook.

They will be used for their academic pursuits, as teachers will incorporate them into their instruction. These Chromebooks are for the students to keep, for college and beyond.

There will be no additional charges for these Chromebooks; the yearly Technology Fee will cover the cost of the Chromebook.

Notes from the Health Office

New students need physicals

Students new to St. Mary's High School are required to have a physical exam on file in the Health Office. This applies to all ninth grade and transfer students. If you have not turned in a physical form by October 1, 2015, your student will be assigned a physical with the school physician.

Anyone interested in playing sports must have a current physical on file in the Health Office.

If your student has not had a physical and is interested in playing a winter or spring sport, please contact the Health Office to schedule a physical.

Your student's health is important to achievement in school. There are health screenings that the school nurse will begin this month in Physical Education classes.

These are the guidelines from New York State: Height and weight measurement are given annually to each student.

Freshmen will have scoliosis screening if this was not completed by their primary physician at the time of their physical exam. Students new to St. Mary's High School and 10th grade students receive vision and hearing screening.

Please remind your student to wear contacts, or have his/her glasses on a regular basis.

This will give us the correct results in our testing and save you unnecessary visits to your eye doctor. Parents will be notified in writing if your student has any difficulty with screenings.

If, at anytime during the school year, you feel that your student is having difficulty, please contact the school nurse, Mrs. Murphy, for screening or if you have questions regarding height and weight.

If you have any questions, please call the school nurse, Mrs. Murphy, at 683-4824, ext. 220.

Transportation information

Information regarding transportation is sent to parents from the public school district at the end of August. This information is not sent to St. Mary's High School.

Students are reminded to especially pay attention to their bus numbers – some districts send multiple buses, so it's important for students to know which bus to get on at the end of the school day.

If you do not receive your bus information, or if you have questions or problems with the arrangements, please call

the Transportation Department of your school district.

Students who take the Metro Bus will receive their bus passes as soon as they arrive at St. Mary's. The NFTA allows students to ride buses without passes for the first few days of school.

Remember: Students are never allowed to ride a bus from a school district other than their own. Public school districts are only insured for their own residents.

Driver Ed begins in September

Did you know that St. Mary's High School has an after-school Driver Education Program?

Working with Buffalo Driving School, St. Mary's offers Driver Education three times a year – fall, spring, and summer.

During the fall session, classes take place on Thursdays; in-car sessions are once a week. Completion of this course satisfies the 20-hour graduated licensing requirement. This program is open to St.

Mary's students as well as members of the community.

To sign up, go to the St. Mary's website, www.smhlancers.org, click on Driver Ed at the top of the page, download the Registration Forms, and submit them with payment to St. Mary's High School.

Information regarding deadlines, start and end dates, and more will soon be available by going to the Driver Ed webpage.

Student / Parent Handbook now available

The 2015-16 St. Mary's Student Handbook is now available. The Handbook may be found by going to the St. Mary's webpage, www.smhlancers.org, and clicking on "About."

The Student Handbook includes school policies (tuition, attendance,

academic, acceptable technology) and the rules and regulations (discipline code, dress code).

The Handbook also contains the school's Code of Conduct, a list of Student Organizations, an explanation of Services and Resources, a map of the school, the

class-time schedules, and much more.

Updates have been made to the Dress Code, disciplinary actions, and Senior Privileges.

All students and parents MUST read the student handbook to ensure awareness of school guidelines.

Students and parents must acknowledge that they have read the Student / Parent Handbook

By signing this page, I acknowledge that I have read the Student / Parent Handbook for 2015-2016 (available on the St. Mary's website, www.smhlancers.org). I understand that the Handbook contains information that my child and I may need during the school year. I also understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in these policies.

If you have more than one student at St. Mary's, list the other students below. Have the student in the highest grade level turn this form in to their homeroom teacher.

Student #1: _____

Student Signature: _____

Homeroom: _____

Student #2: _____

Student #2 Signature: _____

Student #3: _____

Student #3 Signature: _____

Parent Signature: _____

Date: _____

***This form must be returned by Monday, Sept. 14.
Students who do not return this form will not be allowed to participate in extra-curricular activities, including athletics, play rehearsals, and club activities.***

Walk-a-Thon taking place Tuesday, September 22

For several years, the Student Senate of St. Mary's High School has sponsored the annual Walk-a-thon. The students have walked the streets of Lancaster and, in the process, raised funds which are used for school classes, clubs, and organizations and to help fund the Student Senate Scholarship.

Like last year, the Student Senate has decided to incorporate a school picnic into

the Walk-a-thon, presently scheduled for Tuesday, Sept. 22. After a walk of about three miles, the Walk-a-thon will arrive at Firemen's Park in Depew. Here the students will be treated to a picnic lunch while able to enjoy the basketball courts, sand volleyball court, and more. The students will walk back to school at the end of the day.

Created in 2006, the Student Senate

Scholarship is awarded to an incoming freshman who has the potential to be a future student leader of the school.

In the August mailing, families received a letter from the Student Senate Co-Moderators, Mrs. Lynn Tytko and Mr. Keith Kidder, going into more details about the Walk-a-Thon. There was also a Walk-a-thon pledge sheet. All Walk-a-thon pledges are due Tuesday, Sept. 15.

Dress code added for Prom / Semiformal dances

The Administration of St. Mary's High School recently added the following Dress Code for the Prom and all Semiformal Dances:

The Dress Code for students at Prom and Semi-Formal Dances should be proper and demonstrate modesty and self-respect befitting a Catholic high school student.

Guidelines for Ladies:

- With your arms at your side, no skin should be showing in front of your arms
- No Front or Side Cut Outs
- Fabric inserts must be sewn in, not pinned (so they can't be removed)
- Length of dress must be no shorter than fingertip length, no slits higher than fingertip length
- No bare midriiffs or see-through material

(no netting)

- Strapless dresses must fit securely
- Back of dress cannot go below the navel line
- No excessive cleavage or plunging neck lines
- Bi-level dresses must be no shorter than fingertip length
- No visible tattoos

Guidelines for Gentlemen:

- Must wear a tuxedo or suit with tie for Prom
- For semi-formal dances, suits or dress pants, suit coat, dress shirts with ties must be worn
- Hats or accessories such as canes or sticks must be left in the car or limo before entering the event
- Dress shoes must be worn

- No jeans of any color
- Must be clean shaven
- No visible tattoos

Other notes:

- All guests of a St. Mary's student are required to follow all SMHS guidelines. St. Mary's High School, through the Office of the Dean of Student Affairs, reserves the right to refuse entrance to any ticket holder based on attire.
- A permission form verifying that the student and parents have read and agreed to the dress code must be signed and returned to school prior to purchasing a prom ticket.
- Guests from outside the school must also sign the permission slip to verify they understand the dress code rules and guidelines before attending the event.

