

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 14, Issue 12 • August 2006

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St. Mary's instills important values

Dear Parents,

Another long and hot summer will soon be over, and we all pray that everyone will come through it safe and sound. Hopefully, all of our fine young men and women will not have forgotten everything we taught them.

We are all proud of the successes that St. Mary's has achieved over the past six years. Mrs. Kranz and I have instituted many changes that we feel have made St. Mary's a high performing school. Change is not always easy, but it is a necessary part of any successful school.

For students to be successful, they need a set of values that will help guide them in school, at work, and in their home. Here at St. Mary's, we try to instill a set of values that include honesty, character, democracy, social justice and equity, respect, diversity, equality, and a love of God.

All of these values are continually emphasized



or taught in all of the students' classes. We have found that through these values, students showed more respect for individual differences and were more cooperative, confident, and open with their classmates and teachers. There is a sense of greater cooperation and closeness that reduces conflicts and problems. Hopefully, all of these values will begin to make an impact at home.

Once again, we are excited about the start of the new school year. We have an excellent in-coming freshman class and many new in-coming transfer students who have decided that St. Mary's is the place to be.

As always, please stay in touch, and please feel free to stop by and say hello.

May God Bless,

Dr. Joseph Casimiro
Principal

Freshmen, how should you prepare for your first day?

When do you start? Your first day of classes as freshmen will be Wednesday, Sept. 6. On that day, you will be the only students in the building, and you will be dismissed at noon. Bus transportation will be available that day, both before and after school.

Where do you go? When you get to St. Mary's in the morning, you will report to homeroom. If you don't remember what homeroom you are in, the lists will be posted in the hallway.

What do you need to bring? Five dollars and a book bag/back pack. During homeroom, you will be given a locker assignment and will be able to purchase your school lock for \$5. (*All locks for lockers MUST be purchased through the school.*) This will be done in homeroom. You will also receive a folder with paper and a pen to use for the rest of the day.

When you meet with your teachers, they

will give you a few things.

First, your textbooks. Also, they will be giving you their course expectations. This will list their grading policy as well as what they expect you to do in their class. This will also include a list of supplies you will need for this class.

We want your first day to be as pleasant as possible, but if you have any questions, please feel free to contact Mrs. Kranz, the assistant principal, or Mrs. Brzuszkiewicz, the freshman counselor.

We look forward to seeing you on September 6!

The First Week of School 2006

Monday, Sept. 4	Tuesday, Sept. 5	Wednes., Sept. 6	Thursday, Sept. 7	Friday, Sept. 8
Labor Day No School	Faculty Orientation 8 a.m. - 2:30 p.m.	FRESHMEN ONLY NOON DISMISSAL Faculty Meetings noon - 2:30 p.m.	ALL STUDENTS FULL DAY. Orientation, ID pictures, and class meetings. Portrait packages will be available for purchase.	ALL STUDENTS FULL DAY • Opening Dance 8-11 p.m.

**Orientation for
Incoming Freshmen
&
Transfer Students
Wednesday, Aug. 30
6:30 p.m.**

Transportation information

Information regarding bus transportation is sent to parents from the public school district at the end of August. This information is not sent to St. Mary's High School.

If you do not receive your bus information, or if you have questions or problems with the arrangements, please call the Transportation Department of your school district.

Incoming freshmen from Buffalo will receive their bus passes when they come for orientation. Upperclassmen will get theirs on the first day of school.

Remember: Students are never allowed to ride a bus from a school district other than their own. Public school districts are only insured for their own residents.

Walk-a-Thon to benefit Scholarship

At their summer meeting, the Student Senate voted to use proceeds from the 2006 Walk-a-thon to continue the Student Senate Scholarship that was created last year.

St. Mary's High School will hold its annual Walk-a-Thon on Tuesday, Sept. 26 (rain date, Wednesday, Sept. 27).

This Student Senate scholarship will be awarded to an incoming freshman in the Class of 2011. The student will receive a yearly scholarship for the four years they attend St. Mary's High School. The actual amount of the scholarship will be based on the success of the Walk-a-Thon.

In addition to the Student Senate Scholarship, money raised in the Walk-a-thon will be used to benefit the St. Mary's classes and for school activities.

Included in this mailing, students will find a letter from Mr. Brendan McDaniels, Students Senate moderator, about the Walk-a-thon with a pledge sheet. Pledges are due Wednesday, Sept. 20.

Parents-Go-to-School Night is Tuesday, September 12

St. Mary's High School will hold its annual Parents-Go-to-School Night on Tuesday, Sept. 12, beginning at 6 p.m.

This night is designed to allow parents the opportunity to meet with their children's teachers, to learn more about the classes, homework assignments, and grading policies.

In addition to the teacher meetings, parents will also attend a series of presentations from the Parent Guild, explaining all that the Guild does for St. Mary's High School.

The evening will conclude with refreshments.

Hope to see you on September 12!

From the Health Office

Students interested in playing a fall sport must complete and turn in the completed Interval Health History Form (see page 5).

This form must be turned in before August 8 for football and cheerleading; and August 14 for all other fall sports.

In addition, every student who plans on playing a fall sport must have a current physical on file in the Health Office. Failure to comply will result in not being able to start practice with the rest of the team. Extra forms are available in the Main Office.

* * *

Policy regarding Medication in School

Forms available in the Main Office and the Health Office

1. All medication, including *non-prescription drugs such as Tylenol, Motrin, etc.* given in school *must be prescribed by a licensed medical doctor.*

2. A written request from the physician must be on file. This request must indicate the dosage and frequency of the prescribed drug.

3. A written request from the parent to administer medication must be on file.

4. The parent must assume responsibility

to have the medication delivered to the Health Office in a *properly labeled original container.*

* * *

Your student's health is important to their achievement in school. There are health screenings that the school nurse will begin in September in Physical Education classes. These are the new guidelines from New York State: Height and weight measurement are given annually to each student. All incoming freshmen receive scoliosis screening. Students new to St. Mary's and 10th grade students receive vision and hearing screening. Please remind your student to wear contacts or have their glasses with them on a regular basis. This will give us the correct results in our testing and save you unnecessary visits to your eye doctor. You will be notified in writing if your student has any difficulty with the screenings. If, at anytime during the school year, you feel that your student is having difficulty, please contact the school nurse, Mrs. Murphy.

If you have any questions, please call the school nurse, Mrs. Murphy, at 683-4824, ext. 20.

Attention New Students ...

Mark your calendars for
Friday, August 25
**New Student/Freshman
Mixer**

6:30 p.m. to 10 p.m.
St. Mary's Student Senate
invites you to meet your
fellow new students and enjoy
a dance. Your invitation will
arrive in the next few days.

