

CURRENTS



St. Mary's High School • Lancaster, NY • January 2017

St. Mary's implementing new Early Dismissal Policy

Recently, there was a near-tragic story of a student from Tonawanda who left school early with a person that was not her father.

Fortunately, the story had a happy ending, as the teenager was found safe. (wivb.com/2016/12/07/town-of-tonawanda-police-looking-for-help-finding-missing-girl/).

In light of this story, St. Mary's has decided to make changes to the school's Early Dismissal Policy:

- A student who needs to leave before the school day ends must bring in a note

from the parent/guardian explaining the time and reason for the dismissal and the person who will be picking up the student. The note should be given to Mrs. Fiume, Discipline Office Secretary. (Mrs. Fiume will also accept phone calls from the parent/guardian regarding the early dismissal.)

- Mrs. Fiume will call the parent/guardian to verify the need for dismissal and the reason.
- At the time of the dismissal, the parent/guardian must personally come into Mrs. Fiume's Office where they will be

asked to provide a photo ID and sign an Early Dismissal Form. The ID will be copied and kept, along with the Form, in the student's file.

- The policy also applies to students who drive themselves; their early dismissal will be verified with a phone call home, and they must sign out in Mrs. Fiume's Office.

Those who have questions regarding this policy should contact Mr. Beck O'Connor, Dean of Student Affairs, at 683-4824, ext. 214, or boconnor@smhlancers.org.

Exam Schedule – January 2017

Mon., Jan. 23	Tues., Jan. 24	Wed., Jan. 25	Thur., Jan. 26	Fri., Jan. 27
Regular Classes	8-10 a.m. Global 9 & Honors Midterm	8-10 a.m. Algebra 1 (B) Midterm	8-10 a.m. Chemistry Midterm – General, Regents, Honors	<i>No Exams</i>
<i>See page 2 for information regarding January Exam Notes and Foreign Language Midterms</i>	MANDATORY Sophomore 201 (College Planning)	8-11 a.m. Living Environment Regents Retake Chemistry Regents Retake AP World History Midterm AP US History Midterm	8-11 a.m. Geometry Common Core Regents Retake Earth Science Regents Retake	<i>End of Second Quarter</i> <i>Ski Trip to Kissing Bridge (see page 2 for more information)</i>
	8-11 a.m. Global Regents Retake Earth Science Practical	10:15 a.m.-12:15 p.m. Global 10 Midterm US History Midterm	10:15 a.m.-12:15 p.m. MANDATORY Senior 401 (Scholarship Review)	
	10:15 a.m.-12:15 p.m. Health Final MANDATORY Junior 301 (College Planning)	12-3 p.m. Algebra 2/Trigonometry Regents Retake AP Calculus Midterm	12-3 p.m. Algebra I Common Core Regents Exam AP Statistics Midterm	
	12-3 p.m. English Common Core Regents	12:30-2 p.m. Religion 11 (Morality) Final	12:30-2 p.m. Religion 12 (Social Justice) Final	
12:30-2 p.m. Religion 10 (Old Testament) Final				
Buses 2:20 p.m.	Buses 2:20 p.m.	Buses 2:20 p.m.	Buses 2:20 p.m.	No Buses

Notes for January Exams

Here are some notes in regard to the January Exams:

- Students only have to be in school for their scheduled exams / review classes / special sessions.

- Students are required to be in dress code for the exams (Seniors ONLY may be in Pride Day dress).
- Students who are completing semester courses must turn in their textbooks

prior to taking their exam. Failure to do so may result in the student/parents being charged for their replacement.

- Buses will be picking up students at the usual time in the morning and the afternoon. There will be no bus service on Friday, Jan. 27.
- Some teachers may offer review sessions for times when students are not taking exams. Students should check with their teachers to see when these review sessions are scheduled.
- If a student is at St. Mary's when they are not scheduled to take an exam or in a review session, they are required to be in the cafeteria or the Library.

Questions concerning the Exams should be sent to Mr. Junik, Dean of Academic Affairs, at kjunik@smhlancers.org.

