



Produced by the Journalism & Marketing Academy

The Week Ahead...

Mon. Oct. 17th - A Day

- *Bills Dress Day (\$2)
- * Bus to Bona Juniors and Seniors
 - See below for more info and sign up with Mr.Kidder
 - Wear Regular Dress Code





* MANDATORY Senior Trip Parent
Meeting - 6 pm @ALT DISNEPWorld

* FAFSA Info Night for Senior
Parents - 6:45 pm

Tues. Oct. 18th - B Day
*Regular Dress Code

Wed. Oct. 19th - C Day

- *Freshmen Retreat DRESS DOWN
- *Fall Concert 7 pm
- *Regular Dress Code all other students

Thurs. Oct. 20th - A Day

- *Local College Consortium
- *Professional Dress Day
 - NO JEANS/JEAN SKIRTS

Fri. Oct. 21st - B Day
*St. Mary's Pride Dress

Senfor Nights

Cross Country (Women's)

Tues. 10/18 @ Como Park - 4 pm

Cross Country (Men's)

Wed. 10/19 @ Como Park- 4 pm

Women's Soccer

Wed. 10/19 vs Sacred Heart @ Westwood - 4:30 pm

Volleyball

Thurs, 10/20 vs Mount St. Mary - 4:30 pm

Men's Soccer

Fri. 10/21 vs St. Francis @ Westwood - 4:30 pm

Go Lancers!



Guidance Corner

Bus to Bona

We are pleased to announce that we will again be offering the Bus to Bona for Juniors and Seniors. This annual trip to St. Bonaventure University will take place on **Monday, Oct. 17th.**

Here is how the day will work for those who wish to go on the trip:

- 8:00 am After announcements, students report to the Cafeteria
- 8:15 am Depart for St. Bonaventure
- 9:45 am Arrive at St. Bonaventure
- 10:00 am Presentation by the Bona Admissions Office
- 10:30 am Tour of the campus including classrooms, labs, athletic facilities, dorms, etc.
- 11:45 am Lunch in the Student Center
- 12:30 pm Depart for St. Mary's
- 2:00 pm Arrive back at St. Mary's

Students who wish to go on this trip must:

- Contact Mr. Kidder (via email or stopping in) to add your name to the list
- Return the permission slip, filled out and signed by your parents. (**Please note No** one will be allowed to go on the trip without returning the permission slip! Phone calls will not be accepted! Simply - No Slip, No Trip!)
- Check with their teachers that they will not be missing any tests/assignments that day

Upcoming College Visits

The following colleges will have representatives visiting St. Mary's High School:

Monday, Oct. 17 11 am - Hilbert

• Monday, Oct. 24 9 am - Gannon

Tuesday, Oct. 25 10 am - LeMoyne

11:15 am - Keuka

Wednesday, Oct. 26 • Friday, Oct. 28

10:30 am - Grand Canyon Univ.

1 pm - D'Youville

9 am - Canisius 12:15 pm - UB

Please contact Mr. Kidder to sign up to meet with any of these representatives.

College Consortium

On **Thursday, Oct. 20th**, we will be hosting the College Consortium. This is a chance for 11th & 12th graders to meet with representatives from about 20 local colleges and universities. The Consortium will take place in the Auditorium.

Here is the schedule for the morning:

- 9:00 am 12th graders called to the Auditorium
- 9:20 am 12th graders sent back to class
- 9:25 am 11th graders called to the Auditorium
- 9:45 am 11th graders sent back to class

Attention Senior Parents

On Monday, Oct. 17th, at 6:45 pm (immediately after the Senior Trip Meeting), Amie Burch, Director of Financial Aid at Villa Maria College, will be here to answer questions about the FAFSA, Financial Aid, and the College Application Process. We hope that you will take advantage of this wonderful opportunity.

Important Upcoming Dates...

Sat. Oct. 29th

Ciao Italia with Mary Ann Esposito Returns Home - The Chopped Edition - 5 pm

*Thurs. Nov. 3rd

Picture Retake Day - During lunches

Fri. Nov. 4th & Sat. Nov. 5th

Fall Play (Almost, Maine) - 7:30 pm Tickets on sale soon!



Sat. Dec. 2nd

Bash for Cash - 6 pm - IN-PERSON!!! *All families must sell at least 4 tickets

*Just added

Stay tuned for future editions of "The Scoop" that will feature a link with even more content!



Healthy Tip of the Week!

What is "wellness" anyway? Here's what I believe wellness is...

100% INTENTION! It's not left up to chance, wishful thinking, or believing we need stronger will asset to the stronger will be stronger will b or believing we need stronger willpower. Wellness is a practice. It's about making conscious decisions. Wellness can be a challenge, but a challenge worth putting in the effort for.

Wellness is a demonstration of our strength and freedom! What do you believe wellness is?

Want to talk about more ways you can help reduce food waste? Write to St. Mary's Nutritionist, Alyssa at alyssa@fabulous-nutrition.com

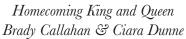
Homecoming Week Recap

During a Disney-themed week, students went on scavenger hunts, participated in the Walk-A-Thon, decorated hallways, played some "brain games," and got hyped up with a pep rally and relay races. Each day also consisted of a special dress code, like tropical dress, class colors, cowboy vs super hero, and white lies. After a week of intense competition, the seniors came out on top and won Homecoming Week 2022!

The Homecoming Dance was held on Thursday this year and brought the entire school together in a Cinderella-themed wonderland, executed flawlessly by the Hospitality & Event Planning Academy. As always, Homecoming Week really kicks off the school year!









Bottles & Cans for George

Do you have any bottles and cans left over from your Bills watch parties? We have just the solution! Bring them by the school any day of the week, and leave them outside the front doors or inside the front foyer. Our very own George Morgan will whisk them away for you. As an honorary Lancer, George is always around throughout the school day and cleans up after home games and practices. This is a great help to George, and you will be doing a great service for him!

Thank you, Lancers!