



*Produced by the
Journalism &
Marketing
Academy*

From the Principal's Desk

Hey everyone...

Over break, with the blizzard and New Year's around the corner - I did a thing!

I deleted all my social media apps from my phone! Now, I know they are still there, and I didn't delete my accounts, but I took the apps off my home page. Man, what a reality check! Over the first several days, I suffered from anxiety and certainly some FOMO. I knew that I was watching too many videos and scrolling through comments way too much... but I didn't expect that it would be this bad!



Well, I am 13 days in and I will be honest... I am starting to feel pretty good! Instead of scrolling through videos, I took that time to read a book. I have been more present at home; I think I am actually starting to feel a little less anxiety about the world. Oh, and in case you were worried, I am getting all the info I need! Turns out that I have plenty of alerts through my news apps.

How about you? Do you find yourself getting lost in the video rabbit hole? Has Instagram taken over? Do you have an incessant need to check Twitter? Maybe we don't need to know everything immediately? Maybe we don't need to care so much what everyone else thinks? Maybe the distraction is hurting more than it helps?

I am not saying it would be easy. I know from experience it won't be... but maybe just try it for a day? Stretch it to two or three? Be your own test case and feel it out...New Year's resolutions and all. Why not give it a try?

Have a great week!

Mr. Junik

Important Upcoming Dates...

Fri. Jan. 20th

Seniors go to Corpus Christi & St. Louis

*****BE AT SCHOOL BY 9 AM*****

Fri. Jan. 27th

End of Second Quarter

Feb. 13th

No School

Feb. 20-24th

Winter Break

NEW LOOK!

In our efforts to continually improve "The Scoop" publication, The Academy of Journalism & Marketing is switching things up with this and future editions of "The Scoop."

Scroll through all the pages, read the stories, see what lies in the week ahead, and be sure to keep an eye out for even more content on our website in the coming weeks.

Enjoy!

The Week Ahead



**Mon. Jan. 16th -
NO SCHOOL**

Dr. Martin Luther King Jr. Day

Tues. Jan. 17th - B Day
***BUFFALO SPORTS DRESS (\$2)**



Wed. Jan. 18th - C Day
***REGULAR DRESS CODE**

Thurs. Jan. 19th - A Day
***PROFESSIONAL DRESS CODE**

Fri. Jan. 20th - B Day
***SENIORS GO TO CORPUS
CHRISTI & ST. LOUIS**

BE AT SCHOOL BY 9 AM
***LITURGY DRESS CODE**

***ST. MARY'S PRIDE DRESS
FOR UNDERCLASSMEN**

Mon. Jan. 16th
**4/5:30 pm - W. Basketball vs
Williamsville South**
6 pm - Fed Hockey vs OP @ HarborCenter

Tues. Jan. 17th - No Contests

Wed. Jan. 18th
5:30/7 pm - M. Basketball vs Nichols
6 pm - Wrestling @ Gow

Thurs. Jan. 19th
4:30 pm - W. Hockey vs. FFLOP @ Hamburg
5:30/7 pm - W. Basketball vs Nichols
6 pm - Wrestling vs Kenton (Senior Night)

Fri. Jan. 20th
5:30/7 pm - M. Basketball @ St. Francis
9 pm - Club Hockey vs Lancaster @ Cheektowaga

Sat. Jan. 21st
All Day - Wrestling @ Lyndonville Duals
10/11:30 am - W. Basketball @ Williamsville North
12:40 pm - Fed Hockey vs Grand Island @ Hockey Outlet
7:30 pm - Club Hockey vs Jamestown @ Jamestown

Sun. Jan. 22nd
5:30 pm - Fed Hockey vs Nichols @ Holiday

Guidance Corner

Attention Juniors & Parents

Starting Tuesday, the counselors will begin one-on-one meetings with the members of the junior class. These meetings are designed to help students get started on their college application process, discuss the Common App and other applications, share hints on the college essay and other required materials, and answer any questions they may have about this important - and sometimes confusing - process.

Parents are welcome to attend these meetings, whether in person or virtually. Mr. Kidder emailed students and parents the exact day/time of these meetings as well as instructions of how parents can attend.

Those who have questions regarding these meetings are encouraged to contact Mr. Kidder.