Notes from the Health Office

Sports Physical / Men ACWY

Students interested in playing a spring sport must have a current physical on file in the school Health Office. Students whose physicals have expired will be notified via email soon.

Please make sure to get your physical in to Mrs. Murphy on/before March 1.

Also, current juniors and parents/

guardians should be looking for an email coming soon regarding the Meningococcal ACWY Vaccine necessary for senior year.

Those who have questions regarding this information or anything else Health related may contact the School Nurse, Mrs. Murphy, at 683-4824, ext. 220, or bmurphy@smhlancers.org

Students/Teacher of November



Erin
Hufford



Nickolas
Walter



Hernasia
Parker



Kerry
Sullivan



Mr.
Mauro

Language midterms

Foreign Language midterms will be given for French 2, French 3, Spanish 2, Spanish 2 Honors, and Spanish 3 in January.

- The Listening midterms will be given Thursday, Jan. 19, during regularly scheduled class periods.
- The Reading/Writing midterms will be given Friday, Jan. 20, during regularly scheduled class periods.

There are no make-ups given for these exams. You must be present to receive credit. These grades will count as part of the second quarter grade.

St. Mary's Ski Day

– Friday, January 27th –

There will be no exams or midterms that day.

Leave school 8:30 a.m.

Leave Kissing Bridge 3 p.m. to return to SMHS

Cost \$50 –

includes lift ticket, lunch, & bus transportation

If you need to rent skis, cost is \$75.

Payment is due by January 13th.

(Make checks payable to St. Mary's High School)

If you have questions,

please contact Mrs. Tytka at ltytka@smhlancers.org



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 5

Fame cast list announced

After some wonderful auditions and call-backs, interrupted by a little “storm,” the St. Mary’s Theater Department is pleased to announce the cast for the Spring Musical, *Fame*:

- Carmen – Anna Heerdt
- Nick – Eric Brown
- Serena – Grace Fuller
- Schlomo – Isaac Stearns
- Mabel – Jillian Vitale
- Jack – Matthew MacDonald
- Ms. Sherman – Victoria Jankowski
- Joe – Alex Bish
- Ms. Bell – Christina Federico
- Mr. Meyers – Jacob Fay
- Ms. Sheinkoff – Kristi Smith
- Goody – Kathryn Vogl
- Iris – Maya Zelazny
- Lambchops – Vincenza LaMagna



- Dancers – Asia Alexander, Ashley Cruz, Sarah Filion, Jill Greene, Joyce Hunziker, Jessica Muszynski, Olivia Nasternak, Rebecca O’Connor, Emily Ratcliff, Alyssa Strimple, Jessa Syracuse, Jillian Szeluga, Brittany Wachowski, Shelby Whalen
- Ensemble – Anna Almeter, Madeline Benzer, Scott Brown, Rachel Cichocki, JaShawn Collins, Daniel Cress, Joe Flading, Josh Fontaine, Nicole Gorny, Heather Gotro, Samantha Grabski, Julia Hartloff, Erin Hufford, Christopher Kobis, Krystian Krzysztan, Marissa Loniewski, Saige Maniscalco, Caitlyn

Meyer, Sam Mickel, Shannon Murty, Mary Owczarczak, Alicia Pacer, Alex Paul, Brianna Propis, Emma Ridolfi, Susan Romance, Jeffrey Rosner, Andrea Seeloff, Julia Soluri, Payton Stachewicz, Kerry Sullivan, Angeline Tredo, Collin Tytko, Lauren Vilardo, Kylie Wagner, Madeline Was, Haley Wiperman, Toriann Wiperman, Shala Wright, Samantha Ziomek, Jeffrey Zoyhofski

Ads for the programs are now available. To receive an advertising form, contact one of the cast members or Mr. Kidder (kkidder@smhlancers.org).

The musical will be performed March 23, 24, and 25. Tickets will go on sale in March. Look to future *Currents* for more information.



Campus Ministry



Peace on Earth

As the calendar marks the beginning of 2017, it is important that we recognize the desire and need for peace in our world, in our community, in our families, and in ourselves.