Required meeting for 30-hour workers

**30 HOUR PARENT WORK
REQUIREMENT**

-ST. MARY'S ATHLETIC PROGRAM

There will be an Informational and Scheduling Meeting for Fall Sports for all parents who signed up to fulfill their 30-hour work requirement through the St. Mary's Athletic Program.

This meeting will take place on **Thursday, August 17, at 7 p.m. in the school cafeteria.**

Parents are encouraged to make every effort to attend.

Those who have questions should call Mrs. Kremer at 683-4824, ext. 23.

Dress Code for 2006-07 school year

The purpose of the St. Mary's Dress Code is to teach the self-discipline associated with personal hygiene and grooming and to encourage students to take pride in a personal appearance that would be acceptable in most modern business environments.

The following dress code is in effect from the beginning of homeroom until dismissal. Homeroom teachers will check dress every morning and will immediately send anyone with questionable attire to the Assistant Principal. Students are expected to be dressed in clean, properly-sized clothes that are maintained.

No students will be allowed to attend class out of dress code which includes their haircut / style / color. This dress code is in effect during January and June exams.

BOYS

- Properly sized navy or khaki dress pants (with the "SMH" logo) purchased from Campus Outfitters are the only pants allowed for ladies. The pants may not be ripped or torn.
- A properly-sized blue or white Oxford buttoned blouse with a buttoned collar, long or short sleeve, tucked in, must be worn. The school highly recommends purchasing these from Campus Outfitters to ensure that you have the correct style. T-shirts worn under a dress shirt must be white with no lettering or design.
- The official St. Mary's High School Polo shirts may be worn all year except on liturgy days. Club and athletic polo shirts are not allowed as part of the regular dress code. Polo shirts must be tucked in at all times. T-shirts worn under polo shirts may be solid navy, white, or grey. No lettering or design from the t-shirt may be visible.
- Embroidered St. Mary's sweatshirts, St. Mary's sweaters, or solid navy blue

sweaters may be worn over the dress shirt, a white turtleneck, or the St. Mary's polo shirt.

- Navy blue blazers or navy blue vests may be worn over the dress shirt, white St. Mary's polo shirt, or a white turtleneck.
- Black, navy, or beige stockings or black, navy, hunter green, or white knee socks or white crew socks and shoes must be worn. No patterns, bows, buttons, or other designs are allowed on the socks/stockings.
- All girls are required to purchase the black watch plaid uniform skort that is available from Campus Outfitters. The skort must be worn on Liturgy days or other special occasions requiring formal dress.
- Dress shoes cannot be backless, slippers, or boots.
- Shoes must be properly worn.

BOYS

- Properly sized navy or khaki dress pants worn with a belt. The school highly recommends purchasing these from Campus Outfitters to ensure that you have the correct style. Knit pants, pants with rivets, patch-type pockets, stripes, or ripped/torn cuffs are not to be worn. Pants may not be worn below the waistline.
- A properly-sized blue or white Oxford buttoned dress shirt with buttoned collar, fully buttoned and tucked in, and must be worn with a tie.
- The official St. Mary's High School Polo shirts may be worn all year except on liturgy days. Club and athletic polo shirts are not allowed as part of the regular dress code. Polo shirts must be tucked in at all times. T-shirts worn under polo shirts may be solid navy, white, or grey. No lettering or design from the t-shirt may be visible.

- Embroidered St. Mary's sweatshirts, St. Mary's sweaters, or solid navy blue sweaters may be worn over the dress shirt with tie, a white turtleneck, or the St. Mary's polo shirt.
- Navy blue blazers or navy blue vests may be worn over the dress shirt with tie, St. Mary's white polo shirt, or a white turtleneck.
- T-shirts worn under a dress shirt must be white with no lettering or design.
- Shoes with socks must be worn.
- No make-up or nail polish may be worn.
- Dress shoes cannot be backless, slippers, or boots.
- Shoes must be properly worn.

HAIR

- No sneakers may be worn.
- No boots of any kind may be worn.
- No backless shoes may be worn.
- No slippers may be worn.
- No sandals or open-toed shoes may be worn.
- No outerwear, fleece attire, or sweatshirts may be worn.
- No knit pants, cargo pants, or form-fitting skirts, shirts, or pants may be worn.
- Body piercing is limited to two earrings per ear for girls, no earrings for boys, including dress down days. Wearing a bandage over illegal piercings is not permitted.
- Visible tattoos and heavy metal chains are not allowed including dress down days.
- The only acceptable sweatshirts are embroidered SMH or approved class sweatshirts (without hoods).
- Long-sleeve shirts worn under short sleeve shirts are not allowed.
- No Capri pants or shorts may be worn.
- No gloves of any kind may be worn.
- No wristbands or sweatbands may be worn.
- Nothing sheer or see-through may ever be worn, including dress down days.
- Nothing sleeveless may ever be worn, including dress down days.
- Students may not rip/tear the bottom of their pant legs.
- Students are not allowed to have writing or drawings on their skin at any time.

HAIR

- Hair should be kept neat, clean, and combed at all times. No bizarre haircuts or hair colors are permitted. There should be no spikes, puffs, Mohawks, etc. Boys' hair must be no longer than collar length, and the front must be at least one-finger's-width off of the eyebrows. No portion of the head will be shaved. Any bizarre hairstyle will result in daily detention until the problem is corrected.
- Students are expected to be clean-shaven on a daily basis. No facial hair is per-

(Continued on page 4)

Classic Car & Truck Show

&

Chicken BBQ/Craft Show

— Celebrating our 11th Year —



SPONSORS

ST. MARY'S HIGH SCHOOL

ST. MARY'S UNIVERSITY

ST. MARY'S PARISH



Sunday, Aug. 20 • 12-4

ST. MARY'S HIGH SCHOOL

Dress Code (Continued from page 3)

mitted. Sideburns must be trimmed, neat, and not extend below the earlobe.

Expectations on Casual Days

The following are the expectations on Casual Days for ladies and gentlemen:

- Casual pants, corduroy pants, cargo pants, or normal dress code pants.
- Tops may be Polos, sweatshirts, sweaters, any design, or color shirt/blouse.
- Skirts in good taste.
- Modesty and appropriate dress are expected at all times.
- Sneakers or sandals may be worn.
- No T-shirts, jeans, shorts, windpants, Capri pants, or sweatpants may be worn.
- Earring and facial hair regulations remain in effect.

Students may wear any official St. Mary's attire

- Students may wear any official St. Mary's attire including class shirts, school sports t-shirts/sweatshirts, school sweatpants, school shorts, school hats.
- Solid navy pants or navy pants with white stripes down the leg may be worn.
- No jeans are allowed.
- No Capri pants are allowed.
- Earring and facial hair regulation remains in effect.
- Sneakers or sandals may be worn if the student is wearing Pride Day Dress.