Examples of dresses NOT allowed in the Prom/Semiformal Dance Dress Code



No Front or Side Cut Outs



No shorter than fingertip length



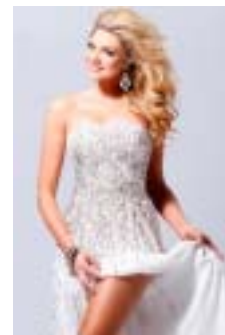
No slits higher than fingertip length



No bare midriiffs or see-through material



Back of dress not below navel line



Bi-levels no shorter than fingertip length

Sports Boosters Sponsors



**2-Man Scramble
Golf Tourney
Under the Lights
at Bob-o-Links**

September 6th • 7 pm

\$85 each

Includes 18 holes (shotgun start), Closest to Pin Prizes, and Appetizers & Beverages at the After Party

For more information, contact Steven Grieco at 683-4824, ext. 235 or sgrieco@smhlancers.org

Don't forget the blue blazer

Just a friendly reminder that, as part of the St. Mary's Dress Code, all young men must wear a navy blue blazer as part of the Liturgy Dress Code.

The requirements for the blazer are that it must be navy blue, single-breasted, and have two or three buttons.

To ensure that you purchase the correct style blazer, the Administration recommends buying it

through Flynn & O'Hara. You may also purchase a blazer at Kohl's, JC Penney, the New York Store, or other clothing retailers.

The first day that these blazers must be worn is on Monday, Sept. 14, when the school will be celebrating the Opening Liturgy.

Any questions regarding the blazer should be directed to Mr. Matt Ard, Dean of Student Affairs.

Student absentee & attendance information

Note – The Attendance Policy in its entirety may be found in the Student / Parent Handbook.

Whenever it is necessary to be absent from school, a parent or guardian must call extension 227 no later than 8 a.m. to explain the reason for the absence. The phone call should include the student's name, which parent/guardian is calling, and the reason for the absence. If no call is received by 8 a.m., the Attendance Office will contact the student's parents or guardians to obtain the reason for the absence. If no reason for an absence is obtained within 24 hours, the student will be considered truant, and the student will receive appropriate disciplinary actions.

A student will be excluded from participation in any extracurricular activity (sports, clubs, field trips, or any school-related functions) on a day he/she is absent from school or not present by 10 a.m.

Truancy will result in detention or suspension.

Upon return to school, a student who has been absent needs to see each teacher individually to check about class work, notes, tests, quizzes, homework collected, and homework assigned during the absence. Teachers will give students who have been absent time to make up work. The student is responsible for doing so in a timely manner.

Realizing that attendance in class is vital to the success a student can achieve in a course at St. Mary's, the following has been adopted as the school's Attendance Policy:

- A student who misses six (6) classes because of illegal absences during any one quarter will automatically fail that course(s) for that particular quarter. This may affect the student's status regarding academic ineligibility.
- A student who has missed more than half of a class period will be deemed to be absent for the entire class.
- After 4 or more classes have been missed, the attendance officer will send written notices to the parents. After the 6th absence, the student is failing and parents will receive a written notice.

- The attendance office subscribes to the New York State attendance policy.
- The only legal excuses for being absent: medical appointments with verification, snow days from home school district, funerals, court dates with verification.
- Medical excuses must be presented on the day the student returns to school. Medical excuses are doctor or dentist appointments, verified by written notes on the doctor's stationery. Medical excuses for any one quarter must be turned in by the day the quarter closes and will not be accepted once report cards have been issued. Failing grades due to attendance will not be changed after report cards are issued.
- New York State does not recognize "Take Your Daughter / Son to Work Day" as a legal reason for being absent from school. St. Mary's High School also does not recognize the day. If a student participates in the day, it will be considered an illegal absence with parent permission and charged as one of the five absences allowed per quarter.
- Road tests and permit tests are unexcused absences.
- If a school district is closed and not providing bus service for days that are NOT weather related, and St. Mary's High School is in session, students are required to be in school. District

closings that are not weather related are not excused absences. **Parents should check their school district calendars and make necessary transportation arrangements for those dates.**

- Students may not leave campus once they arrive on school property.

Snow (Weather-Related) Closings

If a school district is closed due to weather, students are legally absent. Even for weather-related district closings, parents are still required to call their students in absent to extension 227 by 8 a.m. However, if a student comes to school, it is our expectation that they will remain until the school is closed or the end of the school day. Students who are absent from school are not allowed to participate in any extracurricular activities on that day.

If a district closes during the day, students will be released only to district transportation or a designated parent or guardian. We will not release students to ride with other students or other parents, except for siblings.

If a parent or guardian decides it is necessary to pick a student up during the day, please call the school to let us know you are coming.

Families will be notified of school closings/delays through the mass-notification system. In addition, informa-

(Continued on page 9)

Student work when absent

As we are all well aware, daily class attendance is directly related to a student's academic success. However, absenteeism from school may be unavoidable. Please be advised of the school policy regarding getting work while a student is absent:

- If a medical absence is long-term (a week or more), a parent should contact the Counseling Center regarding the student's situation. Teachers will be contacted to submit missing assignments, worksheets, etc. After the Counseling Center has

received this work, arrangements need to be made to pick up these assignments as well as the needed textbooks, notebooks, etc.

- If the absence is short term (a few days), the student should contact a classmate. The "turn-around time" in getting work for absent students makes this the most effective and efficient way to get this information. Teachers will give students who have been absent time to make up work. The student is responsible for doing so in a timely manner.

Freshmen answer, "What does Lancer mean?"

By Mr. Max Mauro
English Teacher

At Lancer First Step, we asked the incoming freshmen, the Class of 2019, to define what being a Lancer means to them using the letters that spell out who we are! Here are the top four of over 35 participants (The other participants can be found hanging in the Freshmen English classroom 114)



Some of the participants in this year's Lancer First Step program.

