

# Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 12 • August 2008

## Preparing for a New Year

Dear Family & Friends,  
It is hard to believe that we are already half way through the summer vacation. It seems like just last week that we had our underclassmen awards ceremony and picnic and finished up our last



**Lynn Leonard**  
Dean of  
Student Affairs



**Peter Herr**  
Director of  
Operations



**Keith Junik**  
Dean of  
Education



**Keith Kidder**  
Director of  
Special Programs

open Assistant Principal position, we have decided to try an innovative approach to the administrative responsibilities. The following people have been chosen to fill four new positions:  
**Mr. Peter Herr** will serve as our

Director of Operations. He will assist with overseeing some aspects of buildings & grounds, student work program, cafeteria, discipline, Campus Ministry, as well as other duties.

Director of Education. He will work on exam weeks, state/local education reports, grading reports

*(Continued on page 10)*

## Freshmen, what will your first day be like?

### When do you start?

Your first day of classes as freshmen will be Wednesday, Sept. 3. On that day, you will be the only students in the building, and you will be dismissed at 11:30 a.m. 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. 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 ex-

pect 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 principal, or Ms. Lacher, the freshman counselor.

We look forward to seeing you on September 3!

## The First Two Weeks of School

<b>Mon, Sept. 1</b> No School Labor Day	<b>Tue., Sept. 2</b> No School Faculty/Staff Orientation 8 a.m. - 2:30 p.m.	<b>Wed., Sept. 3</b> A-Day FRESHMEN ONLY 11:30 a.m. DISMISSAL Faculty/Staff Meetings 11:30 a.m. - 2:30	p.m. <b>Thur, Sept. 4</b> A-Day ALL STUDENTS	<b>FULLDAY</b> <b>Fri., Sept. 5</b> B-Day ALL STUDENTS
<b>FULLDAY</b> <b>Mon, Sept. 8</b> C-Day Portrait/Student ID Pictures Recruitment Pictures Parents-Back- to-School Night	6pm <b>Tue, Sept. 9</b> C-Day NHS Meeting	2:30 p.m. <b>Wed., Sept. 10</b> D-Day Principal's Ad Board Meeting	2:30 p.m. <b>Thur., Sept. 11</b>	<b>E-Day</b> <b>Fri., Sept. 12</b> F-Day PM Liturgy Schedule Opening Liturgy Opening Dance 8-11 p.m.

## Parents-Go-to-School Night is Monday, Sept. 8

St. Mary's High School will hold its annual Parents-Go-to-School Night on Monday, Sept. 8, beginning at 6 p.m.

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

In addition to the teacher meetings, parents will also be introduced to the Parent Guild officers.

The evening will conclude with refreshments.

Hope to see you on September 8!

## Walk-a-Thon to benefit Student Senate Scholarship

At their summer meeting, members of the Student Senate voted to use proceeds from the 2008 Walk-a-Thon to continue the Student Senate Scholarship that was created in 2006.

St. Mary's High School will hold its annual Walk-a-Thon on Monday, Sept. 22 (rain date, Wednesday, Sept. 24).

This Student Senate Scholarship will be awarded to an incoming freshman in the Class of 2013. 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. Peter Herr, Student Senate moderator, about the Walk-a-Thon with a pledge sheet. Pledges are due Wednesday, Sept. 17.

## From the Health Office

### Fall Sports

Students interested in playing a fall sport must:

1. Complete and turn in the completed interval health history form, the orange form enclosed with this issue of *Currents*. **This form must be turned in by August 11<sup>th</sup> for all fall sports.**
2. Have a current physical on file in the Health Office (within one year of the sport start date).

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 and on the school website under the "Health" section.

### Policy regarding Medication in School

Forms are available in the Main Office and the Health Office and on the school website under the "Health" section.

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 admin-

ister 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.*

### Annual Screening

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. All incoming freshmen receive scoliosis screening. All students will have their heights and weights measured. Students new to Lancaster schools and 10<sup>th</sup> 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**  
Orientation for Incoming  
Freshmen &  
Transfer Students & Parents  
**Tuesday, Aug. 26**  
**6:30 p.m.**

## More Dress Code information

In last month's *Currents* and a recent mailing, the Dress Code for the 2008-2009 school year was explained.