On any day that the school is celebrating liturgy

- On any day that the school is celebrating liturgy, there will be a special dress code that will be enforced.
- No polo shirts will be allowed.
- Gentlemen are required to wear a dress

shirt and tie as defined previously.

- Ladies are required to wear a dress shirt as defined previously and are required to wear the uniform skirt.
- Dress code sweaters, approved St. Mary's sweatshirts, vests, blazers are permitted over the dress shirts.

This dress code may also be in effect for other special occasions and field trips. Announcements will be made in advance.

Throughout the school year

Throughout the school year, organizations may run a jeans day as a fundraiser for outside charities. These need to be proposed and approved through the Principal's Advisory Board.

On a jeans day, students may wear:

- Jeans — they may not be ripped/torn or excessively oversized.
- Sweatpants, windpants, cargo pants, corduroy pants
- Sneakers or sandals
- Jean shorts or shorts of any kind
- Jean skirts
- Capri pants
- Hats

Modesty will always be stressed. Earring and facial hair regulations remain in effect.

If a student chooses not to participate, they must be in regular dress code.

St. Mary's announces Vacation Schedule 2006-07

The Principal's Advisory Board recently met to discuss the calendar for the 2006-07 school year. Here are the scheduled holidays for next year:

- October 9 – Columbus Day
- November 10 – Veterans Day
- November 23 & 24 – Thanksgiving
- December 21-January 1 – Christmas Recess
- January 15 – Dr. Martin Luther King Jr. Day

- February 19-23 – Winter Break
- March 16 – Spring Holiday
- April 5-13 – Easter Recess
- May 25-28 – Memorial Day

Other important dates include the first day for freshmen (Wednesday, Sept. 6), first day for rest of the students (Thursday, Sept. 7), and Graduation (Tuesday, June 5, 2007).

A complete calendar is included in this mailing.

SMH Parent Guild

5th Annual

Craft and Stuff Sale

100 Tables

Saturday, October 21, 2006

Get a table reservation NOW! Find gently used and recyclable household goods. Make the crafts. Make Money / Have Fun!

Table Reservations Now Available

\$12 Early Bird Rate

(\$20 After September 1)

For information on tables or volunteer to help (GLADLY Accepted!)

Call Jim Schwartz, Chairperson 668-1230

Email: smhparentguildsale@adelphia.net (This is BEST!)

\$1 Admission Donation

Breakfast & Lunch Refreshments Available Basket Raffle / Entertainment

The following policy must be adhered to during these events:

the Baccalaureate Mass, Senior Awards Ceremony, and Graduation Ceremony. Failure to follow these rules will result in the student not being allowed to participate in that event. The graduation fee will not be refunded.

Because these are formal events hosted by the school, there will be strict adherence to the school dress code policy regarding hair, earrings, body-piercing, and facial hair. Messages on caps/gowns are not permitted.

- Ladies must be modestly dressed in a dress, skirt/blouse, or a pants suit. Dress shoes or dress sandals must be worn. No bizarre socks, stockings, or shoes may be worn.
- Gentlemen must wear dress pants, a dress shirt (preferably white) and tie, as well as dress shoes.

In all cases regarding these events, the final decision regarding participation will be decided by the Administration of the school.

INTERVAL HEALTH HISTORY FOR SPORTS PARTICIPATION

PRIOR TO THE START OF TRYOUT SESSIONS OR PRACTICE AT THE BEGINNING OF EACH SEASON, A HEALTH HISTORY REVIEW FOR EACH ATHLETE MUST BE CONDUCTED UNLESS THE STUDENT RECEIVED A FULL MEDICAL EXAMINATION WITHIN 30 DAYS OF THE START OF THE SEASON.

STUDENT NAME _____

GRADE _____

TO BE COMPLETED BY PARENT/GUARDIAN.

ANSWERING "YES" TO ANY OF THESE QUESTIONS DOES NOT MEAN AUTOMATIC DISQUALIFICATION FROM ATHLETIC ACTIVITY. HOWEVER, IT MAY REQUIRE A REVIEW AND APPROVAL OF THE FAMILY AND/OR SCHOOL PHYSICIAN BEFORE THE STUDENT IS ABLE TO REPORT TO PRACTICE OR TRYOUT. THE ANSWERS TO THESE QUESTIONS WILL BE HELD IN THE HEALTH OFFICE AND MAY BE SHARED WITH PERSONNEL INVOLVED WITH THE ATHLETE.

****#3-13, SINCE STUDENT'S LAST PHYSICAL:****

1. UNDER MEDICAL CARE FOR ANY CONDITIONS? YES NO
2. ANY KNOWN ALLERGIES? YES NO
3. ANY ILLNESSES REQUIRING MEDICAL ATTENTION? YES NO
4. ANY INJURIES REQUIRING MEDICAL ATTENTION? YES NO
5. MISSED ANY PHYS. ED CLASSES? YES NO
6. ANY ILLNESSES LASTING MORE THAN 5 DAYS? YES NO
7. TAKING MEDICATION OR UNDER DOCTOR'S CARE? YES NO
8. DEVELOPED ANY ALLERGIES? YES NO
9. ANY EPISODES OF FAINTNESS, DIZZINESS, OR FATIGUE AFTER EXERCISE OR EXERTION? YES NO
10. ANY TREATMENT BY A DOCTOR OR IN A HOSPITAL? YES NO
11. CHANGE IN WEARING GLASSES OR CONTACT LENSES? YES NO
12. ANY SURGICAL OPERATIONS OR FRACTURES? YES NO
13. ANY CHRONIC DISEASE? YES NO
14. ANYONE IN FAMILY UNDER 50 EVER DIED SUDDENLY? YES NO
15. ANYONE EVER TOLD YOU THAT YOUR CHILD HAS HIGH BLOOD PRESSURE? YES NO
16. ANYONE EVER TOLD YOU THAT YOUR CHILD HAS A HEART MURMUR? YES NO

IF YOU ANSWERED "YES" TO ANY OF THE ABOVE QUESTIONS, PLEASE DESCRIBE THE CONDITION OR SITUATION THAT PROMPTED YOUR ANSWER.

I, THE UNDERSIGNED PARENT/GUARDIAN, CLEARLY UNDERSTAND THESE QUESTIONS ARE ASKED IN ORDER TO DECIDE IF MY CHILD CAN SAFELY PARTICIPATE IN THIS ATHLETIC SEASON. THE ANSWERS ARE CORRECT AS OF THIS DATE, AND HE/SHE HAS MY PERMISSION TO PARTICIPATE IN ALL PRACTICE SESSIONS, GAMES, AND TRAVEL TO AND FROM THE ATHLETIC CONTESTS.