Loving others all the time
Amazing and supportive to peers
Nice to new faces you encounter and know
Caring for others in need and in general
Encouraging yourself to become a better person
Respectful to faculty, sports teams, classmates and everyone

-Athena Mohomen

Love academics, classmates teachers and sports
Always up for a challenge
Nice to everyone and anyone

Courage to do what you believe is right
Everyone together as one big family
Radiate positive vibes always to everyone

-Nick Pronobis

Loyalty to your class peers
Always setting a Christian example
Never a poor spirit in sports or classes
Courageous when it comes to new things
Every day is a day filled with hope, joy and laughter

Ready to learn about our faith
-Saige Maniscalco

Looks out for each other
Always prepared for the day
Never lets daily challenges get in our way
Caring for others before ourselves
Eager to live and learn about our faith
Respectful to our teachers and our classmates

-Brianna Propis

Campus Ministry *E Pluribus Unum*

Welcome to all the new members of the St. Mary's family. Each month the Office of Campus Ministry offers a reflection on an aspect of our faith. You are invited and encouraged to respond, inquire, and critique these offerings.

Our theme for this year is "Many and One". Based on St. Paul's first letter to the Corinthians, Chapter 12, the Church teaches that we are all one body in Christ. We, the Church, comprise the Mystical Body of Christ. Each one of us has been given certain gifts and talents

to empower, enable, and minister. Through these charisms the Church grows, ministers, and becomes holy.

As each body part has its unique function, so too, each member of Christ's body has a particular function and role in the Church.

The faith community at St. Mary's has the challenge to recognize and help realize these charisms and gifts in our students. Through the teachings of the Church and the experience of prayer, it is our hope that each student becomes aware of the call

God has placed on their lives. As these many gifts are realized and developed we, as a prayerful community, become one and holy.

The title of this article, often found on U.S. currency, is not in reference to money. It is a Latin phrase meaning "from many, one".

It is our aspiration to challenge our many students and their families to become one in St. Mary's.

Benedicat vos omnipotens Deus.
twf+

What if ...up to 26% of each purchase you made went to your favorite worthy cause?
 Shopping at hundreds of online stores helps St. Mary's High School with each purchase!
 It's all free & private. Join today and change online shopping for good. Go to igive.com for more information.




Attention Sophomores, Juniors, & Seniors – STEAM Challenges are back and expanding!

By Mr. Philip Connor
STEAM Coordinator

The mandatory Sophomore STEAM Challenges are back this year, and along with them St. Mary's is expanding the program to include Juniors and Seniors.

For those of you who do not know what the STEAM Challenge is, it is a program designed to expose and nurture student interest in the STEAM fields (Science, Technology, Engineering, Art, and Mathematics) and perhaps motivate them to pursue a career in one of these important and needed disciplines.

SOPHOMORES: Each member of the

sophomore class is required to successfully complete two STEAM Challenges during the course of the year. There will be a total of eight projects that will be offered, and each student will choose their top three favorites. Students will then be assigned to two of their top three for completion. Students are of course welcomed and encouraged to complete more than two challenges if desired.

The challenges will run approximately six weeks and be worked on during study halls. Each challenge will conclude with a competition with their fellow STEAM participants.

For Sophomores the participation in



Jon Pasternak constructs his wind turbine.

STEAM Challenge Descriptions

Below is a list and a brief description of each of the eight STEAM challenges that the members of the Sophomore Class will choose from. More details on the Sophomore STEAM Challenges will be provided at the Sophomore Class Meeting on September 14th.

1. Egg-O-Naut: For this challenge, students will design, construct, and

launch a 2-liter soda bottle rocket intended to carry an egg "astronaut" into the air as high as possible and then return it safely to the ground, unbroken.

2. Building a Wind Turbine: Students will design and construct turbine blades for a model wind turbine. The

(Continued on page 9)



Alex Paul and Nathan Waley show off the egg that "survived" the Egg-O-Naut Challenge.

the STEAM Challenge is mandatory, and they will receive a grade for their completion of the projects. Challenges that are not successfully completed will need to be redone or another STEAM challenge will be assigned until two successful challenges are met.

More details will be provided during the Sophomore Class Meeting on September 14th.

JUNIORS and SENIORS: St. Mary's has come up with a very special STEAM project for you: "It's Easy Being Green!"

We are looking for highly motivated Juniors and Seniors who want to be part of a single large-scale, year-long, and environmentally focused project. The project itself will be fully student originated, designed, and implemented. You and your teammates will decide on a project of your interest as long as it meets our "It's Easy Being Green!" theme.

So, if you are looking to become more involved with SMHS, and want to have a positive impact on the environment while enhancing that college application, this is an excellent opportunity to do all three.

More details will be coming during the class meetings on September 14th.

Theater Department to present *THE CREATURE CREEPS!*

Ms. Heather Ruhland, chair of the St. Mary's Performing Arts Department, has announced that this year's fall play will be Jack Sharkey's *The Creature Creeps!* The play will be performed November 5 and 6.

This hilarious parody of the horror story genre has an ancient castle, creaking doors, a mad scientist, his misshapen assistant, a grim housekeeper, a secret laboratory, shrieks from the depths of the

cellar, disappearing villagers, an incredibly stalwart and stupid hero of sterling character, the scientist's absolutely dopey daughter, and too many laughs to count.

The setting is the parlor of Castle Von Blitzen in the Carpathian Mountains of Transylvania. Where is the Baron Von Blitzen's secret laboratory? That's what the terrified villagers would like to know. And when the scientist and his assistant

convert the innocent parlor into a fiend's experimental station, the ingenuity of the set provokes both laughter and applause!

Open auditions will be held on Tuesday, Sept. 15, and Wednesday, Sept. 16, at 2:30 p.m. Call backs will be held on Friday, Sept. 18 at 2:30 p.m.

More information is available by contacting Ms. Ruhland at hruhland@smhlancers.org.

STEAM Challenge Descriptions (continued from page 8)

objective is to see who can build the turbine that can generate the most electricity.

3. Game Developer Challenge: Students will use the game developer program *SCRATCH* to create a video game that helps 4th grade students to learn and better understand a concept in mathematics. Their games will then be tested and evaluated by real 4th graders!

4. School of Rock: For this challenge, students will design and create a musical instrument that can be used to play a recognizable song. The instruments must be able to play a variety of notes from a scale. Students are encouraged to work together and form a band and perform as a group.

5. Make-N-Wear: The students will use recycled materials or the 3D printer to design and make their own line (at least three items) of wearable art. A

fashion show of their work will help determine the winners.

6. Mouse Trap Derby: The students will design and construct a vehicle that is powered solely by a standard mouse trap. Distance and traveling in a straight line are the keys to this challenge

7. Bridging the Gap: The students will design and make a truss bridge using only balsa wood and glue. The bridges need to be designed to hold weight but at the same time be as light as possible. Those bridges that have greatest strength-to-mass ratio will be deemed the winners.