The words of Pope Francis become most appropriate.

The Pope prays, “*God of Love, you created us and you call us to live as*

brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness... Lord, defuse the violence of our

tongues and hands. Renew our hearts and minds, so that our way of life will always be that of: Shalom, Peace. Amen.”

May this year be one of faith in the Father, love of the Son, and hope of the Holy Spirit.

Benedicat vos omnipotens Deus.
twf+

Lancer Parent Partnership

Join us Wednesday, January 18th

The Lancer Parent Partnership will hold our next committee meeting in the Library on Wednesday, Jan. 18, from 6 to 7 p.m. We will be planning this year’s events and would welcome your ideas and participation.

Here is what we have planned for 2017, so save the dates!!

- Valentine’s Day Carnation Sale – February 14th
- Mother/Son and Father/Daughter Dance – March 10th & 11th
- Spring Fashion Show – April 26th
- LPP Committee Meetings – February 15th, March 15th, April

19th, and May 17th

Also, don’t forget to send in your LPP membership. The \$10 membership will help support the Lancer Parent Partnership events and can be sent into the school office at any time.

If you would like more information about the events, 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.

Counseling Corner

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

Resolutions can help with academic goals

January is the month for making New Year's resolutions. People plan to do things like lose weight, get more active, or get better grades. But by February, most have scrapped their resolutions.

As your teen thinks about his future, help him use this time to move closer to his academic goals. Share the following ways your teen can keep his New Year's resolutions and turn his dreams into realities:

- Remember Janus. The Roman god

Janus, who gave his name to this month, looked both forward and back. That's a good first step for your teen to take. What goals did he meet during the past year? How was he able to achieve them? What lessons can he learn that will be helpful in the new year?

- See the goal. What would your teen's success look like? The more vivid a picture he can paint in his mind's eye, the more likely he is to achieve it.

- Write the goal. Once your teen has a goal in mind, have him write it down on paper. This is the first step to creating a plan to achieve the goal.
- Break it down. Big goals can't be achieved in a day. Your young scholar is not likely to earn a college scholarship this week. But he can work on building the good habits that will get him on the right path.

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Five strategies for teen discipline

Your high schooler has matured a lot since his elementary school days, but he still has a long way to go.

The part of his brain that controls impulses and helps him make good decisions is not mature yet. That's one

reason why teens need structure and discipline.

Your efforts to teach your teen how to maintain control will pay off in all settings, especially home and school.

Remember to:

- Expect difficult moments. When your teen acts first and thinks later, blurts out the wrong thing, or is moody, it's not necessarily because he wants to hurt you. Try not to take it personally.
- Be firm, yet flexible, with your teen.

20-minutes to better reading skills

By the time teens reach high school, they have to be strong readers. In every subject from math to science to history, they need to read long passages and understand what they've read.

The good news is that reading skills improve with practice. Teens who read a lot get better at it. They read more quickly and remember more.

So let your teen practice her reading skills by reading something she wants to read. Encourage her to set aside 20 minutes a day and read something not related to school.

If possible, pick up something to read yourself during the same time. Later, the two of you can talk about what

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Spring Driver Ed begins February 2

St. Mary's High School offers an after-school Driver Education Program that is open to students from local high schools as well as students from St. Mary's.

Working with Buffalo Driving School, the Driver Education program is offered three times throughout the year: fall, spring, and summer.

The spring session will begin on February 2, 2017, and continue through

June.

The New York State Education Department requires that each student attend 24 hours of classroom instruction, which are held on Thursday afternoons. Also, students must attend 24 hours of in-car instruction. One-and-a-half hour driving labs are available at various times in the Driver Education vehicles.

Completion of this course also

satisfies the 20-hour graduated license requirement.

The cost for the program is \$495 per student. Registration materials are available by going to the St. Mary's website, www.smhlancers.org, and clicking on Driver Ed.

Questions regarding the program may be directed to Mr. Chris Hoffman at choffman@smhlancers.org.

