

CURRENTS

St. Mary's High School • Lancaster, NY • November 2016



St. Mary's to celebrate Blue Mass

As part of the school's celebration of All Saints Day, the St. Mary's community will come together for a Blue Mass, honoring First Responders in the Lancaster and Depew area. The mass will be held on Tuesday, Nov. 1, at 1 p.m. in Our Lady of Pompeii Church, across from St. Mary's.

The Blue Mass, referring to the blue uniforms worn by so many public safety personnel, is an opportunity for greater awareness of, and gratitude for, the lives of those who serve so faithfully. The Blue

Mass is being coordinated by the school's new Lancers First Responders Club.

St. Mary's will incorporate the First Responders into the Mass in the following ways:

- Area volunteer fire companies, police agencies, and ambulance corps will bring various emergency vehicles, to be parked outside of the church. (If ladder trucks are available, mass participants will enter the church under the ladders.)

- A bag-pipes player will lead First Responders in the opening procession.
- First Responders will be blessed and their departed comrades memorialized following the homily.
- Offertory gifts will include symbols of First Responders (for example, fire helmets, police vests, medical supplies)
- A bag-pipes player playing *Amazing Grace* will lead the First Responders in the final procession.

Father Joseph Bayne, chief chaplain of Erie County Emergency Services and chaplain for the Buffalo Fire Department, will be the main celebrant of the Mass.

Students to experience Election

The Social Studies Department has created a 2016 Election Project that will be performed at all grade levels to take advantage of this year's presidential election.

As part of the project, Senior government students taught a lesson to all of our underclassmen on the Electoral College, the candidates, the political parties, and the major issues.

During the week of October 31 through November 4, the students will have the opportunity to "register" to vote. Registration Forms will be passed out in homeroom, and students will fill out these forms and turn them in to their Social Studies teacher.

On Monday, Nov. 7, the students who have registered to vote will go to the polls, coming to the Auditorium to cast their

vote for president. The polls will be open from 7:15 a.m. to 1:30 p.m., the end of 8th period. Students in the Government classes will then count the votes so that the winner may be announced at the end of the day.

The students in the Social Studies classes are only afforded this opportunity every four years; the department wants to make the most of this opportunity.



Seniors Jessica Musczynski, Shelby Whalen, and Matthew Pietrzak explain the election process to the students in Mrs. Junik's Global class.

November Calendar Changes

The St. Mary's Leadership Team wants you to be aware of the following changes to the November Calendar:

- There will be **No School on Tuesday, November 8**, Election Day.
 - The **First Quarter Follow-Up** will be **Tuesday, November 22**. First-quarter report cards may be picked up from 5 to 7 p.m.; teachers will be available during this time for brief meetings. (See page 2 for more information.)
 - There will be **No School on Wednesday, November 23**, adding an additional day to the Thanksgiving Holiday.
- Thank you for your understanding.

First Quarter Follow-up is November 22

First quarter report cards will be distributed to parents on Tuesday, Nov. 22, from 5 to 7 p.m. The faculty will be present at this time, giving parents the opportunity to meet briefly with their sons'/daughters' teachers, if desired.

A parent-teacher conference is an excellent opportunity for parents to both give and receive information.

To make parent-teacher meetings productive, the following general topics and related questions are suggested:

- **Homework** – Is my son's/daughter's homework completed accurately and on time?
- **Focus** – Does my son/daughter pay attention in class?
- **Class Participation** – Does my son/daughter participate in class by asking questions and volunteering answers?
- **Class Time Management** – Does my son/daughter use class time wisely?
- **Organization** – Does my son/daughter come to class prepared (homework,

textbook, notebook, writing supplies, etc.)?

- **Strengths and Weaknesses** – What is my son/daughter good at doing in this course? What does he/she need to work on?
- **Suggestions for Improvement** – What are your suggestions or advice for my son's/daughter's academic success in this class?
- Add other questions tailored to individual courses.

If a parent is unable to pick up the report card on November 22, the student will receive the report card after the Thanksgiving Break.

Important Note: *As stated in the Tuition Policy, "Report cards will not be distributed to parents or students when two or more months of tuition are past due."*

If your account is past due, please make the necessary arrangements so that you may receive your child's report card.