8. Easy Bake Solar Oven: Using only recycled materials, the students will

design and make a solar oven capable of cooking a simple meal. Students whose ovens reach the optimum temperature for cooking without over or under cooking their food will be winners.



Brittany Wachowski and Samantha Grabski work with a student from Our Lady of Blessed Sacrament School as part of the Game Developer Challenge.

Absentee Policy (continued from page 6)

tion on school closing will be available on Channels 2, 4, or 7, WBEN-Radio 930, and on the St. Mary's website (www.smhlancers.org), and Facebook and Twitter pages.

Vacation Policy

Policy for student voluntary absences during school time:

Parents must make the request at least

two weeks in advance to either the Principal or the Attendance Officer. Even if the individual teachers have been notified of a student's vacation, parents must still make the request to the Principal or the Attendance Officer.

Principal/Attendance Officer will inform parent that: The time requested cannot be granted and it must then become their decision. If parents then choose to do

so, it is recorded on the student's permanent attendance record as an illegal absence with parental permission.

Students are responsible for all work missed during their absence. Parents must also inform the Counseling Center as to the length and date of absence.

Reminder: If a student misses six classes, he/she fails for that quarter as per school attendance policy.

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)

Healthy habits that lead to success

Your teen can't learn if he's too groggy to concentrate. That's why developing healthy habits is critical to his success in school.

A commitment to healthy habits will help your teen start each school day ready to learn. Encourage your teen to:

- Eat healthy and well-balanced meals and snacks. Your teen will benefit from nutritious foods such as whole grains, produce, and lean protein. He should eat breakfast every day, even if it is a granola bar or piece of toast in one hand and a banana in the other as he runs out the door.
- Get regular exercise. A strong body, fueled by regular physical activity, will help your teen stay alert during the school day. Your teen should make sure he gets some sort of exercise every day. Even a short walk in the afternoon after school can reduce stress and help him be ready to tackle his homework.

- Get a good night's sleep. A routine that includes a regular and reasonable bedtime is critical for getting your teen up and out the door to school on time. Teens need plenty of rest in order to function properly throughout the school day. The American Academy of Pediatrics

recommends that teens get between 8.5 and 9.5 hours of sleep each night.

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St. Mary's, St. Bonaventure providing "Bus to Bona"

St. Mary's High School, in cooperation with St. Bonaventure University, will be providing a "Bus to Bona" for St. Mary's juniors and seniors on Tuesday, Sept. 8.

The "Bus for Bona" will leave St. Mary's at 8 a.m. to return at approximately 2:30 p.m.

During the trip, students will be able to take a tour of the campus; meet with teachers, students, and

admissions' advisors; and sit in on classes.

The students will also be treated to a free lunch in the university's Magnano Centre.

More information and sign-ups are available by contacting Mrs. Whitwood (683-2349, jwhitwood@smhlancers.org) or Mr. Kelleher (683-4824, ext. 249, kkelleher@smhlancers.org).

BASH FOR CASH

\$50 Admits 2 to Party • Saturday, October 24, 2015

Maximum of 1500 Tickets Sold

(St. Mary's reserves the right to cancel event based on minimum ticket sales. Money will be refunded)

St. Mary's High School - Lancaster, NY

21 yrs. and older • Pizza/Beer/Soda Provided
(outside snacks & beverages will be welcomed)

Doors open at 6 PM • Party at 7 PM

GRAND PRIZE: \$10,000 WINNER

One: \$3,000 Winner & One: \$1,000 Winner

Four: \$500 Winners / Twenty Five: \$100 Winners / Thirty: \$50 Winners

All winning numbers returned to bin & eligible for EVERY drawing (IRS reporting procedure applies)

All proceeds benefit St. Mary's High School Students - Winners need not be present to win.

62 CASH PRIZES

RAFFLES SPLIT CLUBS GAMES

**To get your tickets or to volunteer,
call St. Mary's High School at 683-4824**



Lancer Parent Partnership



All parents invited to join LPP

Whether you are a new family just joining the St. Mary's community or a veteran of many years, a great way to get involved is through The Lancer Parent Partnership. Formally known as the Parent Teacher Guild, *The Lancer Parent Partnership* has a mission and focus on serving as a resource for parents of students of all grade levels, increasing communication between home and school, and being a liaison to the St. Mary's High School Administration and the Board of Trustees. The group has an Executive Committee consisting of parents and members of the Administrative Team, and has a parent representative on the Board of Trustees.

The kickoff event for this year was the Freshman Parent Mixer that was held concurrently with the Freshman Student Mixer on August 6. Freshman families got to know each other, played St. Mary's trivia for prizes, and enjoyed an ice cream social. A highlight of the evening was a presentation by a student panel made up of current St. Mary's students Kristi Smith, Gabby Burkard, and Danielle Norton, along with 2015 graduates Alex and Zach Szpila. The parents asked some great questions and got an insider's view of why St. Mary's is such a family! One lucky freshman took home a new FitBit that was raffled off to

attendees.

The Lancer Parent Partnership also provides teacher and staff appreciation gifts during the holiday season and a catered luncheon during Teacher Appreciation Week. Dinner and dessert will again be served to the teachers prior to First Quarter Follow-Up in November.

The Library is open after school each weekday beginning at 3:30 p.m. for parents to use while waiting for their students participating in extracurricular activities. Books, magazines, and newspapers are available, and the instructions are posted to access the school Wi-Fi for parent use with their laptops. Thanks to our partnership with the Administrative Team, this has become a great resource for parents.

The highlight of each year is the Spring Fashion Show in April. The date this year is April 21 at Salvatore's Italian Gardens, so please save the date! This is the only major fundraiser, and last year's show was again very successful, with 183 in attendance. More than 60 students representing all class levels, faculty, parents, and alumni participated as models in the show last year. Money raised at the Fashion Show enables the Lancer Parent Partnership to continue its commitment to fund the Senior Class scholarships that are presented at the end of the school year. In addition to the departmental scholarships

that are traditionally sponsored by the Lancer Parent Partnership, two new scholarships were added in 2013 to students demonstrating strong leadership and extraordinary community service. This brought the total dollar amount awarded in 2015 to \$1,300.

Best of all, with the exception of the Spring Fashion Show, there are no costs associated with the events and no dues!

Contacts for More Information?