SMHS Christmas Spectacular

The St. Mary's Theater Department's Christmas Spectacular took to the road this year, performing at six elementary schools: Queen of Heaven in West Seneca, Mary Queen of Angels in Cheektowaga, St. Mary's in Lancaster, Our Lady of the Blessed

Sacrament in Depew, St. John Vianney in Orchard Park, and Notre Dame Academy in South Buffalo.

In addition, the crew put on two shows at school. Here are some pictures from their performances.



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

St. Mary's High School's Softball Team

Meat Raffle

to benefit the Team's Spring Trip to Florida

Saturday, Jan. 14

Doors Open 6 p.m. • First Spin 7 p.m.

 **\$5 per person** 

Includes draft beer & soda. Bring your own snacks.

**For tickets, contact a Softball Player
or call the Athletic Office**

Tickets available for Winter/Spring Fundraiser

The St. Mary's Athletic Department is now selling tickets for the Winter/Spring Lottery Fundraiser.

Tickets are \$20 each. Winners will receive:

- \$25 for weekdays
- \$40 for Saturdays
- \$50 for Sundays
- \$100 for Valentines Day, St. Patrick's Day, and Easter Sunday

Tickets are available by contacting Mrs. Pam Aquino at 683-4824, ext. 224 or paquino@smhlancers.org.

– Winter Sport Schedules –

Men's Varsity & JV Basketball

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
 Sun, Jan 8 1pm @ 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. 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

Wrestling

Thur, Jan. 5, 6 p.m. vs. St. Francis
 Sat, Jan. 7, 9 a.m. @ Alexander Invitational (Varsity only)
 Fri, Jan. 13, 3 p.m. @ Lockport Invitational
 Sat, Jan. 14, 9 a.m. @ Lockport Invitational
 Thur, Jan. 19, 6 p.m. vs. Gow
 Sat, Jan. 21, 9 a.m. @ Catt. Little Valley Round Robin (Varsity only)
 Thur, Jan. 26, 6 p.m. @ Canisius
 Sun, Feb. 5, 9 a.m. – All-Catholics (Canisius)
 Sat, Feb. 11, 9 a.m. – CHSAA Tourney (St. Francis)
 Sun, Feb. 12, 9 a.m. – CHSAA Tourney (St. Francis)

Women's Varsity & JV A Basketball

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 JV B Basketball

Fri, Jan. 6, 4:30pm, @ Sacred Heart JVB
 Wed, Jan. 11, 5pm, @ Nardin JV B
 Fri, Jan. 13, 4:30pm, @ Nichols JV
 Thurs, Jan. 18, 5pm, vs. Sacred Heart JV B
 Tues, Jan. 24, 5pm, vs. Nardin JV B
 Thurs, Feb. 2, 4:30pm, @ Mount St. Mary's JV
 Tues, Feb. 7, 4:30pm, vs. Nichols JV

Men's Freshmen Basketball

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

Men's Bowling

All matches begin at 4pm at Classics Lanes
 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)

Women's Bowling

All matches begin at 4pm at Classics Lanes
 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

Indoor Track (Club)

Friday, Jan. 13 @ Spire Institute Scholastic Series (Ohio)
 Friday, Jan. 20 @ Spire Institute Scholastic Series (Ohio)
 Friday, Feb. 3 @ Spire Institute Scholastic Series (Ohio)
 Sunday, Feb. 12 @ Spire Institute Scholastic Series (Ohio)

Men's Hockey

Wed, Jan 11, 9:10pm, vs. Canisius (Cheektowaga Town Ice Rink)
 Sat, Jan 14, 9pm, vs. Cheektowaga (Cheektowaga Town Ice Rink)
 Sun, Jan 15, 4pm, vs. Lancaster (Depew Ice Rink)
 Mon, Jan 16, 12noon, vs. Orchard Park (Cheektowaga Town Ice Rink)
 Sat, Jan 21, 7:50pm, vs. Starpoint (Hockey Outlet)
 Wed, Jan 25, 9pm, vs. Lancaster (Cheektowaga Town Ice Rink)
 Sat, Jan 28, 8pm, vs. Orchard Park (Depew Ice Rink)
 Sun, Feb 5, 4pm, vs. Cheektowaga (Depew Ice Rink)
 Sat, Feb 11, 8pm, vs. St. Joe's (Lafayette, North Buffalo)
 Sun, Feb 12-18 – Playoffs

