



The Scoop

*Produced by the
Journalism &
Marketing
Academy*

The Week Ahead...

Mon. Dec. 12th - C Day

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



Tues. Dec. 13th - A Day

***Christmas hats/socks with
REGULAR DRESS CODE**

Wed. Dec. 14th - B Day

***WHITE OUT - White tops with
UNIFORM BOTTOMS**

Traveling Christmas Show

PROGRESS REPORTS

Thurs. Dec. 15th - C Day

***PROFESSIONAL DRESS CODE**

Door Decorating

Traveling Christmas Show

**St. Mary's Night in the Village &
Christmas Show 6pm @
Lancaster Opera House**

Fri. Dec. 16th - A Day

***Crazy Christmas Dress Code**

Prayer Service

Christmas Show (in-school)

Mon. Dec. 12th

4 pm - **W. Hockey** - vs CASH @ Cheektowaga

5:30/7 pm - **W. Basketball** vs Randolph

6 pm - **Fed Hockey** vs St. Francis @ HarborCenter

Tues. Dec. 13th

4:15 pm - **W. Hockey** vs LIDA @ Holiday

5/6:30 pm - **M. Basketball** vs. Health Science

Wed. Dec. 14th

6 pm - **Wrestling** vs St. Francis

6 pm - **Club Hockey** vs OPA @ Depew

Thurs. Dec. 15th

M. Basketball @ Depew Holiday Tournament

4:30 pm - **W. Hockey** vs. Williamsville @ NT Center

Fri. Dec. 16th

M. Basketball @ Depew Holiday Tournament

Wrestling @ NCCC Tournament

Sat. Dec. 17th

M. Basketball @ Depew Holiday Tournament

Wrestling @ NCCC Tournament

12:40 pm - **Fed Hockey** vs Nia Wheat @ Hockey Outlet

2 pm - **W. Varsity Basketball** @ Liverpool

Sun. Dec. 18th

1:30 pm - **W. Varsity Basketball** @ Liverpool



From the Principal's Desk

I have made up little Christmas cards and placed them in the main office. Come grab one, or several, and just start writing.

Hi everyone,

So, I had this thought... When we were out buying Christmas cards and small gifts for Shep's teacher (Shep is my 5 yr old), I was thinking about how much I appreciate his teacher. She is awesome! Shep comes home so happy every day, so energetic to tell us what he learned about, so excited to go to school the next day. I decided that I am going to handwrite her a letter expressing my appreciation! Just a little note of appreciation.

Then I turned to thinking about how powerful a little note can be! When sincere, it can change a person's whole day around! Put a smile on a face, warm the heart! I was thinking... none of us express our thoughts enough... so why not now?

Thank an adult in the building for their kindness, for being a great mentor or role model, thank them for something they may have helped you with or advised you on. Put a smile on their face... **MAKE THEIR DAY!**

Let your letters be sincere and heartfelt. You can give these letters directly to the person you wrote them for or hand them to the main office and I will distribute them...your call!

Note: You do not have to do this... but I bet that writing a short note will make both the person and you feel great!

Sincerely,
Mr. Junik

Hanging with Deacon Robb

St. Mary's sophomore, Annalese Patsalides, sat down with Deacon Robb for the inside scoop on one of the most beloved teachers at St. Mary's.

Q: What did you do before coming to St. Mary's?

A: I taught theology and campus ministry at Immaculata Academy in Hamburg.

Q: What made you want to teach religion?

A: Immaculata Academy closed, and this job came about, and God wanted me to come here. The desk in my room was purchased by St. Mary's when Immaculata closed, and I didn't know that until I came in. When I came to St. Mary's the desk was in my room where I am now, Room 214, and I took it as a sign from God that this was where I was supposed to be.

Q: Why do you like to teach the freshmen?

A: I like to teach freshmen because they are eager and willing and fun.

Q: What made you want to be Santa Claus for St. Mary's Night in the Village (DEC. 15TH ONLY)?

A: I was asked to and thought that was something I would be interested in, and my wife is Mrs. Claus.

Q: What is your favorite part of dressing up as Santa?

A: The little kids are amazed by the presence of someone and something they believe in.

Q: Why should people come to St. Mary's Night in the Village?

A: To support the local businesses and shops during the Christmas season.

Q: What would you love to do if you didn't teach?

A: I would love to continue being a professional photographer.

Q: Would you ever dye your hair/beard?

A: Yes, but before the Christmas season, and I would dye it red.

Q: How long have you been teaching at St. Mary's?

A: I have been teaching at St. Mary's for 6 years.

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

A: My dad because I admire his faith and his willingness to try anything. He is 94 years old and willing to keep going.

Q: Which teacher do you not like?

A: Mr. Mauro

Q: Which staff/faculty member has the best hair?

A: Mr. Mauro

Q: What is your favorite bible verse?

A: Philippians 4:13 "I can do all things through Christ who strengthens me."



Guidance Corner

Attention 10th & 11th Graders

Your PSAT scores are now available!

Log into your College Board account to see your scores!

The Counselors will be coming to your Religion Classes next week to go over your score reports and discuss where you go from there.

Please note - If you are having trouble logging in, you need to contact College Board directly -- the Counseling Center has no information about your accounts.

Healthy Tip of the Week!

Did you know anxiety affects nearly 32% of adolescents between 13 and 18 years old? You're not the only one! Confiding in someone you trust like a friend, guidance counselor, teacher or parent is a wise move to make in the fight against anxiety. And never underestimate the power of healthy food choices! While it can be tempting to soothe anxiety with sugary or salty snacks, these can actually worsen anxiety. Take care to choose more fresh foods like fruits and vegetables. Pair them with healthy fats like nuts or seeds, and protein-rich foods like eggs, chicken, beans or fish.

Need more healthy tips? Email SMHS Nutritionist, Alyssa Cometto at alyssa@fabulous-nutrition.com



Important Upcoming Dates...

Wed. Dec. 14th

Progress Reports come out

Thurs. Dec. 15th

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

WITH SANTA

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

SMHS Christmas Show - 6pm

at the Lancaster Opera House

****Date, Time, & Location
Changed**

Sat. Jan 7th

Snowball

St. Mary's High School presents...

"The GIFT of WARMTH" Community Service Project

**Goal: To donate new or gently
used coats and boots**

ALL sizes needed & appreciated!

For: Summit Life Outreach

Collection Dates: Now until 12/15

**Drop off donations in
the front foyer of SMHS or in
Mrs. Pautler's Room #213**



Thank you & Merry Christmas!