- Please check out our web page under the Parents tab on the school web site. You will find a listing of the Executive Committee members, our upcoming events, and a copy of the 2014-2015 Annual Report that was presented to the Board of Trustees.
- You can contact Sandy Gibson at ekgib15@msn.com for any questions that you may have as new or returning members of the St. Mary's family.
- **Our first Executive Committee meeting will be held in October.** Anyone can join the Executive Committee, or you can just participate in the events. The Fashion Show Committee will also begin meeting in October. Stay tuned for more details in future issues of *Currents* and through School Messenger.



Freshman parents "break ice" at the LPP-sponsored Mixer.



Seniors Helen Gibson and Carrie Kidder share their stories during the Freshman Mixer.

Fundraising

WHILE YOU **Shop**[®]



Stop selling and start earning! Scrip fundraising is a no-selling program that allows families to raise money for their non-profit organization (NPO). Scrip is just another way to pay for everyday purchases using gift cards in place of cash, checks, and credit cards.

You purchase gift cards from your organization at face value, and your coordinator orders those cards from Great Lakes Scrip Center at a reduced price. The difference is an instant rebate for your organization. It's really that simple!

When you use scrip gift cards at your favorite retailers, you're fundraising while you shop. Great Lakes Scrip Center offers over 300 of the country's biggest brands, including grocery, department stores, gas stations, restaurants, hotels, home improvement, and more. Just by using scrip to pay for your normal weekly purchases, you can easily raise \$500 or more per year. It's time to put your shopping dollars to work!



**For more information or a SCRIP Order Form,
go to www.smhlancers.org
and click on the SCRIP Logo.**

– Thank you for helping St. Mary's High School –

You can help St. Mary's by ... shopping

Helping to support St. Mary's High School can be as easy as going to your favorite store.

Many retailers offer programs in which schools receive a portion of the customers' purchases. All the buyer has to do is sign up with the program in which they designate St. Mary's High School as the recipient of the donation.

Below are several programs in which St. Mary's High School has participated for the past few years. As the school becomes aware of others, information will be printed in future issues of *Currents*:

* * *



Tops in Education Program

How it works:

Please note: You must sign up for the Tops in Education Program every school year.

- Register your TOPS BonusPlus®.
- Select St. Mary's High School from the list of schools that have registered
- Purchase participating TOPS brand, Full Circle™, TopCare®, Tippy Toes, Valu Time® and Best Yet® products with your TOPS BonusPlus® throughout the 2015-2016 TOPS in Education program year.
- TOPS contributes up to 5% of your purchase to St. Mary's. The more you shop, the higher percentage we donate!

To sign up, go to www.topsmarkets.com/education.

* * *



Target RedCard Program

How it works:

- Apply and get approved for a REDcard®.
- Enroll in Take Charge of Education and

designate St. Mary's High School.

- Start shopping with your REDcard®.
- Target will track purchases made by participating REDcard® holders, then send a no-strings-attached donation check directly to the school principal.
- Checks are distributed once a year.

Parents can apply for the RedCard Program and track the school's progress at Target.com/tcoe.

* * *

Office Depot 5% Back to Schools Program

How it works:

- Shop at Office Depot for all of your school and office supplies.



- Present your school's 5% Back To Schools ID number when you shop on-line, over the phone, or at your neighborhood Office Depot store. The School ID for St. Mary's High School is 70073221.

- Office Depot will offer your school credits equal to 5% of the qualifying purchases in the form of an Office Depot Merchandise Card that can be used towards FREE supplies!

For more information on the program, go to http://www.officedepot.com/a/content/back-to-school/5percent/?cm_sp=FooterLinks_-_products_-_5PercentBack or go to www.officedepot.com, scroll to the bottom for "Give Back to Schools" under "Special Programs." (Yes, they don't make it easy to find).

iGive.com

How it works:

- Go to iGive.com to set up an account, designating St. Mary's as your cause.



- After logging in, follow the link to your favorite vendor and do your on-line shopping like you normally do. There are over 1,100 stores participating in the program.

- iGive.com automatically computes the donation, based on a percentage of your purchase (percentage donations vary at each store; for example, 1.6% of your purchase at Kohl's will be donated to St. Mary's)

- Every month, iGive.com sends a check to St. Mary's with the total donation.

For more information, go to www.iGive.com.

* * *

My Coke Rewards



How it works:

- Go to mycoke.com to create an account.
- After signing in, enter the code found on the bottle cap or packaging of your favorite Coke product. Points range from 3 points for a bottle cap to 25 points for a 12-pack.
- Donate your points to St. Mary's High School.

More information is available at mycoke.com.

Do you know of more programs?

Do you know of other stores that offer rebates to schools just by shopping?

We would love to share this information with the rest of the St. Mary's

Community.

Contact Keith Kidder, Director of Special Programs, at kkidder@smhlancers.org, and your stores will be included in future editions of *Currents*.

Welcome, new coaches!

Terrence Miller – Hockey

The St. Mary's Athletic Department is pleased to announce that Terrence Miller has been named the new Hockey Coach at the school.

Mr. Miller is presently the Head Coach of the Buffalo Regals Squirt Major team, who most recently won the SCTA League Championship. He has been a coach, assistant coach, and instructor since 2007 for many different levels of the Buffalo Squirt program. In addition, Mr. Miller served as head coach of the varsity hockey team at Canisius High School from 2001 to 2010, where he led the team to two Federation and State championships. He has also coached the Buffalo Saints as well as the Western Region in the Empire State Games, earning two gold

medals. In his career, he has coached eight players who have been drafted by the National Hockey League.

Since 2011, Mr. Miller has been the vice president of the Buffalo Regals, where he has been involved in all aspects of the program. Prior to that he was a coaching coordinator for the Regals from 2009 to 2011.

Mr. Miller played collegiate hockey at Cortland. He resides in Lancaster with his wife Sharon and their two children, Connor and Hailey.

"We are excited for Mr. Miller to join the Lancer family," said St. Mary's Athletic Director Steven Grieco. "His enthusiasm and love for the game of hockey are sure to ignite the student body and the players to help our program grow."

Jason Kline – Girls' Basketball

St. Mary's High School is pleased to announce that Jason Kline has been named the new Girls' Varsity Basketball Coach at the school.

Mr. Kline has coached boys' varsity basketball for a combined 14 years at Holland and West Seneca East High Schools. During that time he was twice named ECIC Boys' Basketball Coach of the Year and also went to four consecutive Final-Four championships. In 2011 he was named West Seneca Central Coach of the Year.