Women's Hockey

Tues, Jan. 3, 4pm, @ Williamsville (Northtown)
 Thurs, Jan. 5, 5:30pm, @ Amh/SH/Clar (Northtown)
 Fri, Jan. 6, 5:30pm, @ WS/Ham (West Seneca)
 Tues, Jan. 10, 7:40pm, @ Ken/GI (Lincoln)
 Thurs, Jan. 12, 4:30pm, vs. OP/Frontier (North Buffalo)
 Tues, Jan. 17, 4pm, @ Lanc/Iroq (Holiday)
 Thurs, Jan. 19, 4:30pm, vs. Ken/GI (North Buffalo)
 Mon, Jan. 23, 4:30pm, vs. OP/Frontier (Riverworks)
 Wed, Jan. 25, 4pm, @ Amh/SH/Clar (Northtown)
 Thurs, Jan. 26, 4:30pm, vs. WS/Hamburg (North Buffalo)
 Tues, Feb. 14, 6-10:20pm – Quarterfinals (Northtown)
 Thurs, Feb. 16, 7 & 8:30pm – Semifinals (Northtown)
 Sun, Feb. 26 – Championship (Harbor Center)

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



January 2017 Menus

Chef Manager – Tristan Hall

(Please note – menus are subject to change)



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Sausage & Egg Biscuit <i>Fruit Yogurt (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	4 Breakfast Pizza <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	5 Breakfast Flatbread <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	6 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
9 Sausage & Egg Biscuit <i>Fruit Cup (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	10 Buttermilk Pancakes <i>(v)</i> <i>Bacon Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	11 Breakfast Flatbread <i>Fruit Yogurt (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	12 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	13 Ham & Egg on Brioche <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
16 No School	17 Belgian Waffles <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	18 Breakfast Pizza <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	19 Buttermilk Pancakes <i>(v)</i> <i>Turkey Sausage Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	20 Bacon, Egg & Cheese on Bagel <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
23 Buttermilk Biscuits with Sausage Gravy <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	24 Ham, Egg & Cheese Sandwich <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	25 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	26 Sausage & Egg on English Muffin <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	27 No Exams
30 Breakfast Burrito with Salsa <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	31 Bacon, Egg & Cheese on Bagel <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</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\$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).

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

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Taco in a Bag (Beef or Chicken) <i>Cilantro Lime Rice Refried Beans</i>	4 Chicken Parmesan <i>Egg Noodles Garlic Breadstick</i>	5 Tater Tot Buffet <i>Chili & Cheese Sauce Broccoli</i>	6 Chicken Finger Sub <i>Potato Chips Mixed Vegetables</i>
9 Chicken or Vegetable Flatbread <i>Steak Fries Roasted Italian Vegetables</i>	10 Beef Enchilada <i>Spanish Rice Fiesta Corn</i>	11 Fried Chicken <i>Cornbread Fresh Fruit Cup</i>	12 Cajun Chicken Mac & Cheese <i>Three Cheese Mac & Cheese Side Salad</i>	13 Cheese Burger <i>Tater Tots Peas</i>
16 No School	17 Beef Fajita <i>Brown Rice Spicy Vegetables</i>	18 BBQ Chicken Sandwich <i>Potato Chips Yogurt Cup</i>	19 Swedish Meatballs <i>Buttered Egg Noodles Biscuit</i>	20 Hot Dogs <i>Tater Tots Roasted Vegetables</i>
23 Baked Potato Bar <i>Chili, Cheese Sauce, Assorted Toppings Broccoli</i>	24 January Exams – Al a carte items	25 January Exams – Al a carte items	26 January Exams – Al a carte items	27 No Exams
30 Chicken Souvlaki Salad <i>Pita Bread Roasted Vegetables</i>	31 Twin Tacos (Beef or Chicken) <i>Sweet Rice</i>			

