

September 2009

CURRENTS

New Year brings New Opportunities

“Open your hearts to the love God instills. God loves you tenderly. What He gives you is not to be kept under lock and key, but to be shared.” - Mother Teresa

Dear Friends,

Welcome to the 2009-2010 school year! I hope that you are as excited as I am to begin another year at SMH. For those of you that are new to our family, I want to welcome you, and for those that have been around for 1, 5, 10, 20, or even more years, I want to welcome you back!

The upcoming school year holds a great deal of promise, as we have worked hard over the summer to improve our programs and our campus for the betterment of our students. High on the list of improvements are our advances in technology.

Thanks to a grant from the Foundation of the Catholic Diocese of Buffalo, we have been able to add three new SMART Boards™ to our math classrooms, which will allow our teachers to routinely use interactive lessons with the students. (That is just one of two grants that we received from the Foundation – we also received one for our Foreign Language

Department.) Additionally, we have added two mobile lab carts that house 15 laptops each that can be used throughout the building with our expanded wireless capabilities.

We are also extremely excited to add the Edline program (see the link on the SMH website) as a resource for our students and parents, as well as our faculty and staff. Having access to Edline will not only allow you to track academic progress throughout the entire school year, it will also give you access to a combined calendar listing major tests and projects for all of your classes. For more information about this, please see page 4. We will be going over the details about signing up for Edline at our Parent-Go-to-School Night on September 14th at 6 pm. I hope to see many of you there!



As Mother Teresa reminds us in the quote above, your gifts and talents are “not to be kept under lock and key, but to be shared.” It is our sincere hope that all of our students will get involved in activities throughout the school year. Many of our sports teams have already started (but may still be looking for new members), our clubs and organizations will start meeting in September (listen for our daily announcements), and our auditions for the fall play are only two short weeks away (see the September calendar for dates and times).

I know that each and every one of our students has numerous gifts and talents, and we fully expect that each of you will get involved and expand your potential during your time at SMH!

I look forward to greeting all of our students next week as they walk in on their first day of school. As our marketing slogan states, “Your opportunities await!”

Sincerely,

Rebecca L. Krang
Principal

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

When do you start?

Your first day of classes as freshmen will be Wednesday, Sept. 9. On that day, you will be the only students in the building, and you will be dismissed at

(Continued on page 4)

The First Two Weeks of School

Mon., Sept. 7 No School Labor Day	Tue., Sept. 8 No School Faculty/Staff Orientation 8 a.m. - 2:30 p.m.	Wed., Sept. 9 A-Day FRESHMEN ONLY 11:30 a.m. DISMISSAL Faculty/Staff Meetings 11:30 a.m.- 2:30 p.m.	Thur., Sept. 10 A-Day ALL STUDENTS FULL DAY	Fri., Sept. 11 B-Day ALL STUDENTS FULL DAY
Mon., Sept. 14 C-Day Portrait/Student ID Pictures Opening Liturgy Guest Speaker Parents-Go-to- School Night 6pm	Tue., Sept. 15 C-Day NHS Meeting 2:30 p.m. Fall Play Auditions 2:30 -4:30 p.m.	Wed., Sept. 16 D-Day Principal's Ad Board Meeting 2:30 p.m. Fall Play Auditions 3:15 -5 p.m.	Thur., Sept. 17 E-Day SOUL Meeting 2:30pm	Fri., Sept. 18 F-Day Fall Play Callbacks 2:30-5 p.m. Opening Dance 8-11 p.m.

This form needs to be filled out by all students/parents and returned to Homeroom Teachers during the First Week of School

The student Code of Conduct and Handbook are contained in the student planner that students will receive on the first day of school. The Computer & Internet Usage Policy is contained in this issue of *Currents*. After reviewing these documents with your student(s), please sign and return this document to the school **BY THE END OF THE FIRST WEEK OF SCHOOL**. If students do not turn this in, they jeopardize being able to participate in activities and being able to utilize the school's computers.

St. Mary's Computer & Internet Use Agreement

I understand and will abide by the Computer & Internet Use Agreement (see page 3). I further understand that any violation of the regulations above is unethical and may constitute a criminal offense. Should I commit any violation, my access privileges may be revoked, school disciplinary action may be taken, and/or appropriate legal action may occur.

PARENT OR GUARDIAN

As the parent or guardian of this student, I have read the Computer & Internet Use Agreement. I understand that this access is designed for educational purposes. St. Mary's High School has taken precautions to eliminate controversial material. However, I also recognize it is impossible for St. Mary's to restrict access to all controversial materials, and I will not hold them responsible for materials acquired on the network. Further, I accept full responsibility for supervision if and when my child's use is not in a school setting. I hereby give permission to issue an account for my child and certify that the information contained on this form is correct.