The following is some follow-up Dress Code information in response to parental inquiries:

- Black watch plaid skorts are still allowed, as long as it is a skort, not a skirt.
- Crew socks are not allowed for girls. If they choose to wear socks with the skort, they must be knee socks. (Nylons and tights are also allowed; see full dress code for details.)
- AdWorks was able to find a different pair of pants that the Administration has agreed are acceptable for girls. Please contact AdWorks if interested.
- The Dress Code for Physical Education is as follows:
  - A white or grey St. Mary's tee-shirt. At the beginning of the school year, gym teachers only require a white or grey "appropriate" tee-shirt (no offensive sayings or logos); those who don't have a St. Mary's shirt may purchase one through the St. Mary's Bookstore.
  - any color "appropriate" shorts (not too short)
  - sneakers, of course.

Any further questions regarding the Dress Code should be directed to Mrs. Lynn Leonard, Dean of Student Affairs.

## Currents

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Edited by Keith Kidder

Vol. 16, Issue 12

# Welcome, new teachers, counselor

St. Mary's High School is pleased to announce the addition of the following people to the school community:

- Allison Lacher is the new school counselor. For 2008-09, she will be the Freshmen / Junior counselor; Ms. Kelly Smith will be the Sophomore / Senior counselor.
- Albert Derrico will be teaching Regents Chemistry, Chemistry Honors, and Advanced Chemistry.
- Matthew Olsen will be the new AP English Literature teacher.
- Derek Schalk will be teaching Earth Science and General Chemistry.

Check out future issues of *Currents* for profiles of the new teachers and counselor.

# Transportation information

Information regarding 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.*

# Corrections to Senior Awards

At the Senior Awards Ceremony, three seniors inadvertently did not receive awards they truly deserved:

- Dave Eron – Perfect Attendance
  - Sarah Zureck – Economics award-winning team
  - Kenny Held – 92 and above for all 4 years
- Congratulations to these seniors and the entire Class of 2008!

# What school supplies should you buy?

Because each teacher has their own list of supplies that their students are supposed to have, the students will not be receiving their school supplies' list until their first day of school.

That does not mean that you can't get a headstart on the buying.

Every student will need the essentials like paper, pens, pencils, and folders.

*Please note – Students will be receiving an assignment notebook from St. Mary's High School on their first day of school. Thus, there is no need to purchase a separate one.*

# Help us cut costs of *Currents*!

Last month, St. Mary's High School invited readers of *Currents* to receive the monthly publication via e-mail instead of regular mail.

Why did we do this?

Each month St. Mary's High School spends about \$500 to mail out *Currents*. And that's in postage alone, not counting paper, toner, wear & tear on the copier, and the time to prepare the publication for mail.

Those who do take advantage of this

offer will receive each month's issue of *Currents* by the first of the month in a pdf version, from which readers can print out only the pages they need.

As of this writing, only about 10 people have signed up for the e-mail version.

If you are interested in receiving *Currents* by e-mail, please e-mail Keith Kidder at [kkidder@smhlancers.org](mailto:kkidder@smhlancers.org), call him at 683-4824, ext. 15, or fill out the form below and return it to the St. Mary's Main Office.

# Yes, send me my *Currents* by e-mail

Name \_\_\_\_\_

e-mail address \_\_\_\_\_

Signature \_\_\_\_\_

This e-mail address will be for school-use only. We will not share this address with any outside organization. If you have any questions, please contact Keith Kidder at [kkidder@smhlancers.org](mailto:kkidder@smhlancers.org)

**Please return this form to the St. Mary's High School Main Office.**

# Classic Car & Truck Show Chicken BBQ / Craft Show

*Home of the Art Clark Trophy  
— Celebrating our 13th Year —*

# Sunday, August 17<sup>th</sup>

## 12 noon to 4 p.m. • Rain or Shine!!



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

# EARN FREE SUPPLIES at OFFICE DEPOT

Every time you give our School ID number when buying qualifying school supplies, St. Mary's receives credits equal to 5% of the qualifying purchases to use for Free Supplies!  
**The School ID for St. Mary's High School is 70073221**

# Counseling Corner

Kelly Smith ([ksmith@smhlancers.org](mailto:ksmith@smhlancers.org))

683-2349

Allison Lacher ([alacher@smhlancers.org](mailto:alacher@smhlancers.org))

## 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 with your questions. Miss Smith will be available throughout the summer.