Report Cards to only be printed for first quarter

Just a reminder that St. Mary's High School only prints students' report cards following the first quarter, which ends in November.

These report cards will be distributed at the First Quarter Follow-Up, which takes place on Tuesday, Nov. 22, from 5 to 7 p.m.

The report cards for the other quarters will be available electronically through the InfoNOW Student Information System.

Families will be notified when the report cards are available for viewing.

Notes from the Health Office Physicals are Nov. 9th

Any student new to St. Mary's High School without a physical exam on file will be scheduled for a physical here at school on November 9th to be given by the school doctor.

If you have any questions, please contact the school nurse, Mrs. Murphy, at 683-4824, ext. 220, or bmurphy@smhlancers.org.

Class of 2020 elects officers



Brandi Pierog
President



Hayley Mildenberger
Vice President



Samuel Mickel
Secretary



Brendan Murty
Treasurer

The Class of 2020 recently elected their officers and homeroom representatives for the 2016-17 school year.

They elected:

- President – Brandi Pierog

- Vice President – Hayley Mildenberger
- Secretary – Samuel Mickel
- Treasurer – Brendan Murty
- Homeroom Reps – to be voted on Tuesday, Nov. 1!

Currents

Published 12 times a year by
St. Mary's High School
142 Laverack Ave., Lancaster, NY 14086
(716) 683-4824 • www.smhlancers.org

Editor – Keith Kidder '85

Vol. 25, Issue 3

**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 your support of Bash for Cash

Thank you to everyone who supported and came out to this year's Bash for Cash. A great night was had by all, especially the lucky winners:

\$50

- #053 - Jane Kney
- #128 - Larry Bakeman
- #146 - Trish Connelly
- #284 - Jillian Nieves
- #358 - Kelly Denz
- #497 - Dave Giardina
- #656 - Sherri Kobis
- #685 - Cindy Kupczyk
- #784 - Chris Malicki
- #811 - Dawn Murdock
- #888 - Bethany Miller
- #981 - Christian & Shaton Ozolins
- #1045 - Anthony Pivarunas



Bash for Cash coordinator Julie Wipperman (right) congratulates the Okon Family for being the Grand Prize winners



Head of School Kevin Kelleher pulls the Grand Prize winning ticket as master of ceremonies Mark DiPirro looks on

- #1046 - Anthony Pivarunas
- #1049 - Jim Pokornowski/Scott Jasinski
- #1241 - Jennifer Pawlowski
- #1250 - John Domanski
- #1269 - Kevin Trapper
- #1333 - Ken & Deanna Walsh
- #1380 - Carol Winiarski
- #1415 - Leanne Ziolkowski
- #1484 - Terry Adamczyk
- #1511 - Rick & Linda Hahn
- #1705 - Kris Hicks
- #1802 - Kline
- #1811 - Michael Brown
- #1817 - Connie Cislo
- #1850 - Amanda Johnson
- #1851 - Tim Ruggiero
- #EB004 - Tim & Marie Nietopski

\$100

- #089 - Mary Allen
- #193 - Ruth Benford
- #230 - David Brundage

- #253 - Kevin Casey
- #315 - Judy Nazarett
- #500 - Diane Williams
- #673 - Sharon Boryslewski
- #688 - Mark & Andrea Kwasniewski
- #727 - Kevin Mason
- #727 - Kevin Mason
- #823 - Mick McCartney
- #1091 - Terri Snyder & Terri Holtz
- #1111 - Joe & Sue Leo
- #1238 - Sherri Swiatek
- #1262 - Joan Tobolski
- #1434 - Carol Zielinski
- #1448 - Troy Livesay
- #1451 - Cindy Ferino
- #1467 - Walter L Matuszak
- #1496 - Theresa Stepien
- #1544 - Beck O'Connor
- #1593 - Karen & Dick Penfold
- #1597 - Lindsay Rozar
- #1611 - Mark & Kathleen Kwandrans
- #1807 - Chris Heim

Students/Teacher of September



Joshua Fontaine

Madeline Was

Bridget Vogl

Brandi Pierog

Mr. Ard

\$500

- #222 - Kimberly Gugliuzza
- #271 - Susan Loniewski
- #377 - Gary Draschan
- #1702 - Peter Duane