Acknowledgment of Receipt of the Following

→ **STUDENT CODE OF CONDUCT**

→ **STUDENT HANDBOOK**

By signing this page, I acknowledge that I have received a copy of the student Code of Conduct, Handbook, and Computer & Internet Usage Policy for 2009–2010. I understand that these documents contain information that my child and I may need during the school year. I also understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in these policies.

Name of Student: _____

Signature of Student: _____

Homeroom: _____

Signature of Parent/Guardian: _____

Date: _____

If you have more than one student at St. Mary's, list the other students below. Have the student in the highest grade level turn this form in to their homeroom teacher.

Name of Student #2: _____

Signature of Student #2: _____

Name of Student #3: _____

Signature of Student #3: _____

Name of Student #4: _____

Signature of Student #4: _____

St. Mary's High School

Computer & Internet Acceptable Use Agreement

(Please read carefully before signing form on page 2)

Computer Use

St. Mary's High School is dedicated to providing state-of-the-art technology that needs a certain amount of care in order to function properly and achieve full use during its expected lifetime. Students are expected to treat computer equipment in a way that will allow continued use by all members of the St. Mary's community.

Failure to treat the computer equipment in an acceptable manner may result in the denial of: computer use, access to the local network, and access to the Internet. Improper treatment of technology includes, but is not limited to the following:

- physical abuse (such as throwing or dropping equipment, removal of keys from a keyboard, excessive pressure on a computer display/monitor, or mistreatment of a CD/DVD tray)
- eating or drinking near equipment,
- using a laptop computer on a surface other than a desk,
- inserting foreign objects into equipment.

Internet Use

Internet access is available to students and teachers at St. Mary's High School. We are very pleased to bring this access to St. Mary's and believe the Internet offers vast, diverse, and unique resources to both students and teachers. Our goal in providing this service is to promote educational excellence by facilitating resource sharing, innovation, and communication.

With access to computers and people all over the world also comes the availability of material that may not be considered to be of educational value in the context of the school setting. St. Mary's High School has taken precautions to restrict access to controversial materials. However, on a global network it is impossible to control all materials, and an industrious user may discover controversial information.

We at St. Mary's firmly believe that the valuable information and interaction available on this worldwide network far outweigh the possibility that users may procure material that is not consistent with our educational goals.

Internet access is coordinated

through a complex association of government agencies and regional and state networks. In addition, the smooth operation of the network relies upon the proper conduct of the end users who must adhere to strict guidelines. These guidelines are provided here so that you are aware of the responsibilities you are about to acquire. In general this requires efficient, ethical, and legal utilization of the network resources. If a St. Mary's user violates any of these provisions, his or her account will be terminated and future access could possibly be denied.

The signatures to the form on page 2 indicate the parties who signed have read the terms and conditions carefully and understand their significance.

Terms and Conditions of Internet Use

- 1) **Acceptable Use** – The use of your account must be in support of education and research and consistent with the educational objectives of St. Mary's High School. Transmission of any material in violation of any national or state regulation is prohibited. This includes, but is not limited to: copyrighted material, threatening or obscene material, or material protected by trade secret.
- 2) **Privileges** – The use of the Internet is a privilege, not a right, and inappropriate use will result in a cancellation of those privileges. The system administrators will deem what is inappropriate use, and their decision is final. Also, the system administrators may close an account at any time as required. The administration, faculty, and staff of St. Mary's may request the system administrator to deny, revoke, or suspend specific user accounts.
- 3) **Network Etiquette** – You are expected to abide by the generally accepted rules of network etiquette. These include (but are not limited to) the following:
 - a) Be polite. Do not get abusive in your messages to others.
 - b) Use appropriate language. Do not swear, use vulgarities, or any other inappropriate language.

- c) Illegal activities are strictly forbidden.
 - d) Do not reveal your personal address or phone numbers of students or colleagues.
 - e) Note that electronic mail (e-mail) is not guaranteed to be private. People who operate the system do have access to all mail. Messages relating to or in support of illegal activities may be reported to the authorities.
 - f) Do not use the network in such a way that you would disrupt the use of the network by other users.
 - g) Do not download files of any type without express permission from a faculty or staff member.
- 4) **St. Mary's High School makes no warranties of any kind, whether expressed or implied, for the service it is providing. St. Mary's will not be responsible for any damages you suffer. This includes loss of data resulting from delays, nondeliveries, mis-deliveries, or service interruptions caused by its own negligence or your errors or omissions. Use of any information obtained via the Internet is at your own risk. St. Mary's High School specifically denies any responsibility for the accuracy or quality of information obtained through its services.**
- 5) **Security** – Security on any computer system is a high priority, especially when the system involves many users. Do not use another individual's account. Attempts to logon to the Internet as a system administrator will result in cancellation of user privileges. Any user identified as a security risk or having a history of problems with other computer systems may be denied access to the Internet.
 - 6) **Vandalism** – Vandalism will result in cancellation of privileges. Vandalism is defined as any malicious attempt to harm or destroy data of another user, Internet, or any of the above listed agencies or other networks that are connected to any of the Internet backbones. This includes, but not limited to, the uploading or creation of computer viruses.