## DO IT NOW!!! – Register Now for Fall Tests

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

### ACT ([act.org](http://act.org))

Cost: \$44.50 (with writing)

Test	Registration Deadline
Sept. 13	Aug. 12
Oct. 25	Sept. 19
Dec. 13	November 7

### SAT ([collegeboard.com](http://collegeboard.com)) – Cost: \$45

Test	Registration Deadline
Oct. 4	Sept. 9
Nov. 1	Sept. 26
Dec. 6	Nov. 5
Jan. 24	Dec. 26

### Reminder:

*Requests for changes to students' schedules may be made until August 1.*

*No requests for changes will be honored after August 1.*

## Float takes third in Lancaster Parade



The float sponsored by St. Mary's High School earned Third Place in the Village of Lancaster Fourth of July Parade.

Designed, constructed, and manned by members of the Student Senate, the float showed the importance of St. Mary's High School and Catholic education to the country. It also featured a tribute to former Buffalo Mayor Jimmy Griffin and former NBC political reporter Tim Russert, both products of Catholic schools.

Thanks to all of those who helped with the float, especially Mr. Steve Grieco who drove the truck for the parade.



*Steve Wrobel '09 puts the final touches on the St. Mary's Float.*

# Reduced Lunch Application Information

Dear Parent/Guardian:

Children need healthy meals to learn. St. Mary’s High School offers healthy meals every school day. Breakfast costs \$1.00; lunch costs \$2.25. Children from households that meet federal income guidelines (outlined below) are eligible for free meals or reduced price meals. Reduced price meals cost each eligible student \$.25 for lunch and \$.25 for breakfast. To apply for free or reduced price meals, submit a Direct Certification letter from the NYS Office of Temporary and Disability Assistance OR complete the enclosed application, sign it, and return it to St. Mary’s High School as soon as possible. Please refer to the guidelines contained in this letter when completing the application. We cannot approve an application that is not complete, so be sure to fill out all required information.

- 1. Do I need to fill out an application for each child?** No. Complete the application to apply for free or reduced price meals. Do not fill out more than one application for your household.
- 2. Who can get free meals?** Children in households getting Food Stamps or TANF and most foster children can get free meals regardless of your income. Also, your children can get free meals if your household income is within the free limits on the Federal Income Guidelines. Each foster child must be listed on a separate application, with Part 2 completed and include an adult signature.
- 3. Can homeless, runaway, and migrant children get free meals?** Please call St. Mary’s High School, the homeless liaison, or migrant coordinator to see if your child(ren) qualify, if you have not been informed that they will get tree meals.
- 4. Who can get reduced price meals?** Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on this application.
- 5. Should I fill out an application if I received a letter this school year saying my children are approved for free or reduced price meals?** Please read the letter you received carefully and follow the instructions. If you have any questions, call the school at 683-4824 and ask for Evelyn Skalski.
- 6. I get WIC; can my child(ren) get free meals?** Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out an application.
- 7. Will the information I give be checked?** The school may ask you at any time during the school year to verify your eligibility. You will be notified, in writing, if you have been selected for Verification. School officials may ask you to send papers showing that your child should receive free or reduce price meals at the time you applied.
- 8. If I don’t qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF, or other benefits. If you lose your job, your children may be able to get free or reduced price meals.
- 9. What if I disagree with the school’s decision about my application?** You should talk to school officials. You also may ask for a hearing by calling or writing to Mrs. Rebecca Kranz, principal, St. Mary’s High School.
- 10. May I apply if someone in my household is not a U.S. citizen?** Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for free or reduced price meals.
- 11. Who should I include as members of my household?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children who live with you.
- 12. What if my income is not always the same?** List the amount that you normally get. For example, if you normally get \$1,000 each month, but you missed some work last month and only got \$900, put down that you get \$1,000 per month. If you normally get overtime, include it, but not if you get it only sometimes.

**Income Chart:** The following chart lists income levels according to household size and income levels received either yearly, monthly, or weekly. If your total household income is the same or less than the amounts on the Income Chart below, your children may be eligible to receive tree or reduced price meals.

