



Produced by the
Journalism &
Marketing
Academy

The Week Ahead...

Mon. Jan. 9th - C Day

***BILLS OR SABRES DRESS CODE**



Tues. Jan. 10th - A Day

***REGULAR DRESS CODE**

Wed. Jan. 11th - B Day

***REGULAR DRESS CODE**

Thurs. Jan. 12th - C Day

***PROFESSIONAL DRESS CODE**

Fri. Jan. 13th - A Day

***ST. MARY'S PRIDE DRESS
CODE**

CANCELED!

*The Snowball Dance for
this Friday, January 6th,
has been canceled due to
low ticket sales.*

Mon. Jan. 9th

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

6:30 pm - **W. JV Basketball** vs Lancaster

Tues. Jan. 10th

6/7:30 pm - **M. Basketball** vs. St. Joe's

8 pm - **Club Hockey** vs EA/Holland @ Healthy Zone

8:45 pm - **W. Hockey** - vs HHEWS @ West Seneca

Wed. Jan. 11th

8:30 pm - **Fed Hockey** vs Timon @ Caz

Thurs. Jan. 12th

6/7:30 pm - **M. Basketball** vs. Canisius

Fri. Jan. 13th

Wrestling @ Lockport Tournament

9 pm - **Club Hockey** vs Lancaster @ Cheektowaga

Sat. Jan. 14th

12pm/1:30 pm - **W. Basketball** vs Our Lady of Mercy

Wrestling @ Lockport Tournament

Sun. Jan. 15th

12:30 pm - **Club Hockey** @ Brighton Rink

5:30 pm - **Fed Hockey** vs Iroquois @ Holiday



Hanging with Mrs. Roberson

By: Andrew Baker '23



Senior Andrew Baker sat down with one of St. Mary's favorite teachers, Mrs. Roberson, to get some hard-hitting questions answered. Let's take a look.

Q: What is your name?

A: Nicole Roberson

Q: How long have you been teaching?

A: 18 years, 7 of them being at SMH

Q: What's your favorite grade to teach?

A: 11th and 12th grades are my favorite

Q: Why did you want to teach?

A: I actually didn't go to school for teaching at first, I was an interior design major. When I decided that I needed a more stable career I chose teaching. I picked English because I was a good writer, but eventually realized that mentorship and patience were my strengths.

Q: What's your favorite book?

A: My favorite classic is *The Great Gatsby*. My favorite young adult book is *A Bridge to Terabithia*, and two recent favorites of mine are *Becoming* by Michelle Obama and *The Night Swim* by Megan Goldin.

Q: Should I pass senior year?

A: Yes, you should pass senior year because you are way more intelligent than you let on, and I know you'll really like the "real world."

SENIORS!

*Senior polls are due tomorrow,
January 6th, at 2:19 pm.*

*Check your email from
Miss Kawa for the link.*

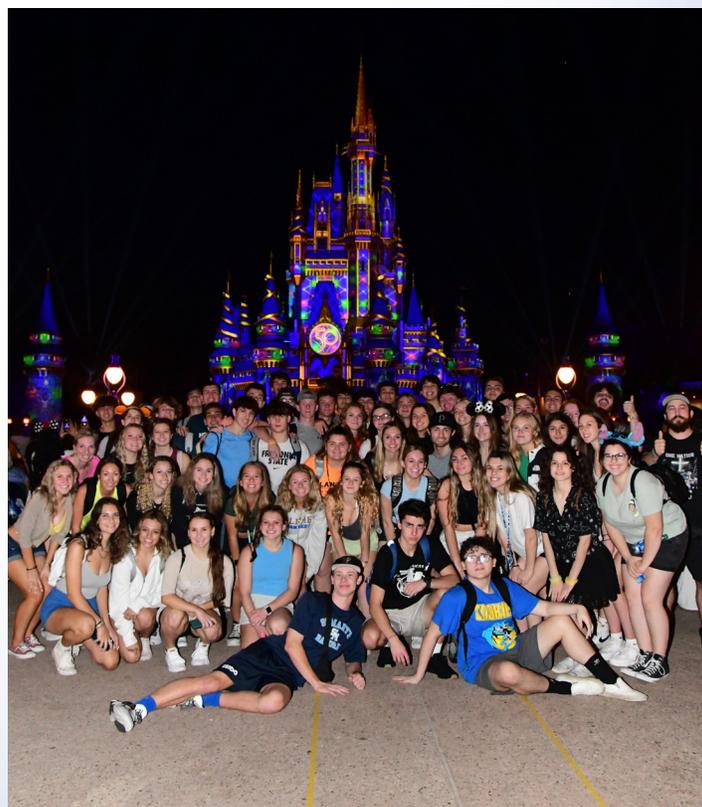
Senior Disney Trip

By: Danny Perillo '23

This year's senior class trip was to Walt Disney World and was supposed to be a three-and-a-half-day trip. The seniors all got to Disney World around 1 pm on the first day, and the first park they went to was Epcot. Epcot is a park with all different countries from around the world and food stands from these countries accompanied by some rides. The second day, the seniors set out to Magic Kingdom, which was full of fun rides and was a lot of the seniors' favorite park.

All the seniors went to sleep that second night ready to go to Hollywood Studios the next morning but were surprised with very bad news when they woke up. The seniors had to find an emergency flight home before the snowstorm hit Buffalo.

The trip was a very fun experience but was shortened by another Buffalo snowstorm.



Seniors take a group photo in front of Cinderella Castle

Guidance Corner

Attention Juniors & Parents

Very shortly, 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 will soon be emailing 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.

Seniors

A friendly reminder to let the Counseling Center know of your college acceptances and scholarships. We would love to share the good news with the rest of the school!

By the way, as of today, the Class of 2023 has earned \$2 million in scholarships. Great job!

Important Upcoming Dates...

Mon. Jan. 16th

NO SCHOOL - Dr. Martin Luther King Jr. Day

Fri. Jan. 20th

Seniors go to the Basilica

Fri. Jan. 27th

END OF SECOND QUARTER

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



St. Luke's Mission Family to Family Christmas Program

LAST CALL!

Deacon Robb's religion classes are accepting monetary donations for St. Luke's to purchase Christmas gifts for families that frequent the mission.

Any little bit will help make the holiday season brighter for so many families!

All donations can be turned into Deacon Robb directly.

Thank you!