I AGREE TO EMERGENCY MEDICAL TREATMENT AS DEEMED NECESSARY BY THE PHYSICIANS DESIGNATED BY SCHOOL AUTHORITIES. *****I ALSO UNDERSTAND THAT IF MY CHILD HAS ANY ILLNESS/INJURY AFTER COMPLETING THIS FORM, BUT PRIOR TO TRYOUTS, OR AT ANY TIME DURING THE SEASON, I WILL CONTACT THE HEALTH OFFICE.**

SIGNED: _____

DATE: _____

SPORT-

**9th Grade Summer Reading List:**

English 9 students are to choose any two of the following; English 9 Honors students are to choose three of the following.

- *Alas, Babylon* (Pat Frank)
- *The Hiding Place* (Corrie ten Boom)
- *Roll of Thunder, Hear My Cry* (Mildred Taylor)
- *Summer of My German Soldier* (Bette Greene)
- *Ten Little Indians* – also titled *And Then There Were None* (Agatha Christie)
- *That Was Then, This Is Now* (S.E. Hinton)

10th Grade Summer Reading List:

English 10 students are to choose any two of the following; English 10 Honors students are to choose three of the following.

- *The Amazing and Death-Defying Diary of Eugene Dingman* (Paul Zindel)
- *Bless the Beasts and Children* (Glendon Swarthout)
- *Hiroshima* (John Hersey)
- *In the Middle of the Night* (Robert Cormier)
- *Joshua* (Joseph Grizone)
- *A Night to Remember* (Walter Lord)
- *Rebecca* (Daphne du Maurier)
- *Where Are the Children?* (Mary Higgins Clark)

11th Grade Summer Reading List:

English 11 students are to choose any two of the following; English 11 Honors students are to choose three of the following selections; AP History students must read at least one of the starred selections.

- *The Andromeda Strain* (Michael Crichton)
- *Black Boy** (Richard Wright)
- *Days of Grace* (Arthur Ashe)
- *Dead Man Walking* (Sister Helen Prejean)
- *The Firm* (John Grisham)
- *The Jungle** (Upton Sinclair)
- *Narrative of the Life of Frederick Douglass** (Frederick Douglass)
- *On the Beach* (Nevil Shute)
- *Peace Breaks Out* (John Knowles)
- *A Tree Grows in Brooklyn* (Betty Smith)

12th Grade Summer Reading List:

English 12 students are to choose any two of the following; English 12 Honors students are to choose three of the following.

- *Bleachers* (John Grisham)
- *The Chosen* (Chaim Potok)
- *The Effects of Gamma Rays on Man-in-the-Moon Marigolds* (Paul Zindel)
- *Farewell to Arms* (Ernest Hemingway)
- *The Great Gatsby* (F. Scott Fitzgerald)
- *The House on Mango Street* (Sandra Cisneros)
- *I Heard the Owl Call My Name* (Margaret Craven)
- *The Joy Luck Club* (Amy Tan)
- *The Time Machine* (H.G. Wells)
- *20,000 Leagues Under the Sea* (Jules Verne)

AP English Summer Reading List:

Students taking Advanced Placement English should read three of the following selections.

- *All Quiet on the Western Front* (Erich Maria Remarque)
- *The Color of Water* (James McBride)
- *Pygmalion* (George Bernard Shaw)
- *Rosencrantz and Guildenstern are Dead* (Tom Stoppard)
- *Their Eyes Were Watching God* (Zora Neale Hurston)
- *Wuthering Heights* (Emily Bronte)

Summer Reading Assignment for 9th Grade

You are to choose Project A for one novel you have read and Project B for the second novel you have read.

For each project, you must:

- include the title and author of the book
- draw or cut out pictures from magazines, newspapers, etc.
- include a minimum of eight pictures (you are encouraged to include as many as are necessary to fully explain your points)

Project A:

1. Using pictures, create a poster on a main character from the book you have read.
2. Choose a picture that you think might physically look like this character and place it in a prominent place on the poster. Label it with the character's name.
3. Choose pictures that illustrate character traits, situations, or experiences the character has gone through or other items that might be important to the character, to create the rest of the poster.
4. In 1-4 sentences, tell either how the character is similar to you or how the character may be different from you. Attach this to the back of the poster.
5. Be prepared to discuss how these similarities or differences are revealed by the pictures you have chosen for your poster.

Project B:

1. Using pictures, create a poster of the plot line (a time line of the major events of the story).
2. On the plot line, include and label the climax (high point of action) of the story.
3. Also on the poster, state the theme (or message or lesson learned from the story) in one sentence.
4. Be prepared to discuss the theme and show how one or more major events from the story contributed to your understanding of this message.

English 9 Honors Students Only:

For your third book, on a full sheet of paper to be handed in, list:

- title and author of the book

- names of major characters (with a one sentence description)
- major events (including climax or high point)
- theme

In class, be prepared to discuss the characterization, plot, and theme of the story in more detail.

Your projects must be handed to your English teacher on Monday, Sept. 11.

The project will be graded, and the grade will count toward your first quarter English average. Posters and projects will not be returned to students; they will be kept on file with the English Department. If students do not complete the summer reading assignment, they will be given a grade of incomplete for the first quarter, which will be removed only if the assignment is satisfactorily completed and submitted to the teacher.

Summer Reading Assignment for 10th, 11th, and 12th Grades (Regents and Honors):

In addition to completing the reading, you will be expected to keep a journal about the books you have chosen. For each book, you will need to complete all seven journal entries. The journal entries should be handwritten in a notebook – typed pages will not be accepted. Each entry (except for the vocabulary) should be 100-150 words long. The journal should contain your own original work. When discussing the book, you should use specific references to the work to indicate you have completed the reading.

The first page of your journal must contain a list of the titles and authors of the books you read.

For each book, you must answer all seven journal topics:

1. Select 10 unfamiliar words from the book. Look up each word in the dictionary, copy down the definition, and write your own sentence using the word.
2. Relate an incident in the book to something you have experienced.
3. Choose what you consider to be the most significant quotation from the book. Copy the quotation and discuss its meaning. (Note: the quotation itself does not count as part of the 100-150 words.)
4. Which character did you like the most? Why? Which character did you like the least? Why?
5. Explain why you think this is an important book to read.
6. The climax is the turning point of a story; it is the pivotal point where a revelation influences the outcome of the story. Which

(Continued on page 8)

Continued from page 7)

• **Types of Books:** The books in question can be historical biographies, books on historical events and major topics (e.g.-Trojan Wars, French Revolution...; Roman society, Marxism...), and/or the actual works of authors of the times.(e.g. - *Canterbury Tales*, *Arabian Nights*...).

• **Length of Books Chosen:** Each book must be at least 150 pages in length. It can be a book that is required for another course, but it must meet the criteria for Global Studies II.

• **Format:** Each of the two Book Reports

must follow the format outlined below.

Proper Heading

Section A- Title, Author, Date of Publication, Number of Pages.