**REDUCED PRICE ELIGIBILITY INCOME CHART**  
Effective from July 1, 2008, to June 30, 2009

Household Size .....	Annual	Month	Twice-Monthly	Bi-Weekly	Weekly
1 .....	\$19,240	\$1,604	\$ 802	\$ 740	\$370
2 .....	25,900	2,159	1,080	997	499
3 .....	32,560	2,714	1,357	1,253	627
4 .....	39,220	3,269	1,635	1,509	755
5 .....	45,880	3,824	1,912	1,765	883
6 .....	52,540	4,379	2,190	2,021	1,011
7 .....	59,200	4,934	2,467	2,277	1,139
8 .....	65,860	5,489	2,745	2,534	1,267
For each additional family member add .....	6,660	555	278	257	129

**How to Apply:** To get free or reduced price meals for your children, you may submit a **Direct Certification letter received from the NYS Office of Temporary and Disability Assistance, OR carefully complete one application** for your household and return it to the designated office. If you now receive food stamps, Temporary Assistance to Needy Families (TANF) for any children, or participate in the

*(Continued on next page)*

## Reduced Lunch Application Information (*continued*)

Food Distribution Program on Indian Reservations (FDPIR), the application must include the children's names, the household food stamp, TANF, or FDPIR case number and the signature of an adult household member. All children with the same case number may be listed on the same application. Separate applications are required for children with different case numbers. If you do not list a food stamp, TANF, or FDPIR case number for all the children for whom you are applying, the application must include the names of everyone in the household, the amount of income each household member receives, and how often it is received and where it comes from. It must include the signature of an adult household member and that adult's social security number, or the word "none" if the adult does not have a social security number. An application that is not complete cannot be approved. Contact your local Department of Social Services for your food stamp or TANF case number or complete the income portion of the application.

**Reporting Changes:** The benefits that you are approved for at the time of application are effective for the entire school year. **You no longer need to report changes for an increase in income or decrease in household size, or if you no longer receive food stamps.**

**Income Exclusions:** The value of any childcare provided or arranged, or any amount received as payment for such childcare or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

**Nondiscrimination Statement:** This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. *To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

**Meal Service to Children With Disabilities:** Federal regulations require schools and institutions to serve meals at no extra charge to children with a disability which may restrict their diet. A student with a disability is defined in 7CFR Part 15b.3 of Federal regulations, as one who has a physical or mental impairment which substantially limits one or more major life activities. Major life activities are defined to include functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. You must request the special meals from the school and provide the school with medical certification from a medical doctor. If you believe your child needs substitutions because of a disability, please get in touch with us for further information, as there is specific information that the medical certification must contain.

**Confidentiality:** The United States Department of Agriculture has approved the release of students' names and eligibility status, without parent/guardian consent, to persons directly connected with the administration or enforcement of federal education programs such as Title I and the National Assessment of Educational Progress (NAEP), which are United States Department of Education programs used to determine areas such as the allocation of funds to schools, to evaluate socioeconomic status of the school's attendance area, and to assess educational progress. Information may also be released to State health or State education programs administered by the State agency or local education agency, provided the State or local education agency administers the program, and federal, State, or local nutrition programs similar to the National School Lunch Program. Additionally, *all* information contained in the free and reduced price application may be released to persons directly connected with the administration or enforcement of programs authorized under the National School Lunch Act (NSLA) or Child Nutrition Act (CNA); including the National School Lunch and School Breakfast Programs, the Special Milk Program, the Child and Adult Care Food Program, Summer Food Service Program and the Special Supplemental Nutrition Program for Women Infants and Children (WIC); the Comptroller General of the United States for audit purposes, and federal, State, or local law enforcement officials investigating alleged violation of the programs under the NSLA or CNA.

The disclosure of eligibility information not specifically authorized by the NSLA requires a written consent statement from the parent/guardian.

We will let you know when your application is approved or denied.

Sincerely,  
Evelyn Skalski, FSM  
Food Service Manager

Please note – Forms must be returned to Mrs. Skalski, Food Service Manager, in the Cafeteria by September 15, 2008.

*Remember: All application information  
will be held in the strictest confidence*



**What if ...up to 26% of each purchase you made went to your favorite worthy cause?**  
Your shopping at hundreds of online stores helps St. Mary's High School with each purchase!  
It's all free & private. Join today and change online shopping for good. Go to [igive.com](http://igive.com) for more information.



## FAMILY APPLICATION FOR FREE AND REDUCED PRICE SCHOOL MEALS/MILK

To apply for free and reduced price meals for your children, read the instructions on the back, complete only one form per household, sign your name, and return it to St. Mary's High School. Call Evelyn Skalski (683-4824) if you need help. For additional names, list on a sheet of paper.