\$1,000

- #132 - Keith & Debra Baran

\$3,000

- #474 - Mike & Nancy Anastasia

\$10,000

- #623 - Tom & Renee Okon

Counseling Corner

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

Key tasks for teenage parenting

Now that your teen is in high school, do you think that most of the big parenting jobs are over? Hardly. According to researchers, there are five key tasks for parents of teens:

- Love and connect. Spend time together as a family and spend one-on-one time with your teen. Do familiar things like cooking a meal or watching sports, and add new things like volunteering as a family.
- Guide and limit. Figure out what's non-negotiable, such as issues related

to school responsibilities, health and safety. Let your teen know you won't give in on those things. But talk about how you can compromise on issues like clothes, hair and schedules.

- Monitor and observe. Be aware of where your teen is going and who he's with. Consult with teachers, coaches and other adults in his life. Keep in contact with the school about your teen's grades and attendance.
- Model and advise. Be a good role

model. Take care of your health and put your values into practice. Your example is more powerful than any words you speak.

- Provide and advocate. If your community doesn't offer what you think teens need, get active. Network within the community to provide the support you know all teens need.

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Regular exercise boosts success

No matter how much she has studied the night before, a teen who shows up at school stressed-out is not ready to learn. Stress has a negative effect on student achievement.

So how can you help your teen? Promote healthy physical activities. Exercise:

- Helps teens feel happier. The endorphins exercise releases also increase energy levels. If your teen is facing writer's block, a quick run might help her return to her task focused and energized.
- Is calming. When your teen is focused

on the exercise or game at hand, she's likely to stop focusing on her worries.

- Increases self-confidence. If your teen feels like she has more control over her body, she may feel more in control of her life as well.
- Improves memory. Studies have shown that the increased blood flow to the brain caused by exercise can help teens remember more.
- If your teen says she is so busy that she doesn't have time for exercise, help her rearrange her schedule so she can fit in some daily exercise. Or

work out together—you could probably use the reduction in stress as much as your teen!

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Peer pressure can be positive

Parents often think of peer pressure as a negative force. But that's only true if your teen is feeling that pressure from negative people!

Help your teen experience positive peer pressure by encouraging activities that allow him to meet other teens who share his interests and your family's values. Here's how:

- Encourage participation in extracurricular activities at school. This is probably the easiest way for your

(Continued on page 11)

Upcoming Enrollment Events

Admission Exam Prep Classes

November 16, 17, 18
4 to 6 p.m.

Admission Exam

Saturday, November 19
8 a.m. to 12 noon

Contact Andrea Drabik at adrabik@smhlancers.org

STEAM Program wins STEM Award

By Mr. Phil Conner
STEAM Coordinator

On October 13, St. Mary’s High School’s STEAM Program was recognized by WNY STEM as a WNY STEM *School on the Move* at a reception held at the Roswell Park Cancer Institute.

Over the past four years, St. Mary’s, through a generous grant from the John R. Oishei Foundation, has created a comprehensive program to develop student interest in STEAM (science, technology, engineering, arts, and math) fields.

Currently, every sophomore at St. Mary’s must complete at least two STEAM challenges, such as competitions in bridge building, bottle rocket construction, and making a mousetrap-powered vehicle.

Additionally, juniors and seniors are involved in a large-scale project, constructing a greenhouse made from recycled 2-liter bottles.



Mr. Conner and members of the STEAM Team display the STEM Award they recently received. Team members include Joshua Fontaine, Andrea Seeloff, William Story, and Jenna Erwin.

Next year we are expanding the program further by creating a “trout room” where we will be raising trout from eggs to be released into area rivers and streams to help repopulate an important species vital

for our local aquatic ecosystems.

St. Mary’s is committed to exposing students to and developing their interest in these highly needed and nationally important fields.



Campus Ministry



Ten Q

To the secular world the fourth Thursday of November marks the celebration of Thanksgiving. Designated as a federal holiday by President Roosevelt in 1943, its origins were begun by President Lincoln in 1863.

On this day we are thankful for many things especially family, friends, and freedom.