Section B- In your own words, write a 200-250 word summary of the book.

Section C- Write a 75-100 word personal reaction/opinion of this book.

• **Miscellaneous:** Please read a book you enjoy. If you start to read a book and it's not quite your cup of tea, than choose another one. Con-

tact your media specialist or do a computer search to assist you in choosing your books.

The Book Reports must be typed and stapled if longer than two pages.

Remember, the Book Reports are to be placed in the biography folder, and they're due the first week of class.

If you have any questions, please feel free to e-mail Mr. Schulenberg at gschulenberg@smhlancers.org.

Summer Reading (Continued from page 7)

event is the story's climax? How is this a turning point for the characters?

7. Overall, did you like the book? Why or why not?

Your journal should be handed to your English teacher on Monday, Sept. 11.

The journal will be graded, and the grade will count toward your first quarter English average. Journals will not be returned to students; they will be kept on file with the English Department. If students do not complete the summer reading assignment, they will be given a grade of incomplete for the first quarter, which will be removed only if the assignment is satisfactorily completed and submitted to the teacher.

AP English – Summer Reading Assignment

In AP English, our focus will be the interpretation and analysis of literature. It is assumed that you can retell the plot of a story,

so the summer reading assignment will involve interpreting and analyzing the three literary works you have chosen.

For each book you read, you will write a book analysis. In your book analysis, you will discuss the following topics:

Section One: an introduction. This paragraph should include the author, title, and genre. It should also indicate the setting and theme of the work.

Section Two: a discussion of the author's writing style. This involves syntax (sentence structure) and diction (word choice). When thinking about the author's style, you should consider the following questions: Is the language in the book simple or complex? Why would the author write the story with this particular style? Be sure to give examples to illustrate the writing style.

Section Three: a discussion of the author's techniques. In this section, discuss three literary techniques used in the work. There are many points to consider, and the following

list cannot apply to all. (In addition, while reading, you may spot other devices that are not on this list.) Here are some examples: What is the author's point of view, and what effect does this have? Are there any intruding narrative devices such as letters, diaries, or flashbacks? How does the reader learn about the characters? How does the setting create the atmosphere? Is there any symbolism in this story? Is there any irony present?

Section Four: a conclusion. In the conclusion, give an overall evaluation or recommendation about the work. Is it worthwhile to read? Is it a waste of time? Why?

In the paper, the keys are INTERPRETATION and ANALYSIS. Do not give a plot summary. You should discuss plot only to give specific examples as they pertain to your discussion of the book's elements. When writing this paper, keep in mind that it is a formal paper written for the college level. Impress the reader with your writing ability. The writing and interpretation in your paper should be your own original work. Even though there are four specific sections to each paper, do not number your sections; make smooth transitions between sections and write the papers in an essay format.

Each paper should be three pages typed and double-spaced, although it may be longer if you feel the need to elaborate. **Your three papers must be turned in to your English teacher on Monday, Sept. 11.** These papers will be used to begin our literary discussions. These papers will not be returned to the student; they will be kept on file with the English Department. The grade, which counts toward your first quarter English average, is based on your completion of the assignment, the analysis of the literary work, and the writing skill displayed in the papers. If you do not complete the summer reading assignment, you will be given a grade of incomplete for the first quarter, which will be removed only if the assignment is satisfactorily completed and submitted to the teacher.

B&N promotes summer reading

The local Barnes & Noble bookstores have offered a fundraising opportunity to St. Mary's High School based on the school's English Department's summer reading program.

For each summer reading book purchased in area Barnes & Noble stores from now until September, a portion of the sale price will be donated to St. Mary's.

To participate in this fundraiser, clip the coupon below and present it at the cash register when making the purchase.

Barnes & Noble will keep the St. Mary's summer reading books in stock throughout the summer.

For families who wish to purchase their summer reading books, this is an excellent opportunity to find the books easily and raise money for St. Mary's High School.

BARNES & NOBLE
BOOKSELLERS

BOOKFAIR VOUCHER

BENEFITING

St. Mary's High School

**Location: Barnes & Noble
Summer Reading List Voucher**

Present this voucher at the cash register at the time of purchase. A percent of the net sale will be donated to the school.

For Office Use Only:

Register #: Transaction:#

Amount of sale before tax less purchase of Gift Cards, Membership Cards, and cafe consumables:

\$

The following transactions are not included in Bookfair totals: The purchase of Gift Cards, Membership cards, and cafe consumables

Changes to the Student Handbook

The following is a quick glance at the revisions that were made to the student handbook for the 2006-07 school year.

The complete handbook will be distributed to students at the beginning of the school year. It is extremely important for families to read through the entire handbook to become familiar with school policies.

Medical Treatment

• If medical treatment is sought, the athlete CANNOT PRACTICE OR PARTICIPATE IN A GAME until a release form is signed by his/her physician giving clearance to return to Phys. Ed. and Sports. If no medical attention is obtained, the parent / guardian may release the student. This release form must be presented to the School Nurse who will notify the Coach and/or Athletic Director.

Discipline and Attendance

The Dean of Students at St. Mary's High School will:

1. Work with the principal and the assistant principal to administer the discipline and attendance procedures of St. Mary's High School.
2. Communicate with parents promptly regarding student discipline matters.
3. Meet with students to discuss behavioral concerns and plans for improvement.

Graduation Requirements

All students must be current on graduation requirements in order to return to St. Mary's in September. This means that if a required course is not passed during the school year, it must be passed in the summer.

Please note: A student may not have more than six summer-school courses to earn a St. Mary's diploma.

Each year of attendance at St. Mary's, all students must take a math course during the school year.

Math Course Requirement

In addition to meeting the course credit requirements of St. Mary's High School, graduation requirements also include passing specified New York State Regents exams. Each student will earn one of the following diplomas:

Regents Diplomas

A. Regents Diploma
Student must pass the following five Regents exams:

- 1 Science
- Math A
- Global Studies
- English
- American History

B. Regents Diploma with Honors
Student must have an average of 90 or above on these five Regents exams.

C. Regents Diploma with Advanced Designation
Student must pass five exams required for the Regents diploma, plus the following three additional Regents exams:

- 2nd Science
- Foreign Language
- Math B

D. Regents Diploma with Advanced Designation with Honors
Student must have an average of 90 or above on the eight exams required for the Regents diploma with advanced designation.

Recommendation Letters

Counselor or teacher letters of recom-

mendation are confidential. Recommendation letters are intended to be honest and sincere assessments of student performance, potential, and character. Teachers communicate the student's performance in their class and may offer additional insight about the student as a coach or club moderator.

Counselors discuss students in an overall way, having personal as well as academic knowledge of the student in all classes. In both cases, teachers and counselors strive to offer an accurate portrait of the student, highlighting his or her strengths.

