



The Scoop

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Journalism &
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The Week Ahead...

Mon. Nov. 28th - B Day

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



***NHS Induction Ceremony - 6 pm
INVITATION ONLY**

Tues. Nov. 29th - C Day

***Regular Dress Code**

Wed. Nov. 30th - A Day

***Regular Dress Code**

Thurs. Dec. 1st - B Day

***Professional Dress Code**

- **NO JEANS/JEAN SKIRTS**

Fri. Dec. 2nd - C Day

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

***Bash for Cash -
Doors open at 6 pm***



Mon. Nov. 28th

4 pm - W. Hockey vs. MMS @ Cheektowaga

Fri. Dec. 2nd

**6 pm - W. Varsity Basketball @ Waterloo
Tournament**

**7:45 pm - W. JV Basketball @ Waterloo
Tournament**

**6:40 pm - Fed Hockey at Shenedehowa @
Capital Ice Arena**

Sat. Dec. 3rd

**1:30 pm - W. JV Basketball @ Waterloo
Tournament**

**5 pm - W. Varsity Basketball @ Waterloo
Tournament**

**6:45 pm - Fed Hockey at Saratoga @
Weidel Rink**

Guidance Corner

Scholarship Opportunities

New to the St. Mary's Counseling Office web page - Scholarship Opportunities!

The Counseling Department is pleased to share scholarships available from private organizations and colleges/universities as well as links to websites that have even more scholarships.

The St. Mary's Counseling Office webpage has links to over 30 sources of scholarships, including, just to name a few:

www.collegeboard.com

www.fastweb.com

www.finaid.com

Go to smhlancers.org/counseling-center and scroll down to see the scholarships available to our students.

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.

Healthy Tip of the Week!



There are several ways you can feel in control, relaxed and completely satisfied throughout the Thanksgiving holiday – pumpkin pie WITH whipped cream included!

- Get a good night's sleep
- Reflect on the people and things you're thankful for
- Fit in 30 minutes of exercise
- Don't skip breakfast
- Enjoy all the foods you love by downsizing portions
- End the day with gratitude

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 and find the answers in the weekly SCOOP!

Important Upcoming Dates...

Mon. Nov. 28th

National Honor Society Induction Ceremony - 6 pm

Invitation Only

Fri. Dec. 2nd

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

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

Winner of Sabres Raffle revealed

Thurs. Dec. 8th & 15th

St. Mary's Nights in the Village - 5 to 9 pm

****Thurs. Dec. 15th**

SMHS Christmas Show - 6 pm

at the Lancaster Opera House

****Date & Location Changed**



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 sunhancers.org



St. Mary's
Nights in the Village
December
8th & 15th
5-9 pm
Shop local!
Support our neighbors in the Village of Lancaster
along Central Ave. & West Main St.
December 15th
SMHS Christmas Show at the Lancaster Opera House &
Meet Santa Claus
Featuring
3D Comics · 3 Dog Barber · 7th Athletics · 7th Dance Lab · Black Sheep & Co.
Bloombury Toy Shoppe · Broadway Deli · Dark Forest Chocolate
From the Altar · Ferry Friends · Gabriella's Bakery · Gifted Maple
Josie's on Central · Julia & Jane · Lancaster Coffee Co. · Lilly Belle Meats
Long Weekend · Precious Cargo Plant Shop · Purely Pets
Skob's Village Grille · Symposium Wine Bar · The Bath Store
The New York Store · TLL Brewing · Twin Village Music · Valeri's Meats
West Main Jewelers · WNY Music Academy

Hangin' with Mr. Mauro

By: Josh Gennocro

Q: Where did you go to college?

A: I went to college at Buffalo State.

Q: What other schools have you taught at before St. Mary's?

A: Kansas City public schools

Q: As an English teacher, what is your favorite piece of literature to teach?

A: Short stories

Q: Who is the most influential person in your life?

A: My father

Q: What is the most memorable moment in your life?

A: When I knew I had to move home