To the Catholic world, everyday marks the celebration of thanksgiving, as we pray at the Liturgy. Derived from the Greek word for thanksgiving is Eucharist, the spiritual center of Catholic worship. While other Christian communities celebrate communion as a symbolic act, the Catholic teaching is that we receive the body and blood of Jesus in a real sacramental manner. Under the appearances of bread and wine, their essence

Thursday Prayer Services

Because of low attendance, the St. Mary’s Campus Ministry Committee has decided to change Thursday masses to Thursday Prayer Services. The hope is that a shorter service will fit into people’s busy schedule a little easier.

The Thursday Prayer Service for November will take place on November 10 at 7:30 a.m. in the Chapel.

All are welcome to attend.

becomes the essence of Jesus. How this happens is the mysterious work of the Holy Spirit. The simple gifts become sacramental nourishment.

As secular Thanksgiving has declined to “Turkey Day” and “Black Friday Eve”, our respect has diminished. In a similar way so has our respect and reverence for the Eucharist.

Are we aware of the sacredness and sanctity of what we are doing? Do we approach the minister of communion with holy expectation? After the reception of Eucharist, do we acknowledge the presence of Christ within us? Do we pray?

In the Church, everyday, except Holy Saturday, is thanksgiving day. Every time we celebrate Eucharist we celebrate Eucharist as a sign of faith, a symbol of unity, and the sacrament of Jesus with us. Be thankful and receive often!!

Benedicat vos omnipotens Deus.
twf+

Theater Department nominated for Kenny Award

Will present *Fame as Spring Musical*

After an extensive application process, the St. Mary's High School Theater Department has been notified that they have been nominated for a 2017 Kenny Award.

Now entering its 24th year, the Kenny Awards recognize and celebrate outstanding high school musical productions in the Western New York region. The volunteer Kenny judging panel, made up of area theatre and education professionals, views the productions of the program finalists throughout the year and selects nominees and award winners based on the produc-



tions they see.

This is the first time that St. Mary's has been nominated for the Kenny Award.

The Department, as part of the nomination process, announced that the musical for Spring 2017 will be *Fame*.

Fame tells the story of several students who attend the High School of Performing Arts, among them fame-obsessed Carmen, ambitious actress

Serena, wisecracking comedian/bad boy Joe, quiet violinist Schlomo, "talented but dyslexic" dancer Tyrone, determined actor Nick, overweight dancer Mabel, and poor dancer Iris. St. Mary's last presented *Fame* in 2001.

Because of the amount of work necessary in preparing for the musical, the department has decided to change the audition dates. Auditions will now take place on Monday, Dec. 12, and Tuesday Dec. 13, from 2:30 to 4 p.m. Call Backs will be on Wednesday, Dec 14, from 2:30 to 4:30 p.m.

Lancer Parent Partnership

Please join the Lancer Parent Partnership

The Lancer Parent Partnership will hold our next committee meeting in the St. Mary's Library on Monday, Nov. 7, from 6 to 7 p.m.

At our last meeting we had some great discussions on several new events for SMH, as well as ways to make the Fashion Show even more successful this year. Come join some new families, as well as returning families, and help us plan these cool events.

This year we are also asking St. Mary's families to join the Lancer Parent Partnership at \$10 per family. The membership will help support student programs, teacher appreciation, and all the events we have planned for the 2016-2017 school year.

Please join us for cider and donuts during the First Quarter Report Card Pick Up, where we will be available to answer any questions and collect your membership. If you are not able to attend, you can send in your membership at any time to the school office.

If you would like more information about the Lancer Parent Partnership or would like to be involved but are not able to attend the next meeting, please contact Kim Marino at kim.marino@independenthealth.com or Amanda Rebeck at arebeck@smhlancers.org.

LPP Membership Drive

Please support the Lancer Parent Partnership's membership drive. Your support will fund scholarships for graduating seniors and several events during the 2016-2017 school year.

The cost is only \$10 which goes toward programs for the students, teacher appreciation, and much more!

Please fill in the form below and return it to the school during First Quarter Report Card Pick Up or anytime to the school office.

YES! I would like to join the Lancer Parent Partnership!