Generally, discussion of family and personal circumstances written in a recommendation letter are with the permission of parents and/or students.

(Continued on page 10)



Delta Sonic Fundraiser to benefit St. Mary's

Deluxe Wash with Clearcoat Protectant & Hand Dressed Tires

Includes: Revitalizer, Brake dust remover, Clearcoat protectant, 24-Hour Guarantee Wash again FREE

\$10

Super Kiss with Hand Dresses Tires

Includes: Revitalizer, Clearcoat polish, Clearcoat protectant, Underspray, Rust inhibitor, Brake dust remover, 5-Day Guarantee Wash again FREE

\$12

Super Kiss Supreme

Includes: Revitalizer, Clearcoat polish, Clearcoat protectant, Underspray, Rust inhibitor, Brake dust remover, Tires hand dressed, Vacuum, Glass polished, Door jams, Dashcreame, Floor mats with Super Foam, Fragrance, 5-Day Guarantee Wash again FREE

\$17

Oil Change with 16-pt maintenance check

Free filter and Fluids topped off, Up to 5 quarts conventional oil

\$19

Delta Sonic Fundraiser Order Form

Name _____

Address _____

City/State/Zip _____

Phone _____

I wish to order:

_____ Deluxe Wash(es) at \$10 each \$ _____

_____ Super Kiss(es) at \$12 each \$ _____

_____ Super Kiss Supreme(s) at \$17 each \$ _____

_____ Oil Change(s) at \$19 each \$ _____

Total Enclosed . \$ _____

Please return form and payment (payable to St. Mary's High School) to St. Mary's High School • Development Office 142 Laverack Ave. • Lancaster, NY 14086

Eight reasons to exercise

The Health and Wellness Committee this month offers an informational article on exercise, as printed from Momentum, Living Well Longer, a publication of Genworth Financial.

It's 5:30 in the morning. As you drag yourself out of bed to put on your exercise clothes, you wonder, "Why am I doing this?" If you find you're getting cranky about your regular workout, it's time to put it back into perspective.

These days, fitness is hyped so often that it's easy to lose sight of the benefits. But study after study has shown that exercise is a powerful prescription for good health. Regular moderate exercise can help prevent many of the most common and dangerous conditions you could be at risk for. It also provides other benefits that contribute to a better quality of life.

1. Heart disease. Inactivity is a major risk factor for heart problems. Exercise strengthens your heart muscle, helping it function more efficiently, and lowers your blood pressure and cholesterol.

2. Stroke. Not for the young alone, physical activity dramatically reduces the risk of stroke for older people. The amount of time spent exercising appears to be more important than the intensity.

3. Cancer. Studies continue to suggest that regular exercise protects against many types of cancer—most notably, cancer of the colon, prostate, and breast. Scientists think this benefit may be related to how physical activity alters hormone levels.

4. Diabetes. Your daily 30-minute walk may help prevent the development of type 2 diabetes. Exercise improves the body's ability to make use of insulin, which reduces blood sugar levels.

And it's key to maintaining a healthy weight, which reduces diabetes risk.

5. Obesity. Being overweight is a risk factor for many adverse health conditions. Exercise is a prime prescription for weight loss because it burns calories. As you build muscle mass, calories are burned faster and more efficiently, even when you rest.

6. Osteoporosis. Like muscle, bone is a tissue that gets stronger the more it's used. Strong bones are denser and less likely to become brittle as you age. Weight-bearing exercise (like walking) and strength training are the best ways to build bone strength.

7. Immune system. Moderate daily activity boosts your immune system by temporarily increasing the number of white blood cells that defend against illness. A strong immune system not only fights off colds, but

may even have an impact on cancer development. Don't overdo the workout, though, because exercise to the point of exhaustion may actually weaken the immune system.

8. Psychological effects. It isn't only your body that reaps the benefits of exercise. Aerobic activity increases blood flow to the brain and causes the release of serotonin—a brain chemical that relaxes and uplifts the mind. Physical activity reduces depression and improves mental alertness, creativity, and memory in people of all ages. It also releases tension and anxiety, boosts self-esteem, and improves the ability to get a rejuvenating deep sleep.

The list of benefits you get from your workout could go on and on. The question shouldn't be, "Why should I exercise?"—it should be, "Why wouldn't I?"

The question shouldn't be, "Why should I exercise?"—it should be, "Why wouldn't I?"

Student Handbook (Continued from page 9)

Counselors are bound by the ethical guidelines set forth by the National Association of College Admissions Counselors (NACAC). In completing a college application or mid-year report, counselors may be asked questions regarding academic achievement, academic potential, character, or extracurricular activities and may be asked to give an overall rating of a student. NACAC Statement of Principles of Good Practice, Best Practices, Phase II of the steering committee's work states: III.A.8: "report, if requested, any significant change in a candidate's academic status of qualifications, including personal school conduct record, between the time of recommendation and graduation, where permitted by applicable law."

new students receive vision, hearing, and scoliosis screening. Sophomores receive vision and hearing screening.

Suspensions may be in or out of school.

They may be one to five days, depending on the severity and/or the history of the individual student. Suspensions may be given for the following:

1. fighting
2. gambling
3. weapons
4. drugs or alcohol
5. truancy
6. smoking/tobacco products
7. food fights
8. excessive harassment
9. multiple minor offenses
10. cutting a work-crew detention
11. academic dishonesty
12. major offenses determined by the Discipline Office

Height and weight measurements are given annually to each student. Freshmen and

Donate cell phones, ink cartridges

Do you have an old cell phone? A used ink cartridge?

These "old items" can be turned into a donation to St. Mary's High School.

Just bring them in to the St. Mary's Development Office. They will pass them along to companies who will recycle them while at the same time making a contribution to St. Mary's.

For more information, call the Development Office at 683-4824, ext. 28.



Kenwood Photography, 79 Delaware Rd. in Kenmore, is the official Senior Portrait Photographer of St. Mary's High School.

If you want your portrait to appear in next year's Yearbook, you must have your picture taken there.



Counseling Corner

Mary Jakubowski (mjak@smhlancers.org)

683-2349

Judy Brzuszkiewicz (judyb@smhlancers.org)

Last Minute Testing

Seniors are approaching the end of their opportunities to take (or retake) the SAT I, II or ACT in time for these scores to be considered in the application process for fall 2006 admission. For most of the selective colleges in the U. S., December exams are the last that will be considered. Early decision applicants usually can submit scores only through November testing.

If higher scores on the SAT or ACT will make you a more attractive candidate at your dream schools, you might consider retaking the exams. Student athletes might need higher scores to make them eligible to play NCAA sports. Some stu-

dents will seek score increases to make them eligible for merit awards. Keep in mind, though, that you're likely to score in the same range as before, unless you put more time and effort into test preparation.