In 2011 Mr. Kline retired from coaching high school sports to start and develop a youth girls' basketball academy in the Southtowns. Several teams and individual players who attend the basketball

academy have been very successful and have won many local AAU tournaments. In addition to the basketball academy, he started the Southtowns Elite Travel Basketball League. Teams from Clarence, Lancaster, West Seneca, Holland, Pioneer, Eden, Franklinville, and other independent teams have competed in it for the past four years.

Mr. Kline has been a volunteer on the Board of Directors and past president of the Boys and Girls Club of Holland.

He was a three-sport athlete in high school and was named Athlete of the Year his senior year. He received a college scholarship to play Division I baseball and was a

(continued on page 15)

Notification on asbestos, pesticide

Asbestos

St. Mary's High School is in compliance with the U.S. Environmental Protection Agency's Asbestos regulations. The asbestos management report for St. Mary's is always on file in the school office. Parents are welcome to examine it at any time. This notification is a requirement of the regulation and means that St. Mary's High School meets all safety standards regarding asbestos.

Pesticides

Federal and New York State Education Law (Section 409-H) requires all public and nonpublic elementary and secondary schools to provide written notification to all persons in parental relation, faculty, and staff regarding the potential use of pesticides periodically throughout the school year.

St. Mary's High School is required to

maintain a list of persons in parental relation, faculty, and staff who wish to receive 48-hour prior written notification of certain pesticide applications.

The following pesticide applications are not subject to prior notification requirements:

- a school remains unoccupied for a continuous 72-hours following an application;
- anti-microbial products;
- nonvolatile rodenticides in tamper resistant bait stations in areas inaccessible to children;
- nonvolatile insecticidal baits in tamper resistant bait stations in areas inaccessible to children;
- silica gel and other nonvolatile ready-to-use pastes, foams, or gels in areas inaccessible to children;
- boric acid and disodium octaborate tetrahydrate;

- the application of EPA designated biopesticides;
- the application of EPA designated exempt materials under 40CFR152.25;
- the use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects including venomous spiders, bees, wasps, and hornets.

In the event of an emergency application necessary to protect against an imminent threat to human health, a good faith effort will be made to supply written notification to those on the 48-hour prior notification list. If you would like to receive 48-hour prior notification of pesticide applications that are scheduled to occur in your school, please e-mail Mr. Mark Tramont, President, at mtramont@smhlancers.org.

Kline (continued from page 14)

two-time All-Conference selection and a Division I All-American his senior season. He also spent two seasons playing minor league baseball before an injury ended his baseball career. This September he will be inducted into the WNY Baseball Hall of Fame.

Mr. Kline resides in Holland with his wife Michelle and their children, Myla, Kaylin, Kierra and Clayton.

"I am very excited to coach girls' basketball at St. Mary's," said Mr. Kline. "It is my goal to make St. Mary's the leading

destination for high school girls' basketball players in Western New York. My experiences and passion, combined with a knowledgeable and top level coaching staff, will allow the girls at St. Mary's to receive some of the highest level instruction and premier player development opportunities in the area.

"An intense and highly-competitive environment will allow each player the opportunity to develop and reach new heights as a student-athlete," he concluded.

Athletic Department presents

Chicken Dinner



Saturday, Sept. 12

11am-2pm (or sold out)

For more information, contact Steven Grieco at 683-4824, ext. 235 or sgrieco@smhlancers.org

– Fall Sport Schedules –

Varsity Football

All games begin at 1 p.m. unless noted.

Sat, Sept. 5, vs. Bishop Kearney
Sat, Sept. 12, vs. Canisius
Sat, Sept. 19, vs. Timon
Sat, Sept. 26, vs. St. Joe's
Sat, Oct. 3, @ Oil City (Pa.)
Sat, Oct. 10, @ St. Francis
Sat, Oct. 17, @ Gilmour Academy
Sat, Oct. 24 – Section Game (opponent TBA)
Sat, Oct. 31, 2pm @ O'Hara
Sat, Nov. 7 – Quarterfinals (at higher seed)
Sat, Nov. 14 – Semifinals (Ralph Wilson Stadium)
Sat, Nov. 21 – Championship (Ralph Wilson Stadium)
Sat, Nov. 28 – State Catholic Championship

Boys' Soccer

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

Tues, Sept. 8, vs. Depew
Thurs, Sept. 10, vs. Niagara Catholic
Sat, Sept. 12, @ Timon (Tiff Farms)
Tues, Sept. 15, @ O'Hara
Thurs, Sept. 17, vs. Park
Wed, Sept. 23, @ Alden
Thurs, Sept. 24, @ Niagara Catholic
Sat, Sept. 26, 1pm, @ Christian Central
Mon, Sept. 28, 7pm @ Depew
Thurs, Oct. 1, @ Nichols
Fri, Oct. 2, vs. Gow
Mon, Oct. 5, 4:15pm @ Park
Wed, Oct. 7, vs. Timon
Fri, Oct. 9, vs. O'Hara
Tues, Oct. 13, vs. Nichols
Fri, Oct. 23, 3pm – Semifinals
Sat, Oct. 31 – Finals

Girls' Volleyball

All JV matches start at 4:30 pm,

Varsity matches start at 6 pm unless noted

Thurs, Sept. 10 vs. Nichols
Sat, Sept. 12 – St. Mary's Tournament
Tues, Sept. 15, vs. Niagara Catholic
Thurs, Sept. 17, @ Rochester Mercy
Mon, Sept. 21, @ Eden
Tues, Sept. 22, @ O'Hara
Thurs, Sept. 24, vs. Nardin
Sat, Sept. 26 – Eden Tournament
Mon, Sept. 28, @ Sacred Heart
Wed, Sept. 30, @ Immaculata
Oct. 2 & 3 – Nike Tournament of Champions (Phoenix)
Tues, Oct. 6, @ Mount St. Mary's
Thurs, Oct. 8, @ Mount Mercy
Oct. 10 & 11 – Garden State Tournament (New Jersey)
Tues, Oct. 13, vs. Sacred Heart
Fri, Oct. 16, vs. Rochester Mercy
Mon, Oct. 19, @ Nardin
Wed, Oct. 21, vs. Eden
Fri, Oct. 23, @ Williamsville East
Tues, Oct. 27, vs. Immaculata (Senior Game)
Mon, Nov. 2 – Quarterfinals
Wed, Nov. 4 – Semifinals
Fri, Nov. 6 – Finals
Sat, Nov. 14 – State Championship Tournament (Long Island)

Boys' Volleyball

All matches start at 5 pm.