Family Name

Student(s) and Grade:

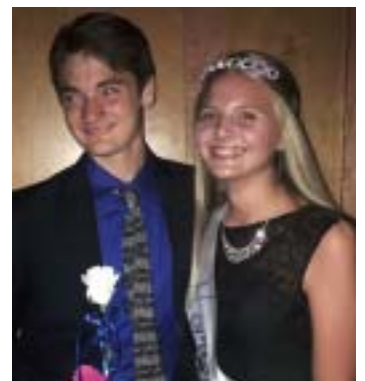
"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents" – Jane D. Hall

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.

Homecoming Week 2016



St. Mary's High School Bookstore

— These items are Uniform Approved —

Men's Navy Polo



\$30

Women's Dri-fit



\$30

Men's Lt Blue Polo



\$30

Dri-Fit Shirt



\$50

Kindness Can Change Tshirt



\$10

Balance Shirt
(Only in Men's Large)



\$20

Pink Shirt



Short
\$20
Sleeve

Long
\$25
Sleeve

Men's Sweatpants



\$35

NIKE Dri-Fit
(Navy - Gray - Light Blue)



Short
\$20
Sleeve

Long
\$25
Sleeve

NEW Hoodie
(Navy - Gray)



\$35

Hoodie
(Navy - Gray - Light Blue)



\$35

Full-Zip Hoodie
(Women's Navy Only)



\$45

Men's Fleece
(w/ pockets; not uniform approved)



\$40

Head Band



\$10

Stocking Cap



\$15

Duffle Bag



\$30

Planner



\$2

Car Magnet



\$3

Bumper Sticker



\$3

Lanyard



\$3

Charger



\$10

Cash / Check / MasterCard / Visa accepted

716.683.4824 x223 • jwipperman@smhlancers.org

– Winter Sport Schedules –

Men's Varsity & JV Basketball

Tues, Dec 6 6/7:30pm vs. Fredonia
 Fri, Dec 16 6:30pm @ West Seneca East @ Depew HS – ECIC Challenge
 Wed, Dec 21 6pm @ City Honors (Depew Tournament) VARSITY ONLY
 Thurs, Dec 22 6pm @ City Honors (Depew Tournament) JV ONLY
 Friday, Dec 23 time TBA @ TBA (Depew Tournament)
 Tues, Dec 27 time TBA – Five Guys Tournament - Varsity @ Will North; JV @ Will East
 Wed, Dec 28 time TBA @ TBA (Five Guys Tournament)
 Thurs, Dec 29 time TBA @ TBA (Five Guys Tournament)
 Tues, Jan 3 6/7:30pm vs. Niagara Catholic
 Wed, Jan 4 6pm @ West Seneca East– JV ONLY
 Fri, Jan 6 5/6:30pm @ O' Hara
 Tues, Jan 10 6pm vs. Amherst– JV ONLY
 Wed, Jan 11 6:30pm @ Walsh– VARSITY ONLY
 Fri, Jan 13 4:30/7:30pm @ Nichols
 Tues, Jan 17 4:30/6/7:30pm vs. St. Joe's
 Thurs, Jan 19 5/6:30pm @ CCA
 Sat, Jan 21 12:30pm/2pm vs. vs. Lancaster
 Wed, Jan 25 4/5:30/7pm @ Canisius
 Fri, Jan 27 6/7:30pm vs. O'Hara
 Mon, Jan 30 4:30/6/7:30pm vs. Timon
 Wed, Feb 1 5/6:30pm @ Park
 Mon, Feb 6 6/7:30pm vs. CCA
 Thurs, Feb 9 5:30/7pm @ Starpoint
 Fri, Feb 10 6/7:30pm @ Niagara Catholic
 Tues, Feb 14 6:30pm vs. Walsh– VARSITY ONLY
 Thurs, Feb 16 6/7:30pm vs. Nichols
 Fri, Feb 17 6/7:30pm vs. North Tonawanda
 Tues, Feb 21 4/5:30/7pm @ St. Francis