**1. CHILDREN IN SCHOOL:** (Complete a **separate** application for each foster child.)

Children's Names (Last, First, MI)	Grade/Teacher	School

**2. FOSTER CHILD:** If the above named child is the legal responsibility of a welfare agency or court, check this box.   
 List the child's personal use income: \_\_\_\_\_ (Write "0" if the child has no personal use income.) **Skip to Part 5.**

**3. HOUSEHOLDS GETTING FOOD STAMPS OR TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF):** Complete this section and sign the application in Part 5 **OR** submit a Direct Certification letter from the Office of Temporary and Disability Assistance or Food Distribution Program on Indian Reservations (FDPIR). Complete a separate application for children with a different case number or no case number. Write your case number as provided on your benefit letter, **not the number on your benefit card.**

Food Stamp Case #: \_\_\_\_\_ TANF/FDPIR Case # \_\_\_\_\_

**4. HOUSEHOLD MEMBERS & TOTAL HOUSEHOLD INCOME:** If you did not give a food stamp or TANF case number, or submit a Direct Certification letter, complete this part and all of part 5.

Show how often each amount is received. See Examples →	<b>CURRENT INCOME/PAY PERIOD</b>			
	Examples: \$100.29/weekly, \$100.29/bi-weekly, \$100.29/2x per month, \$100.29/monthly If pay period is not noted, the reviewing official will process the reported income amount as received WEEKLY.			
	Earnings from Work before deductions	Child Support, Alimony, Etc.	Payments from Pension or Retirement	Other Income
List the names of everyone in your household	Amount / How Often	Amount / How Often	Amount / How Often	Amount / How Often
1. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
2. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
3. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
4. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
5. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
6. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
7. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____

**5. SIGNATURE: An adult household member MUST sign the application before it can be approved.**

I certify that all of the information is true and that all income is reported. I understand that the information is being given for the school to receive federal funds; that school officials may verify the information and that deliberate misrepresentation of the information may subject me to prosecution under applicable State and federal laws, and my children may lose meal benefits.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **SOCIAL SECURITY #** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Home Telephone      Work Telephone      Mailing Address      Zip Code

**SOCIAL SECURITY NUMBER:** If Part 4 is completed, the adult who signs the application **must** provide his/her Social Security number.

**DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY**

**ANNUAL INCOME CONVERSION (ONLY CONVERT WHEN MULTIPLE FREQUENCIES ARE REPORTED ON APPLICATIONS):**

**WEEKLY X 52; EVERY 2 WEEKS X 26; TWICE A MONTH X 24; MONTHLY X 12**

Food Stamp, TANF, Foster Child

Income Household: Total Household Income / Frequency: \_\_\_\_\_ / \_\_\_\_\_ Household Size: \_\_\_\_\_

Application APPROVED for:       Free Meals       Reduced Price Meals

Temporary Free (expires in 45 days) \_\_/\_\_/\_\_       Application DENIED

Date Notice Sent: \_\_\_\_\_ Signature of Reviewing Official: \_\_\_\_\_ Date: \_\_\_\_\_

# APPLICATION INSTRUCTIONS

To apply for free and reduced price meals, submit a Direct Certification letter received from the Office of Temporary and Disability Assistance OR complete only one application for your household using the instructions. Sign the application and return the application to St. Mary's High School. Please complete a separate application for each foster child. Call the school if you need help (683-4824). Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

**PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE APPLICATION FOR YOUR HOUSEHOLD.**

- (1) Print the names of the children for whom you are applying on one application. (For Foster Children, see Part 2)
- (2) List their grade and school.

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**PART 2 HOUSEHOLDS WITH A FOSTER CHILD SHOULD COMPLETE THIS PART AND SIGN PART 5.** A foster child is the legal responsibility of a welfare agency or court. A separate application must be completed for each foster child.

- (1) List the foster child's monthly "personal use" income. ("Personal Use" income is money given by the welfare office identified by category for the child's personal use, such as an allowance and all other money the child gets, such as money from his/her family or money from the child's employment.) Write "0" if the foster child does not get "personal use" income. SKIP PART 4. Do not list any other children, household members or income, or a social security number.
- (2) A foster parent or other official representing the child must sign the application in PART 5.