Fri., Sept. 11, 6pm @ Maryvale
Sat, Sept. 12 – North Tonawanda Tournament
Wed, Sept. 16, vs. Canisius
Tues, Sept. 22, @ O'Hara
Sat, Sept. 26 – Sweet Home Tournament
Wed, Sept. 30, @ St. Joe's
Sat, Oct. 3 – Williamsville South Tournament
Tues, Oct. 6, vs. O'Hara
Thurs, Oct. 8, vs. St. Joe's
Sat, Oct. 10 – Lockport Tournament
Wed, Oct. 14, @ St. Francis
Tues, Oct. 20, @ Canisius
Thurs, Oct. 22, vs. St. Francis
Tues, Nov. 3 – Quarterfinals (higher seed)
Thurs, Nov. 5 – Semifinals (#1 seed)
Tues, Nov. 10 – Finals (TBA)

Golf

All matches begin at 3:45pm.

Wed, Sept. 9, @ St. Joe's
Fri, Sept. 11, @ Park
Tues, Sept. 15, vs. Timon
Wed, Sept. 16, @ Nichols
Thurs, Sept. 17, @ Gow
Mon, Sept. 21, vs. St. Francis / O'Hara
Thurs, Sept. 24, @ Christian Central
Mon, Sept. 28, vs. Canisius / O'Hara
Tues, Sept. 29, vs. Gow
Thurs, Oct. 1, vs. Park
Mon, Oct. 5, vs. Christian Central
Mon, Oct. 12 – All-Catholics (River Oaks)

Girls' Soccer

All games start at 4:15 pm unless noted. Home games played at Westwood Park.

Thurs, Sept. 3, vs. Christian Central
Wed, Sept. 9, vs. Buffalo Seminary
Fri, Sept. 11, vs. Immaculata
Sat, Sept. 12, 10am, @ Depew
Tues, Sept. 15, vs. O'Hara
Fri, Sept. 18, vs. Park
Thurs, Sept. 24, @ Buffalo Seminary
Sat, Sept. 26, 11am, @ Christian Central
Tues, Sept. 29, vs. Niagara Catholic
Wed, Sept. 30, @ O'Hara
Thurs, Oct. 1, @ Sacred Heart
Sat, Oct. 3, 11am vs. Niagara Catholic
Mon, Oct. 5, 4:45pm. vs. Maryvale
Tues, Oct. 6, @ Park
Thurs, Oct. 8, vs. Pembroke
Tues, Oct. 13, @ Immaculata
Thurs, Oct. 15, vs. Mount St. Mary's

Crew

Sat, Oct. 3 – Head of the Genesee @ Rochester Rowing Club
Sun, Oct. 11 – Head of the Niagara and Wright Regatta @ West Side Rowing Club
Sat, Oct. 31 – Hogan Fries Regatta (novice only) @ West Side Rowing Club
Oct. 31-Nov. 1 – Head of the Fish @ Saratoga Rowing Association
Additional regattas and challenges will take place in the winter and the spring.



September 2015 Menus

Chef Manager – Joshua Goodman

(Please note – menus are subject to change)



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10 French Toast Sticks Maple Syrup Sausage Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	11 Ham, Egg, & Cheese on Roll, Yogurt Parfait <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
14 Breakfast Burrito Salsa Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	15 Waffles Maple Syrup Sausage Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	16 Breakfast Pizza Fresh Fruit with Buttermilk Biscuit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	17 Pancakes Maple Syrup Turkey Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	18 Bacon, Egg, & Cheese on Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
21 Country Sausage Gravy over Biscuit UBER Roll <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	22 Egg Omelet with Cheese or Plain Sausage Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	23 French Toast Sticks Maple Syrup Yogurt Parfait <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	24 Western Scramble English Muffin Turkey Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	25 No School for Students
28 Breakfast Burrito Salsa Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	29 Bacon, Egg, & Cheese on Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	30 Cheesey Scrambled Eggs, Fruit Muffin Sausage Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>		

Complete Meal Includes:

- 1 Entree,
Choice of Side (*blue italic*),
milk or bottled water . \$4.00
- 1 Entree,
Choice of Side (*blue italic*),
Intense Milk or
Vitamin Water \$5.00

Served Daily:

- Entrees \$3.25
- Salad – Large (v) \$3.00
- Salad – Small (v) \$2.00
- Fresh Made Soup \$1.25
- Cold Sub, Wrap \$3.25
- Intense Milk \$1.50
- Milk 1/2 pint \$.75
- Orange Juice \$1.50
- Vitamin Water \$1.75
- Pizza, all varieties \$2.50

Breakfast a la Carte:

- Breakfast Sandwich \$3.25
- Bagel; 4 oz. with Butter . \$1.20
- Cream Cheese \$.60
- Hash Brown Patty \$.50
- French Toast Sticks (5) .. \$1.85
- Greek Yogurt \$1.60
- Fresh Fruit Cup \$1.75

Lunch a la Carte:

- Fresh Baked Cookie \$.55
2 for \$1.00
- Nachos \$1.75
- Bag of Chips \$1.25

Symbols:

- (v) = vegetarian
- (wg) = whole grain
- * = Better Choice Healthy
Entrees (choosemyplate.gov)

Prepayment:

Go to
myschoolbucks.com,
create an account, and
make payment. Students
can also prepay in the
lunch line with cash or
check (made payable to
**Personal Touch Food
Service**, with the student
ID number on it).