Women's Basketball

Fri-Sat, Nov 25-26 time TBA vs. TBA (Alden Tournament)
 Thurs, Dec 1 6pm @ Maryvale – JV ONLY (Maryvale Tournament)
 Fri, Dec 2 6pm @ Maryvale – VARSITY ONLY (Maryvale Tournament)
 Sat, Dec 3 JV –1:30pm, V – 3:30/5pm vs. TBA (Maryvale Tournament)
 Wed, Dec 7 5:30/7pm vs. Nichols (non-league)
 Thurs, Dec 16 5:30/7pm vs. Nardin (non-league)
 Sat, Dec 17 5pm @ Walsh – VARSITY ONLY (non-league)
 Tues, Dec 20 5:30/7pm vs. Holland (non-league)
 Thurs, Dec 22 6/7:30pm @ Ken East (non-league)
 Fri, Jan 6 4:30/6/7:30pm @ Sacred Heart
 Mon, Jan 9 4:30/6pm @ O'Hara
 Wed, Jan 11 5:30/7pm vs. Park
 Mon, Jan 16 6pm vs. Walsh – VARSITY ONLY (non-league)
 Mon, Jan 23 5:30/7pm vs. Mount St. Mary's
 Wed, Jan 25 5:30/7pm vs. Mt. Mercy
 Fri, Jan 27 4:30/6pm @ Nichols
 Mon, Feb 6 4:30/6pm @ Nardin
 Wed, Feb 8 5:30/7pm vs. Niagara Catholic
 Fri, Feb 10 6/7:30pm @ Lancaster (non-league)
 Mon, Feb 13 6pm @ Buffalo Seminary – VARSITY ONLY
 Fri, Feb 17 4:30pm vs. CCA – JV ONLY

Women's Bowling

All matches begin at 4pm at Classics Lanes
 Tues, Nov 15 vs. Park – Lanes 35/36
 Thurs, Nov 17 vs. Sacred Heart – Lanes 29/30
 Tues, Nov 22 vs. Buff Sem – Lanes 31/32
 Tues, Nov 29 vs. Mount St. Mary's – Lanes 35/36
 Thurs, Dec 1 vs. Mt. Mercy – Lanes 33/34
 Tues, Dec 6 vs. Nardin – Lanes 31/32
 Thurs, Dec 8 vs. O'Hara – Lanes 33/34
 Tues, Dec 13 vs. Park – Lanes 31/32
 Thurs, Dec 15 vs. Sacred Heart
 Tues, Dec 20 vs. Buff Sem – Lanes 33/34
 Tues, Jan 3 vs. Mount St. Mary's – Lanes 31/32
 Thurs, Jan 5 vs. Mt. Mercy – Lanes 29/30
 Tues, Jan 10 vs. Nardin – Lanes 33/34
 Thurs, Jan 12 vs. O'Hara – Lanes 29/30
 Tues, Jan 17 vs. Park – Lanes 33/34
 Thurs, Jan 19 vs. Sacred Heart – Lanes 31/32
 Tues, Jan 24 vs. Buff Sem – Lanes 29/30
 Thurs, Jan 26 – Position Round
 Tues, Jan 31 – All Catholics

Men's Bowling

All matches begin at 4pm at Classics Lanes
 Tues, Nov 22 vs. Park – Lanes 15/16
 Tues, Nov 29 vs. St. Francis – Lanes 11/12
 Thurs, Dec 1 vs. Canisius – Lanes 9/10
 Tues, Dec 6 vs. St. Joe's – Lanes 13/14
 Thurs, Dec 8 vs. O'Hara – Lanes 11/12
 Tues, Dec 13 vs. Timon – Lanes 15/16
 Thurs, Dec 15 vs. CCA – Lanes 9/10
 Tues, Jan 3 – Position Round
 Thurs, Jan 5 vs. Park – Lanes 13/14
 Tues, Jan 10 vs. St. Francis – Lanes 15/16
 Thurs, Jan 12 vs. Canisius – Lanes 11/12
 Thurs, Jan 19 vs. St. Joe's – Lanes 11/12
 Thurs, Jan 26 vs. O'Hara – Lanes 15/16
 Thurs, Feb 2 vs. Timon – Lanes 15/16
 Tues, Feb 7 vs. CCA – Lanes 9/10
 Thurs, Feb 9 – Position Round
 Tues, Feb 14 – All-Catholics
 Sat, Mar 4 – CHSAA Bowling (States)

