



The Scoop

*Produced by the
Journalism &
Marketing
Academy*

The Week Ahead...

Mon. Nov. 7th - A Day

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



Tues. Nov. 8th - B Day

****Regular Dress Code***

Wed. Nov. 9th - C Day

****Regular Dress Code***

Thurs. Nov. 10th - A Day

****Professional Dress Code***

• NO JEANS/JEAN SKIRTS

Fri. Nov. 11th

NO SCHOOL

Veterans Day



Sat. Nov. 5th

- Women's Soccer - Finals @ Canisius College - 4pm

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

Upcoming College Visits

Here are the final college representative visits presently scheduled for the fall:

- **Tuesday, Nov. 8**
10 am - Univ. of Tampa
- **Wednesday, Nov. 9**
11 am - Nazareth College

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

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.

Healthy Tip of the Week!



Beta-carotene is an orange-colored compound that yields a lot of active vitamin A. This compound is a powerful antioxidant that protects the skin from the damaging effects of the sun, protects our eyes from the blue light of smartphones, laptops and televisions; and protects from various forms of cancer, heart disease, night

blindness, and macular degeneration. The number-one food source of beta-carotene is sweet potato, followed by carrots, spinach, and butternut squash.

Want to talk about some more healthy alternatives? Write to St. Mary's Nutritionist, Alyssa at alyssa@fabulous-nutrition.com

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**

Sat. 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 smhlanacers.org

Hanging with Mrs. Barry

Sophomore Maxim Kalson sat down with St. Mary's health and physical education teacher, Mrs. Barry, to ask her some questions and get some fun facts.



Q: Where did you complete your undergraduate work?

I completed my undergraduate work at Canisius College.

Q: What made you want to teach?

I have always loved working with children.

Q: What is your favorite subject to teach?

Physical education.

Q: What is your favorite sport?

To watch? Hockey, but I was a swimmer growing up.

Q: Who inspired you most?

My parents.

Q: What is your advice for the students at St. Mary's?

Make mistakes, but learn from them because it is part of your journey in becoming the best version of yourself.

Q: Drums or flats?

Crispy drum wings are the best!