Students often ask how colleges look at multiple exams. The policy at most schools is to count the highest scores obtained. Some colleges will even combine the highest critical reading and high-

est math from different test dates of the SAT I. For the ACT, they will consider the highest scores earned on a single test date. For the SAT II, colleges generally take the highest three scores from different exams, unless specific exams (such as math) are required for admission.

Consider the time you have available for preparation as well as your goals when making a decision to retake the SAT or ACT.

Finalizing Your College List

By now, seniors should be close to finalizing their college list. To provide you with the most options come spring, it is a good idea to look at your list as a three-story pyramid. At the base of your pyramid of colleges are your "likelies". These are the schools where your test scores and GPA are similar to the top 25 percent of students accepted last year. Include with this group only those colleges that you'd love to attend—it's not a "likely" if you don't want to go there.

The middle story of your pyramid includes the "probables"; colleges where you fit comfortably into the profile of the middle 50 percent of accepted students.

At the top of the college pyramid are

your most selective colleges, your "reaches". These would include colleges where your grades and scores fall below the middle 50 percent of accepted students or any college that admits a relatively low percentage of applicants.

As in any pyramid, the number of blocks at the base should be larger than the number in the level above. Thus, your pyramid will include more "likelies", fewer "probables", and only one or two "reaches" at the top of the pyramid. If you choose all of the colleges on your list wisely, adhering to the rule that you only include colleges you'd be thrilled to attend, you'll find yourself with happy

(Continued on page 12)

CC Timeline

August 2006

Seniors

Explore College Choices:

- College Websites
- Guidebooks
- Visit Campuses
- Get Applications
- Narrow College List
- Prepare for SATs and/or ACTs

Junior & Sophomores

Prepare for PSAT or PLAN

Counseling Centre Update

Register Now for Fall Tests

Seniors should go online now to register for these very important college entrance tests.

ACT (act.org)

Test	Registration Deadline	Cost
October 28	September 22	\$43
December 9	November 3 (with writing)	

SAT (collegeboard.com)

Test	Registration Deadline	Cost
October 14	September 12	\$41.50
November 4	September 29	
December 2	November 1	
January 27	December 20	

Visit Colleges this Summer

NOW through fall is the time for seniors and their parents to visit the colleges they are considering. Whether home or away, families need to experience the campus and talk about how it will fit their student's needs.

Once you have viewed the website and read all you can about the school, call the admissions office to set up an appointment. This is the most important step in the college selection process and is vital in helping you and your student decide where to apply next fall.

Students met several times with Mrs. Jakubowski, and each has a list of potential schools.

Feel free to call Mrs. Jakubowski with your questions. She will be available after August 1.

Important Dates for Fall Athletes

*****REMINDER THAT ALL STUDENTS MUST HAVE A PHYSICAL ON FILE IN THE HEALTH OFFICE PRIOR TO HEALTH INTERVIEW AND STARTING ANY SPORTS AT SMH*****

Men's Sports

Football

Saturday, Aug. 5, 9 a.m. – Seniors and juniors will report to the Athletic Center for weight room testing and equipment issue.

Saturday, Aug. 5, 11 a.m. – Sophomores and freshmen will report to the Athletic Center for weight room testing and equipment issue.

Monday, Aug. 14, 8 a.m. – All interested in participating in football and have all of the necessary paperwork on file with the school should meet on the bleachers behind the school. All players should bring spikes, sneakers, shorts, t-shirt, and a combination lock. Mrs. Skalski, Cafeteria manager, and Mrs. Aquino, Development Office assistant, will once again provide

lunch between double session practices. The cost will be \$3 per day.

The normal schedule for week 1 is:

- 8-10:10 a.m. – Practice 1
- 10:30-10:55 a.m. – Lift or Film
- 11 a.m. - 1 p.m. – Practice 2
- 1-1:30 p.m. – Prayer & Team Lunch
- 1:30 p.m. – Dismissal & Pick-up

Schedules for weeks 2 & 3 will be distributed

Men's Cross Country

Monday, Aug. 21, 3 p.m. – Runners should report to the back bleachers at for your first practice.

Soccer

Monday, Aug. 14, 8 a.m.-12 noon – Returning players and all interested participants should report to Fireman's Park in Depew. Players should bring spikes, shin guards, and water.

Golf

Monday, Aug. 21 – A two-day tryout period will begin. Those interested should report to the

Walden Golf Range from **1 to 2:30 p.m.**

Tuesday, Aug. 22 – Tryouts will continue at the Walden Golf Range from **1 to 2:30 p.m.** Participants should bring golf clubs.

Women's Sports

Volleyball

Monday, Aug. 21, 1-3 p.m. – First day of tryouts will be held **and will continue at that time throughout the week.** Those interested should report to the athletic center at 12:45 p.m. Players should bring kneepads and water.

Women's Cross Country

Monday, Aug. 21, 3 p.m. – Runners should report to the back bleachers for practice.

Soccer

Monday, Aug. 14, 8-11 a.m. – Returning players and all interested participants should report to **Keysa Park.** Players should bring spikes, shin guards, and water.

FALL SPORT ATHLETES

*All athletes must have a current physical on file in the Health Office. In addition, Interval Health History Forms will be printed in the August Currents. In order to begin tryouts/practice, completed forms **MUST** be returned to the Health Office by:*



AUGUST 8
FOR
FOOTBALL PLAYER
AND **CHEERLEADERS**



AUGUST 11
FOR ALL OTHER FALL SPORTS



THIS FORM CAN BE MAILED TO THE SCHOOL
AT 142 LAVERACK AVE., LANCASTER, NY 14086,
ATTN: HEALTH OFFICE,
OR DELIVERED TO THE MAIN OFFICE BETWEEN 8 AM AND NOON
MONDAY THROUGH FRIDAY.

College List

(Continued from page 11)

choices to make when final decision time rolls around in May.

While finalizing your list, you'll also want to consider the option of early decision (ED) or early action (EA). While ED applicants generally have a better chance of admission to a particular school, you must remember that the decision is binding. Only apply early decision if you have visited a campus and are sure that it is your first choice. Early action is for students with strong records and test scores and does not usually improve the chances of admission. Although you apply and receive an admission decision early in the year, you do not have to reply to an offer of acceptance until spring.

Office Hours

Through Aug. 17 – 8 a.m. to noon
Aug. 21 until Opening Day –
7:30 p.m. to 3:30 p.m.

Note that the school will be closed:

- **Friday, Aug. 18**

Those who need a meeting at another time, please call to make an appointment.