Men's Freshmen Basketball

Thurs, Dec 8 5pm vs. Lockport
 Tues, Dec 13 6pm @ Clarence
 Thurs, Dec 15 6:30pm @ Jamestown
 Thurs, Dec 22 6pm vs. Lancaster
 Friday, Dec 23 4pm vs. Canisius
 Wed, Jan 4 5:30pm vs. St. Francis
 Fri, Jan 13 5pm @ Lancaster
 Tues, Jan 17 4:30pm vs. St. Joes
 Thurs, Jan 19 5pm @ Lockport
 Wed, Jan 25 4pm @ Canisius
 Mon, Jan 30 4:30pm vs. Timon
 Tues, Feb 7 6:30pm vs. Jamestown
 Thurs, Feb 9 6pm vs. Clarence
 Wed, Feb 15 4pm @ St. Joe's
 Tues, Feb 21 4pm @ St. Francis

Schedules are subject to change, especially due to the weather. Updates are available at smhlancers.org

Thank you, Seniors



As the fall sports seasons wind down, teams are taking time to honor and thank the senior members of the teams.

Above, the seniors of the Women's Volleyball Team were honored with their families prior to the October 13th match against Sacred Heart. The seniors are Gina Appenheimer, Victoria Jankowski, Caitlyn Meyer, and Kathryn Vogl.

The seniors on the Women's Soccer team were also honored – Kristi Smith, Courtney Kline, Marissa Loniewski, and Grace Fuller.



November 2016 Menus



Chef Manager – Tristan Hall
 (Please note – menus are subject to change)

– Breakfast –

Monday	Tuesday	Wednesday	Thursday	Friday
	1 French Toast Sticks (wg/v) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	2 Sausage & Egg on Wheat Bagel Fruit Cup (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	3 Buttermilk Pancakes Sausage Patty Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	4 Breakfast Sandwich Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
7 Ham, Egg & Cheese on English Muffin Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	8 No School	9 French Toast Sticks (wg/v) Bacon Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	10 Waffles (v) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	11 No School
14 Buttermilk Pancakes (v) Turkey Sausage Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	15 Bacon, Egg & Cheese Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	16 Breakfast Pizza Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	17 Sausage, Egg & Cheese Sandwich Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	18 French Toast Sticks (wg) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
21 Sausage & Egg on English Muffin Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	22 Breakfast Flatbread with Bacon (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	23 No School	24 No School	25 No School
28 Egg & Cheese Biscuit Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	29 Breakfast Flatbread (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	30 Bacon & Egg Biscuit Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)		

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\$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\$0.75
 Juice Cup\$0.50
 Bottled Water\$1.00
 Pizza, all varieties\$2.50

Breakfast a la Carte:
 Breakfast Sandwich\$3.25
 Bagel; 4 oz. with Butter ...\$1.20
 Cream Cheese\$0.60
 Hash Brown Patty\$0.50
 French Toast Sticks (5) ...\$1.85
 Greek Yogurt\$1.60
 Fresh Fruit Cup\$1.75

Lunch a la Carte:
 Fresh Baked Cookie\$0.55
 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).

– Lunch –

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Twin Tacos Chopped Romaine Salad (v) Salsa with Tortilla Chips (v/wg)	2 Tortellini Marinara (v) Garlic Breadstick (v) Seasoned Vegetables (v)	3 Sloppy Joe on Costanzo's Roll Steak Fries (v) Rice Pilaf (v/wg)	4 Chiavetta's BBQ Chicken Jalapeno Corn Muffin (v/wg) Vegetable Medley (v)
7 Chicken Quesadillas with Black Bean Salsa or Cheese Quesadilla (v) Fiesta Rice (v/wg) Spicy Vegetables (v)	8 No School	9 Buffalo Mac-n-Cheese (v) Italian Garden Salad (v) Fresh Green Beans (v)	10 Roasted Turkey Subs Potato Chips (v) Steamed Broccoli (v)	11 No School
14 Cheesy Ravioli with Breadstick (v) Garden Salad (v) Fruit Yogurt (v)	15 Taco in a Bag (Doritos) (wg) Mexican Corn (v) Refried Beans (v)	16 Cheesy Grilled Cheese with Tomato Soup (v) Potato Chips (v) Mixed Vegetables (v)	17 Sweet & Sour Chicken with Brown Rice (wg) Garden Vegetable Soup (v) Garden Peas (v)	18 Breakfast Platter - Waffle (v), Pancake (v), Sausage, Bacon Tater Tots (v) Mixed Vegetables (v)
21 Meatball Bomber Sub Garden Salad (v) Yogurt/Fruit Cup (v)	22 Mexican Pizza Southwest Vegetables (v) Southwest Rice (v/wg)	23 No School	24 No School	25 No School
28 Pasta Marinara with Meatballs Garlic Breadstick (v) Italian Roasted Broccoli (v)	29 Bacon Cheeseburger Steak Fries (v) Fruit Cup (v)	30 BBQ Pulled Pork on Costanzo's Roll Baked Beans (v) Zesty Coleslaw (v)		