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**PART 3 HOUSEHOLDS GETTING FOOD STAMPS, TANF, OR FDPIR SHOULD COMPLETE THIS PART AND SIGN PART 5. COMPLETE A SEPARATE APPLICATION FOR A CHILD/CHILDREN WITH A DIFFERENT CASE NUMBER.**

- (1) List a current Food Stamp case number, TANF, or FDPIR (Food Distribution Program on Indian Reservations) number. Do not use the number on your benefit card. The case number is provided on your benefit letter.
- (2) An adult household member must sign the application in PART 5. SKIP PART 4. Do not list names of household members on income if you list a food stamp case number, TANF, or FDPIR number

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**PARTS 4&5 ALL OTHER HOUSEHOLDS MUST COMPLETE THESE PARTS AND ALL OF PART 5.**

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
- (2) Write the amount of current income each household members receives, before taxes or anything else is taken out, and indicate where it came from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. Specify how often this income amount is received: weekly, bi-weekly, monthly, 2 x per month. Changes in income during the school year no longer need to be reported.
- (3) The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursements for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should not be considered as income for this program.
- (4) The application must include the social security number of the adult who signs PART 5 if Part 4 is completed. If the adult does not have a social security number, write "none". If you listed a food stamp, TANF or FDPIR number, or if you are applying for a foster child, a social security number is not needed.

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**OTHER BENEFITS:** Your child may be eligible for benefits such as Medicaid or Children's Health Insurance Program (CHIP). In order to determine if your child is eligible, program officials need information from your free and reduced price meal application. Your written consent is required before any information may be released. Please refer to attached parent Disclosure Letter and Consent Statement for information about other benefits.

## PRIVACY ACT STATEMENT

Section 9 of the National School Lunch Act requires that unless your child's food stamp, TANF or FDPIR case number is provided, you must include the social security number of the adult household member signing the application, or indicate that the household member does not have a social security number. The disclosure of a social security number is voluntary. However, if a social security number is not given or an indication is not made that the signer does not have such a number, the application cannot be approved. The social security number may be used to identify the household member in carrying out efforts to verify the correctness of information stated on the application. These verification efforts may be carried out through program reviews, audits and investigations and may include contacting employers to determine income, contacting a food stamp or welfare office to determine current certification for receipt of food stamps or other benefits, contacting the State employment security office to determine the amount of benefits received and checking the documentation produced by household members to prove the amount of income received. These efforts may result in a loss or reduction of benefits, administrative claims, or legal actions if incorrect information is reported.

## DISCRIMINATION COMPLAINTS

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the bases of race, color, national origin, sex, gender, or disability. To file a complaint, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

# From the Athletic Director

Dear Student and Parent:

I hope everyone's summer has been successful and enjoyable.

We have been working hard at St. Mary's High School to have the building and athletic facilities in great shape for the new school year. The outdoor athletic complex continues to be improved with some new topsoil, seed, and resodding in areas of need. The indoor athletic facilities are obviously in perfect shape due to our fantastic athletic center and the resurfacing of our court.

As we move through the summer I'm sure you are already anxious to begin or continue your career as a student-athlete here at St. Mary's. I encourage all returning and incoming students to try and participate in a sport while at St. Mary's.



The memories and friendships that are made are irreplaceable; couple that with the enjoyment of competition and your experience as a St. Mary's student-athlete promises to be an extremely rewarding experience.

St. Mary's student-athletes attack their

academics and athletics with a pride, passion, and togetherness rarely found in other schools. It is a privilege for us to have you join the St. Mary's student-athlete family, as much as it is a privilege for you to be a part of the rich tradition and spirit that goes along with being a student-athlete at St. Mary's.

**\*\*\* REMINDER THAT ALL STUDENTS MUST HAVE A PHYSICAL ON FILE IN THE HEALTH OFFICE PRIOR TO A HEALTH INTERVIEW AND STARTING ANY SPORTS AT ST. MARY'S HIGH SCHOOL \*\*\***

Sincerely,

*Dan Gill*

Director of Athletics

## Athletic Participation Requirement

All athletes must have a current physical examination on file in the Health Office (within one year of the start date of the season). In addition, prior to the beginning of each sport season, an Interval Health History Form must be completed by the parent/guardian to determine eligibility for that particular season. If an injury has been sustained, or if a surgical procedure has been

performed, or there is question regarding a medical condition, the student may be required to get approval, in writing, from the family and/or school physician before the student is able to report to practice or tryouts.