Magazine Sale Still
On-Going through



QSP
Reader's
Digest

1 Go to qsp.com

2 Click "Just Shopping?"

3 Enter code 425009377

4 Shop

Remember: 40% of your purchase supports St. Mary's

2006 Fall Sports Schedules

Varsity Football

Sat., Sept. 2, 1 p.m. vs. East
 Sat., Sept. 9, 1 p.m. vs. Nichols
 Fri., Sept. 15, 7 p.m. @ Newark
 Sat., Sept. 23, 2 p.m. @ CleveHill
 Sat., Sept. 30, 1 p.m. vs. Niagara Catholic
 Sat., Oct. 7, 1 p.m. vs. O'Hara
 Sat., Oct. 15, 1 p.m. @ Walsh
 Fri., Oct. 20, 7 p.m. @ Timon (Tiff Farms)
 Sat., Oct. 28 - League Playoffs
 TBA - League Championship @ Ralph Wilson Stadium

JV Football

Fri., Sept. 1, 1 p.m. @ O'Hara
 Sat., Sept. 9, 10 a.m. @ St. Joe's
 Sat., Sept. 16, 1 p.m. vs. Newark
 Sat., Sept. 23, 10 a.m. vs. CleveHill
 Sat., Sept. 30, 10 a.m. @ Sherman
 Sat., Oct. 7, 10 a.m. @ Gowanda
 Sat., Oct. 14, TBA
 Sat., Oct. 21, 10 a.m. vs. Timon

Golf

(All Matches begin at 3:30 p.m. unless indicated. Home matches are at Buffalo Tournament Club)

Wed., Sept. 6 @ Canisius (Cherry Hill)
 Fri., Sept. 8 @ Nichols (CCB)
 Mon. Sept. 11 @ St. Joe's (CCB)
 Tues., Sept. 12 @ Park (Beaver Island)
 Wed., Sept. 13 @ O'Hara (Brighton)
 Thur., Sept. 14 vs. Niagara Catholic
 Fri., Sept. 15 vs. Park
 Tues., Sept. 19 @ St. Francis (Hamburg)
 Wed., Sept. 20 vs. O'Hara
 Wed., Sept. 27 @ Timon (Cazenovia)
 Fri., Sept. 29 @ Niagara Catholic (Hyde Park)
 Mon., Oct 9, 9 a.m. - All Catholics (CCB)

Boys Soccer

(All games begin at 4:30 p.m. Home games are at Fireman's Park)

Thur., Sept. 7 vs. Canisius
 Mon., Sept. 11 @ Park
 Tues., Sept. 12 @ Timon
 Thur., Sept. 14 @ St. Joe's

Sat., Sept. 16 vs. Gow
 Tues., Sept. 19 @ St. Francis
 Thur., Sept. 28 vs. Nichols
 Tues., Oct. 3 vs. Timon
 Thur., Oct. 5 vs. St. Joe's
 Fri., Oct. 6 vs. St. Joe's
 Tues., Oct. 17 @ Canisius
 Thur., Oct. 19 @ Nichols
 Tues., Oct. 14 vs. St. Francis
 Fri., Oct. 27 @ Gow

Girls Soccer

(All games begin at 4:15 p.m. Home games are at Westwood Park)

Wed., Sept. 13 vs. O'Hara
 Mon., Sept. 18 @ Buffalo Seminary
 Wed., Sept. 20 vs. Immaculata
 Fri., Sept. 29 @ Niagara Catholic
 Wed., Oct. 4 @ O'Hara
 Fri., Oct. 6 vs. Buffalo Seminary
 Wed., Oct. 11 @ Immaculata
 Wed., Oct. 18 vs. Niagara Catholic

Volleyball

(JV matches begin at 4:30 p.m. (unless indicated) with varsity immediately following)

Wed., Sept. 6 vs. North Tonawanda
 Thur., Sept. 7, 5:30 p.m. @ Eden
 Sat., Sept. 9, 8 a.m. - SMH Tournament
 Mon., Sept. 11 @ Mt. Mercy
 Thur., Sept. 14 @ Nardin
 Sat, Sept. 16, TBA @ Frontier Tournament
 Tues., Sept. 19 vs. Sacred Heart
 Wed., Sept. 20, 5 p.m. @ Lockport
 Sat., Sept. 23, TBA @ South Fayette Tournament (Pittsburgh)
 Tues., Sept. 26 vs. Mount St. Mary's
 Fri., Sept. 29 @ Niagara Catholic
 Sat, Sept. 30, TBA @ Eden Tournament
 Sat., Sept. 30, TBA @ JV North Tonawanda Tournament
 Mon., Oct. 2 vs. Holy Angels
 Wed., Oct. 4, 5 p.m. vs. Eden
 Wed., Oct. 11 @ O'Hara
 Fri, Oct. 13 @ Nichols
 Sat, Oct. 14, TBA @ North Tonawanda Tournament

Sat., Oct. 14, TBA SMH JV Tournament
 Mon., Oct. 16 @ Sacred Heart
 Wed, Oct. 18 vs. Nardin
 Fri., Oct. 20 @ Mount St. Mary's
 Wed., Oct. 25 vs. Mt. Mercy
 Fri., Oct. 27, 5:30 p.m. @ Niagara Wheatfield
 Mon., Oct. 30, 4:30 & 6:30 - Quarterfinals (at St. Mary's)
 Wed., Nov. 1, 4:30 & 6:30 - Semifinals (at St. Mary's)
 Mon., Nov. 6, 4:30 & 6:30 - Finals & Consolation (at St. Mary's)
 Sat, Nov. 12, & Sun., Nov. 13 - State Championship (in New York City)

Attention girls interested in BB

The girls' basketball season is fast approaching, and the anticipation is running high. The coaching staff is looking forward to a season filled with fun, excitement, challenge, and competition, and they can't wait to get started.

Over the next month, several open gym shoot-arounds will be offered. Whether a girl has played before or whether this is her first time, those interested in playing next year are welcome to attend.

An informational meeting will be held on Thursday, Aug. 3, at 5:30 p.m. Open gym will follow. This is the schedule of Open Gym for girls' basketball in August:

- Thursday, Aug. 3 - 6-8 p.m.
- Tuesday, Aug. 8 - 6-8 p.m.
- Thursday, Aug. 10 - 6-8 p.m.
- Tuesday, Aug. 15 - 6-8 p.m.
- Thursday, Aug. 17 - 6-8 p.m.
- Thursday, Aug. 24 - 6-8 p.m.

The coaches hope to see you there!

Volleyball open gym times

On the following dates, St. Mary's will have Open Gym for any girls that want to come and play some volleyball.

- Monday, August 7
- Tuesday, August 15

All experience levels are welcome! Please be sure to bring kneepads and water.

The gym will be open from noon until 2 p.m. on each date, followed by an hour of open time in the weight room for those who would like to work out there.

Those who have any questions should contact Mrs. Kranz at the school.

Hawaiian Dance

Friday, September 8th

(first Friday of school year)
 sponsored by Student Senate
 Look for more information coming soon





St. Mary's High School
142 Laverack Avenue
Lancaster, NY 14086