**Many
 Al a Carte
 Items also
 available
 after
 school!**

November 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - E Day Special Schedule (Class Meetings / All Saints Liturgy / Blue Mass) Photo retakes during lunches Curriculum 2:30pm 	2 - F Day <i>WVB - Semifinals</i> 6pm	3 - A Day NHS Tutoring 2:30pm	4 - B Day Family Day of Remembrance Jeans Day for Charity (\$2) Fall Play 7:30pm <i>WVB - Finals</i> 7:30pm	5 SAT Test Day Down Syndrome Parents Group of WNY Annual Symposium 7:30am-5pm Fall Play 7:30pm
6 Grammar School BB Tournament Nov. 7-18	7 - C Day Student Senate 2:30pm First Day of Winter Sports	8 NO SCHOOL Election Day 	9 - D Day School Physicals	10 - E Day Prayer Service 7:30am Math Club 2:30pm NHS Tutoring 2:30pm End of First Quarter	11 NO SCHOOL Veterans Day 	12 <i>WVB - States in NYC</i>
13	14 - F Day Student Senate 2:30pm	15 - A Day NHS Induction Ceremony 7pm <i>WBowl vs. Park</i>	16 - B Day Sophomore Retreat 8am-2pm Faculty/Staff Meeting 2:30pm Admissions Test Review Class 4-6pm Sports Banquet 6-8pm	17 - C Day NHS Tutoring 2:30pm Senior Trip departs Admissions Test Review Class 4-6pm <i>WBowl vs. Sacred Heart</i>	18 - D Day Admissions Test Review Class 4-6pm	19 Admissions Test 8am-12noon
20	21 - E Day Student Senate 2:30pm Senior Trip Returns	22 - F Day First Quarter Follow-up 5-7pm <i>MBowl vs. Park</i> <i>WBowl vs. Buffalo Seminary</i>	23 NO SCHOOL Thanksgiving Holiday 	24 NO SCHOOL Thanksgiving Day	25 NO SCHOOL Thanksgiving Holiday	26
27	28 - A Day Student Senate (Decorating) 2:30pm	29 - B Day <i>MBowl vs. St. Francis</i> <i>WBowl vs. Mt. St. Mary's</i>	30 - C Day	1 - D Day Morning Mass 7:30am NHS Tutoring 2:30pm <i>MBowl vs. Canisius</i> <i>WBowl vs. Mt. Mercy</i>	2 - E Day Jeans Day for Charity (\$2)	3 SAT Testing Day

Sports Banquet is November 16

The Fall Sports Awards Banquet will be taking place on Wednesday, Nov. 16, beginning at 6 p.m.

The Banquet will take place in the Gus Galasso Performing Arts Center (The "Gus") at the school.

More information is available by contacting Ms. Heist (683-4824, ext. 235 or bheist@smhlancers.org) or Mrs. Aquino (683-4824, ext. 224, paquino@smhlancers.org).

Peer pressure (continued from page 4)

teen to meet a positive peer group. If he hasn't joined anything yet, look at the school website together and find a club that matches his interests.

- Have your teen research volunteer opportunities. He could join a local service club or youth group.
- Encourage your teen to invite friends to your home when you will be there. It's important for you to know who his friends are, and this is a great way to find out! Make your home a favorite hangout spot by offering movies and a

variety of snacks.

- Seek out the parents of your teen's friends. Talk with them about the rules they keep and the values they share with their children. You will probably have some things in common. And you'll be able to counter your teen when he tells you everyone else is allowed to stay out as late as they want to!

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