In order to begin tryouts/practice with the rest of the team, completed forms MUST be returned to the Health Office by:

<i>Sport</i>	<i>Physical must have been on/ after this date to be valid:</i>	<i>Interval Health History (IHH) Returned by:</i>
Fall Sports:	August 1, 2007	August 11, 2008
Winter Sports:	November 1, 2007	October 30, 2008
Spring Sports:	March 1, 2008	February 24, 2009
Summer Cheerleading:	May 1, 2008	May 15, 2009

For **Fall Sports**, the nurse will be in the building on the following dates:

- August 1<sup>st</sup>
- August 13<sup>th</sup>
- August 20<sup>th</sup>.

All paperwork must be in by 8 a.m. that morning in order to be cleared for the **following** date.

For **Winter and Spring Sports**, forms turned in late will follow these rules:

If turned in prior to the end of homeroom and medically cleared, may participate the **FOLLOWING** day.

These students will be eligible 24 hours after the form is reviewed.

If turned in after the end of homeroom, but prior to the end of the school day will be treated as though they were turned in the next day, meaning eligibility will be 24 hours from the next day.

## New coaches announced

The St. Mary's High School Athletic Department would like to welcome the following new coaches for the fall season:

- John Kling - Head Varsity Football Coach
- Dennis Zureck - Head JV Girls Volleyball Coach
- Al Franjoine - Head Boys Varsity Soccer Coach
- Evan Williamson/Allison Lacher - Varsity Girls Soccer

Congratulations, and good luck to all our new coaches.

## Wanted: student athletic directors

Attention all students:  
Interested in being a student assistant athletic director?

The job would include:

- Helping at school sporting events.
- Working tournaments.
- Making sure uniforms are turned in on time.
- Making sure people pay the amount of money for their practice gear.
- Cleaning up after sporting events.
- Gain valuable experience in athletics.
- Earn credit toward your service hours.

Those with questions should contact Mr. Gill in the Athletic Office.

Any student wishing to participate in a fall sport **MUST HAVE AN UPDATED PHYSICAL BEFORE THE FIRST SCHEDULED PRACTICE DATE IN AUGUST. NO EXCEPTIONS! NO EXCUSES!**

# Fall Sports Practice Dates

## Men's Sports

### Football

**Thursday, August 14<sup>th</sup>** – “Meet the Lancers Night” All JV and Varsity parents and players are encouraged to attend this meeting in the cafeteria at 5:30 p.m. Practices times will be discussed.

**Monday, August 18<sup>th</sup>** – First day of double sessions.

### Golf

Tryouts will be held on **Tuesday, Aug. 26, and Wednesday, Aug. 27**, from 12:30 to 1:45 p.m. at the Walden Driving Range,

Walden Avenue in Lancaster. Players must supply own clubs. Questions should be directed to Coach Rzemek, 684-8441.

### Soccer

**Monday, August 18<sup>th</sup>** – Players should report to Keysa Park for practice from 10 a.m.-12 noon. Players should bring spikes and water.

### Cross Country

**Monday, August 25<sup>th</sup>** – Runners should report to Westwood Park in Lancaster, Shelter #1 at 3:30 p.m.

### Volleyball

**Thursday, August 7<sup>th</sup>** – Open gym from 6-7:30 p.m. Anyone interested in participating for the fall is encouraged to attend.

**Thursday, August 14<sup>th</sup>** – Open gym from 6-7:30 p.m. Anyone interested in participating for the fall is encouraged to attend.

**Monday, August 25<sup>th</sup>** – This is the first full mandatory practice for the season. Practice will go from 6-8 p.m. Players should report to the Athletic Center.

## Women's Sports

### Varsity Volleyball

**Monday, August 18<sup>th</sup>** – First day of practice will be held from 9 a.m. to 1 p.m. Those interested should report to the Athletic Center. Players should bring kneepads and water.

### Junior Varsity Volleyball

**Monday, August 18<sup>th</sup>** – First day of tryouts will be held from 3:30-6 p.m. Those interested should report to the Athletic Center. Players should bring kneepads and water.

### Soccer

**Monday, August 25<sup>th</sup>** - Players should report to the Westwood Park soccer field. Practice will go from 3 to 5:30 p.m. Players should bring spikes and water.