January 2017 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 NO SCHOOL Christmas Break Offices Closed No School	3 - B Day Curriculum Committee 2:30pm MBB vs. Niagara Catholic WHockey @ Williamsville	4 - C Day JVMBB @ WSE FreshBB vs. St. Francis	5 - D Day NHS Tutoring 2:30pm WHockey @ Amh/SH/Clar	6 - E Day Ext HR / PM Lit Schedule (Class Meetings / Epiphany Liturgy) MBB @ O'Hara WBB @ Sacred Heart WJVBBB @ Sacred Heart WHockey @ WS/Ham MHockey vs. Canisius Liturg Dress	7
8 VarMBB @ Walsh	9 - F Day Student Senate 2:30pm WBB @ O'Hara	10 - A Day NHS 2:30pm JVMBB vs. Amherst WHockey @ Ken/GI	11 - B Day Calendar Meeting 11am WBB vs. Park WJVBBB @ Nardin MHockey vs. Canisius	12 - C Day NHS Tutoring 2:30pm WHockey @ OP/Frontier	13 - D Day Jeans Day for Charity (\$2) MBB @ Nichols FreshBB @ Lancaster WJVBBB @ Nichols	14 Athletic Department Meat Raffle MHockey vs. Cheektowaga
15 MHockey vs. Lancaster	16 NO SCHOOL Dr. Martin Luther King Jr. Day VarWBB vs. Walsh MHockey vs. Orchard Park No School	17 - E Day VarMBB vs. St. Joe's FreshBB vs. St. Joe's WHockey @ Lanc/Iroq	18 - F Day Faculty/Staff 2:30pm WJVBBB vs. Sacred Heart	19 - A Day NHS Tutoring 2:30pm Campus Ministry 2:30pm VarMBB @ CCA FreshBB @ Lockport WHockey @ Ken/GI	20 - B Day	21 SAT Testing Day VarMBB vs. Lancaster MHockey vs. Starpoint
22	23 - C Day Blessing of the Brains during Lunches Student Senate 2:30pm WBB vs. Mount St. Mary's WHockey @ OP/Frontier	24 January Exams WJVBBB vs. Nardin	25 January Exams VarMBB @ Canisius FreshBB @ Canisius WBB vs. Mt. Mercy WHockey @ Amh/SH/Clar MHockey vs. Lancaster	26 January Exams WHockey @ WS/Hamburg	27 January Exams End of Second Quarter VarMBB vs. O'Hara WBB @ Nichols	28 MHockey vs. Orchard Park
29	30 - D Day Student Senate 2:30pm Incoming Freshmen Registration 6-8pm VarMBB vs. Timon FreshBB vs. Timon	31 - E Day	1 - F Day VarMBB @ Park	2 - A Day No Afterschool Activities WJVBBB @ Mount St. Mary's	3 No School for students Faculty/Staff In-service Lancer Auction 6pm No School	4

Discipline *(continued from page 4)*

Reading *(continued from page 4)*

- Make sure he knows the limits and the consequences for violating them.
Consider granting him more freedom as he shows more responsibility.
- Always know where your teen is, who he is with, what he is doing, and when he will be home.
 - Distinguish between an explanation and an excuse. Your teen's age and brain growth may provide an explanation for some of his behavior. But they are not

- an excuse for being rude or defiant.
- Focus on the big issues. These include things like schoolwork, safety, and respect for others. Try not to nag your teen about the smaller issues, such as the occasional messy room.
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(continued from page 4)
you've read.

Over time, this simple solution will help your teen build her "reading muscles" and become a stronger reader.

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In the January issue of *Currents*

- *New Early Dismissal Policy*
- *January Exam Schedule*
- *Cast for Fame Announced*
- *Pictures from the Christmas Show*
- *January Menus / Calendar*
- *And much more!*

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In the Christmas Spirit



Freshman Noah Paterek was in the Christmas Spirit from head to toe, as the school celebrated Christmas Dress Up for Charity on December 21. Money raised that day went to St. Luke's Mission of Mercy.

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