*Please note –
prepayment of lunches
won't be available until
September 18th.*

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10 Beef or Chicken Burrito made to order Homemade Bean Burger (wg, v) <i>Refried Beans, Salsa w/ Pita Chips (v) Roasted Corn (v)</i>	11 Chicken Chow Mein Grilled Triple Cheese Sandwich (v) <i>Broccoli Slaw (v) White Rice (v)</i>
14 Philly Cheesesteak on Costanzo's Roll (wg) Italian Wrap <i>Italian Potato Salad (v) Zucchini w/ Sweet Peppers (v)</i>	15 Grilled Rueben Sandwich Shrimp Caesar Salad <i>Baby Red Potatoes (v) Broccoli Florets (v)</i>	16 Spicy Chicken Fingers *Roasted Veggie Sub topped w/ Feta (wg, v) <i>Carrot Sticks & Dip (v) Home Fried Potatoes</i>	17 Bacon Cheeseburger (wg) Roasted Turkey Sub (wg) <i>Steak Fries (v) Tomato & Cucumber Salad (v)</i>	18 Buffalo Macaroni & Cheese (v) *Tuna Pita Pocket (wg) <i>Jalapeno Cornbread (v) Peas (v)</i>
21 Roast Beef on Weck Turkey Salad Wrap <i>Mashed Potatoes & Gravy (v) Garden Salad (v)</i>	22 <i>If Walk-a-thon Postponed</i> *Tuna Salad with Cilantro Lime Dressing Ham & Cheese Sub <i>Black Beans (v) Tortilla Chips w/ Salsa (wg, v)</i>	23 *Chicken & Veggie Pizza (wg) Sloppy Joes <i>Applesauce (v) Cajun Fries (v)</i>	24 *Carved Roast Turkey Breast w/ Gravy Hot Turkey Sandwich <i>Mashed Potatoes (v) Roasted Brussel Sprouts (v) Savory Stuffing</i>	25 No School for Students
28 *Build Your Own Baked Potato Bar <i>Beef Chili Veggie Chili (v) Cheese Broccoli (v) Garden Salad (v)</i>	29 Sahlens Hot Dog on Bun Chicken Salad Pita Pocket <i>Tater Tots (v) Baked Beans</i>	30 Chicken Finger Sub (wg) *Hummus Wrap (v) <i>Veggis & Hummus (v) Potato Chips</i>		

Many A la Carte Items also available after school!

September 2015 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Orientation for New Students & Parents 6:30pm	3 GSoc vs. Christian Central 4:15pm	4	5 Football vs. Bishop Kearney 1pm
6 Athletic Department Golf Tourney 7pm at Bob-o-Links	7 Labor Day	8 Faculty/Staff Orientation 8am-2:30pm Curriculum Meeting MSoc vs. Depew 4:30pm	9 - A Day First Day for Freshmen 11:30 am Dismissal Faculty/Staff Meetings 12noon-2:30pm Golf @ St. Joe's 3:45pm GSoc vs. Buffalo Seminary 4:15pm	10 - A Day First Day for All Students EAAF Committee 2:30pm GVB vs. Nichols 4:30, 6pm BSoc vs. Niagara Catholic 4:30pm	11 - B Day Golf @ Park 3:45pm GSoc vs Immaculata 4:15pm BVB @ Maryvale 5pm	12 ACT Testing Date SMHS VB Tourney Girls' Alumni VB Game Chicken Dinner for Athletics 11am-2pm BVB @ North Tonawanda Tournament 8am GVB Tournament 8am GSoc vs. @ Depew 10am Football vs. Canisius 1pm MSoc @ Timon 4:30pm
13	14 - C Day Special Schedule (Liturgy / Orientation / Class Meetings / ID Photos) Student Senate 2:30pm Meet the Teacher Night 6pm Liturgy Dress Code	15 - C Day Walk-a-thon Pledges Due Auditions for Fall Play 2:30pm Golf vs. Timon 3:45pm GVB vs. Niagara Catholic 4:30, 6pm GSoc vs. O'Hara 4:15pm BSoc @ O'Hara 4:30pm	16 - D Day Principal's Ad Board 2:30pm Auditions for Fall Play 2:30pm Golf @ Nichols 3:45pm BVB vs. Canisius 5pm	17 - E Day Math Club 2:30pm Golf @ Gow 3:45pm GVB @ Rochester Mercy 4:30, 6pm BSoc vs. Park 4:30pm	18 - F Day Call Backs for Fall Play 2:30pm GSoc vs. Park 4:15pm BSoc vs. Nichols 4:30pm	19 Football vs. Timon 1pm
20 Homecoming Week RPM Retreat Departs 1:30pm	21 - A Day Special Schedule (Homecoming Prayer Service) Student Senate 2:30pm School Spirit Hallway Decorating After School RPM Retreat Returns Golf vs. St. Francis / O'Hara 3:45pm GVB @ Eden 4:30, 6pm	22 Walk-a-thon SOUL Meeting 2:30pm GVB @ O'Hara 4:30, 6pm BVB @ O'Hara 5pm	23 - B Day PM Assembly Schedule (Class Competitions) Faculty/Staff Meeting 2:30pm BSoc @ Alden 4:30pm	24 - C Day PM Assembly Schedule (Pep Rally) Powder Puff Football Game 7pm Golf @ Christian Central 3:45pm GSoc @ Buffalo Seminary 4:15pm MSoc @ Niagara Catholic 4:30pm GVB vs. Nardin 4:30, 6pm	25 No School for Students Open House for Prospective Students 5-8pm No School	26 Homecoming Dance 8-11pm BVB @ Sweet Home Tournament 8am GVB @ Eden Tournament 8am GSoc @ Christian Central 11am BSoc @ Christian Central 1pm Football vs. St. Joe's 1pm
27 Open House for Prospective Students 11am-3pm	28 - D Day Student Senate 2:30pm Golf vs. Canisius / O'Hara 3:45pm GVB @ Sacred Heart 4:30, 6pm BSoc @ Depew 7pm	29 - E Day Golf vs. Gow 3:45pm GSoc vs. Niagara Catholic 4:15pm	30 - F Day GVB @ Immaculata 4:30, 6pm GSoc @ O'Hara 4:15pm BSoc @ Niagara Catholic 4:30pm BVB @ St. Joe's 5pm	1 - A Day Morning Mass 7:30am NHS Tutoring 2:30pm EAAF Committee 2:30pm Golf vs. Park 3:45pm GSoc @ Sacred Heart 4:15pm MSoc @ Nichols 4:30pm	2 - B Day Special Schedule (Emergency Drill) Early Dismissal 2pm MSoc vs. Gow 4:30pm GVB @ Nike Tournament of Champions (Phoenix) 2pm Dismissal	3 SAT Testing Day GVB @ Nike Tournament of Champions (Phoenix) BVB @ Williamsville North Tournament 8am Crew @ Head of the Genesee (Rochester) GSoc vs. Niagara Catholic 11am Football @ Oil City (Pa.) 1pm

In the September issue of *Currents*

- *Exploring Robotic Surgery at Roswell*
- *Dress Code for Prom / Semi-Formal Dances*
- *STEAM Challenges are back and expanding*
- *Welcome, new Hockey, Girls' BB coaches*
- *September Menus & Calendar*

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A Classic St. Mary's Car



Gerald Wienckowski, a 1964 graduate of St. Mary's, sits with his 1963 Biscayne "427" at this year's Classic Car Show and Chicken Barbecue.

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Lancaster, NY 14086-1849

