



# The Scoop

Produced by the  
Journalism &  
Marketing  
Academy

## The Week Ahead...

**Mon. Nov. 14th**

**NO SCHOOL**

**Tues. Nov. 15th - B Day**

**\*Bills Dress Down Day (\$2)** 

**\*Seniors Depart on Senior Trip**  
**\*All other seniors do not attend school 11/15 - 11/18**

**Wed. Nov. 16th - C Day**

**\*Regular Dress Code**

**Thurs. Nov. 17th - A Day**

**\*Professional Dress Code**

**• NO JEANS/JEAN SKIRTS**

**Fri. Nov. 18th - B Day**

**\*St. Mary's Pride Dress**

**\*Seniors Return from Senior Trip**



**Sat. Nov. 12th**

- **Football** - Championship vs Timon @ St. Joe's - 1 pm

- Tickets \$7 presale or \$10 at the gate

- Get tickets here: <https://www.chsaany.org/tickets>

- **Volleyball** - State Finals @ St. Mary's - All Day

- **Women's Soccer** - State Semis @ Aviator (Long Island)

**Sun. Nov. 13th**

- **Women's Soccer** - State Finals @ Aviator (Long Island)

**You need tickets to attend the MMHSAA playoff games!**

Visit [chsaany.org/tickets](https://www.chsaany.org/tickets)

Choose the sport

Choose the game

Pay \$7 online or \$10 at the gate

# Guidance Corner

## ***Did You Know?***

The members of the Senior Class have already been awarded over \$1.1 million in College Scholarships! Congratulations!

Seniors - as you receive your college acceptance letters and scholarship awards, please let the Counseling Center know so that we can share the good news with the rest of the school community.

## ***9th Grade Meetings Begin Next Week***

Beginning next week, the Counselors will be meeting with each and every 9th grader. The purpose of these one-on-one meetings is for the counselors to “check in” with the students, to see how their classes are going, and to see if they have any concerns they wish to discuss. The Counselors thought that this would be a great time to meet with the 9th graders, especially as the first quarter has just come to an end.

Parents - if there is something in particular that you would like the Counselors to talk to the student about, please contact the Counseling Center. If necessary, the Counselors promise to keep the source of the information confidential.

## ***Healthy Tip of the Week!***

### ***\*\*Easy Pre-Dinner Snack!\*\****

Sweet Potato Wedges with Maple Butter: Preheat oven to 400 degrees F. Cut 2 medium sweet potatoes into wedges. Toss the wedges with 1 tablespoon of avocado oil and a pinch of sea salt. Arrange them evenly without overlapping across a parchment-lined baking sheet and bake for 20 minutes, turning over halfway through. Remove from oven and cool for a few minutes. While sweet potatoes cool, place 2 tablespoons unsalted butter and 2 tablespoons pure maple syrup in a microwave-safe bowl. Heat in microwave for 20-30 seconds, or until butter is melted. Stir in 1/4 teaspoon ground cinnamon, a pinch of sea salt and a dash of cayenne pepper (optional). Dip wedges in maple butter & enjoy!



Do you wonder what foods are healthy? What you should eat when you're stressed? What you should eat to build muscle? How to put together a balanced meal? Email all your nutrition questions to SMH nutritionist, Alyssa [alyssa@fabulous-nutrition.com](mailto:alyssa@fabulous-nutrition.com) and find the answers in the weekly SCOOP!

# Important Upcoming Dates...

**Sat. Nov. 12th**

St. Mary's Elementary Fall Craft Show

**Tues. Nov. 15th - Fri. Nov. 18th**

Senior Trip

**\*If you're a senior not going on the senior trip, you aren't coming to school those days**

**Fri. Dec. 2nd**

Bash for Cash - 6 pm - **IN-PERSON!!!**

\*All families must sell at least 4-6 tickets

**Thurs. Dec. 8th & 15th**

St. Mary's Nights in the Village



St. Mary's High School  
Lancaster, NY

**Bash for Cash**  
**Fri. Dec. 2nd**  
Doors Open at 6 p.m.  
\$50/ticket  
**Win \$10,000!**  
Tickets at [smhlanegers.org](http://smhlanegers.org)

## ***Hanging with Mr. Dormann***

By: Sherrad Bennard III

Junior Sherrard Bennard stopped by Mr. Dormann's room to get some questions answered that the St. Mary's student body is dying to know.

**Q: Where did you attend high school? Do you think the school is still good currently?**

A: I attended Cheektowaga Central High School. I think they are doing a good job currently.

**Q: What's one of your favorite sports to watch? If you had a chance to play it professionally, would you?**

A: I enjoy watching football and hockey. If I was good enough, I absolutely would (I was not).

**Q: Do you have any pets, if so what kind?**

A Yes. We have a dog, two cats, and fish.

**Q: What are all the classes you've taught over the years and which is your favorite?**

A: I have taught middle school life and physical sciences, living environment, earth science, general chemistry, forensics, anatomy, and ecology. My favorite subject to teach is biology.

**Q: If you were a kid in today's era, would you want to attend St. Mary's?**

A: I would definitely like to attend St. Mary's if I was a kid today.

**Q: Black Friday month or New Year's sales?**

A: I do not enjoy shopping, so if I had to choose, New Years'.