### Cross Country

**Monday, August 25<sup>th</sup>** – Runners should report to Westwood Park in Lancaster, Shelter #1 at 3:30 p.m.

## Sports Camps at St. Mary's

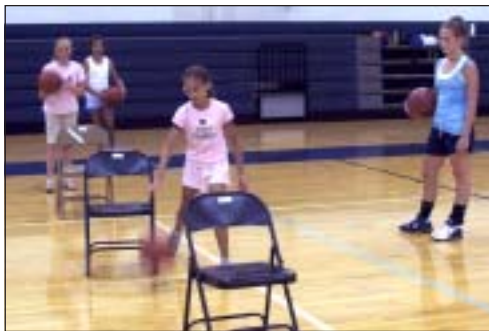


*Advancement Director and assistant football coach Mark Kelso conducts a defensive back drill during the St. Mary's Football Camp.*

*The Football Camp also welcomed participants from the Lancaster Recreation Department.*

*Varsity basketball player Kelsey Rademacher watches as participants in the girls' basketball camp try out a dribbling drill.*

*Thanks to all of the coaches, players, and volunteers who made the summer athletic camps so successful.*



## New Year (continued from page 1)

and other areas of education and curriculum.

**Mr. Keith Kidder** will serve as our Director of Special Programs. His duties will include planning awards ceremonies/graduation, working on substitutions, registration/testing for incoming freshmen, and other various responsibilities.

**Mrs. Lynn Leonard** will serve as our Dean of Student Affairs. She will lead the way in most discipline matters, work with the Student Services Committee, work on orientation sessions as well as faculty, staff, and student handbooks.

The above gives a brief overview of the many administrative aspects that this team will encounter. They will work closely with me in order that we might further the mission of St. Mary's High School. Each of these deans/directors have many years of experience in education and, most importantly, at St. Mary's High School. I am very thankful for the new members of the Administrative Team and very excited about the upcoming school year. I am confident that this new approach to the administrative responsibilities will inject our community with new energy and ideas

so that we may continue to improve the program we offer to all of our students.

I hope that you are all enjoying the summer weather and finding time to relax with your family and friends. May God's blessings follow you wherever you go in the next month, so that you safely return to us in September.

Sincerely,

Principal

# Parent / Athlete / Coach Communication Guide

*It is the goal of the Athletic Department at St. Mary's to create a positive environment for our students and your children, where academic and athletic excellence will become expected and will be achieved.*

### Our Philosophy

- Athletic and academic achievement requires a sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The St. Mary's Athletic Department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We will continually attempt to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the athletic program.

### Your Expectations

- A. It is reasonable to expect your child's coach to inform you:
1. When and where practices and games are held.

2. About his/her coaching philosophy.
3. About the expectations he/she has for all athletes on the squad as well as your individual child.
4. What is required to be part of the team, i.e., special equipment, off season conditioning, etc.
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your child being denied participation in a practice or contest.

B. Typical concerns of parents that are **appropriate** to discuss with a coach are:

1. Any noticeable downward trends in your child's academic performance.
2. How you can contribute to your child's skill improvement and development.

### Our Expectations

- A. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this

period does not promote objective analysis of the situation.

- B. Coaches need parents to tell them:
1. Any specific health concerns about your child; this should be expressed directly to the head coach at a mutually convenient time.
  2. Notification of any schedule conflicts well in advance.
- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. Make an appointment with the coach. **Never** approach a coach before or after a game unless the coach requests this.
  2. If the coach cannot be reached, then call the Athletic Director to set up a meeting.
- D. What should you do if the meeting with the coach does not result in a resolution to the problem?
1. Call and set up an appointment with the Athletic Director to discuss the situation.
  2. At this meeting the appropriate next step can be determined.

## Girls' volleyball offers open gym

Coach Don Pieczynski is inviting all girls interested in volleyball to come on the following days for Open Gym:

- Monday, Aug. 4, and Friday, Aug. 8 from 6 to 8 p.m.
- Monday, Aug. 11, Wednesday, Aug. 13, and Friday, Aug. 15 from 9 to 11 a.m.

Interested girls should bring knee pads and a water bottle.

### Did you know ...

The JV Boys Basketball team recently defeated a team from Lancaster High School in the Lancaster/Depew Boys and Girls Club Summer League Championship. The team finished with a 9-1 record with their only defeat coming to the hands of Lancaster earlier in the season. Congratulations, team!

**Sports Schedules coming soon to [smhlancers.org!](http://smhlancers.org)**

## Lancers' Hockey Club Golf Fundraiser

### August 18

at the Lancaster Country Club

**Cost:** \$120 per golfer / \$440 per foursome.

Includes golf, lunch, dinner, cart rental and a chance at special door prize.

**More information:**

Rich Ineson at 572-4410,  
Lori Mik at 681-1772,  
or Kim Malicki at 681-4314.



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