St. Mary's begins use of *Edline*

Web-based program allows parents, students to check grades and assignments

By Mr. Paul Meyerhofer
Technology Coordinator

When is that next big test? How are my student's grades? When is that form due? These are just some of the questions that will be easily answered through

Edline – a new and exciting online resource that will be available to parents and students starting in September.

Each parent and student will create their own login. You and your son/daughter will then be able to see their latest grades, upcoming tests and events, due dates,

and much more. This will be available from any computer connected to the Internet.

Because we are using this system and are trying to reduce on the amount of paper we use, progress reports will no longer be mailed home. Instead, progress reports will be available to view online. This will save hundreds of dollars in paper, ink, and postage. You will also receive the progress report in a much more timely fashion.

How can you learn more?

Attend *Parents-Go-To-School Night* on Monday, Sept. 14, starting at 6 p.m. Access codes that are necessary to sign on to *Edline* will be given out that night, as well as instructions on how to do it. We will even make computers available that night so you can sign-up before you go home!

Come prepared with a username and password that you would like to use, as well as an email address where you would like to receive updates through this system.

We are hoping that this valuable tool will be utilized by all of our families – both students and parents. If you are unable to attend on September 14, please contact your student's counselor *after* September 14 to obtain the necessary information and access codes.

First day (continued from page 1)

11:30 a.m. Bus transportation will be available that day, both before and after school.

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 Mr. Grieco, the Enrollment Director, or the Freshman Counselor.

We look forward to seeing you on September 9!

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

Walk-a-Thon to benefit Student Senate Scholarship

At their summer meeting, members of the Student Senate voted to use proceeds from the 2009 Walk-a-Thon to continue the Student Senate Scholarship that was created in 2006. St. Mary's will hold its annual Walk-a-Thon on Tuesday, Sept. 29 (rain date, Wednesday, Sept. 30).

This Student Senate Scholarship will be awarded to an incoming freshman in the Class of 2014.

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.

Walk-a-Thon pledge sheets were mailed with the August *Currents*; additional sheets are available in the Main Office.

Pledges are due **Monday, Sept. 21.**

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.

OPENING DANCE

SPONSORED BY STUDENT SENATE

FRIDAY, SEPT 18TH - 8-11 P.M.

LISTEN FOR ANNOUNCEMENTS AT SCHOOL

Parents-Go-to-School Night is Monday, Sept. 14

St. Mary's High School will hold its annual Parents-Go-to-School Night on Monday, Sept. 14, 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, the Administration will offer a presentation on Edline, the new on-line system that allows students and parents to monitor academic progress. Parents will also be introduced to the Parent Guild officers.

Hope to see you on Sept. 14!

Year brings technology updates

By Mr. Paul Meyerhofer
Technology Coordinator

The Technology Department has two exciting additions to the SMH repertoire of resources available for students, faculty, and staff.

First, thanks to one of our two grants that was received from the Foundation of the Catholic Diocese of Buffalo, we have added three (3) SMART Boards™ in the math wing. Teachers and students will have new learning opportunities for math as they will be able to use the interactive white boards to solve problems in a variety of ways.

The other thrilling improvement is the addition of two Mobile Computer Labs (MCLs). Each MCL has 15 laptops that can be wheeled to any classroom on the main floor.

When a teacher brings one (or both!) MCLs to the classroom, students will be able to do interactive classroom activities, as well as Internet research and reports without waiting for an open computer lab or the Media Center.

In addition, when an MCL is not in use in a classroom, students will be able to use the laptops in the Media Center when all desktop computers are being used.

We are thrilled to offer these opportunities to our students, faculty, and staff, and firmly believe that this will help to enhance their 21st-century skills.

Campus Ministry News

By Sister Christine Winterhalter, OSF
Campus Minister

May God the Father embrace you with His loving care, may His Son bless you with His peace and His Spirit guide and direct you throughout the new academic school year. A very important part of the life of the St. Mary's Community is our commitment to fostering and deepening our awareness of our Catholic faith. We are a family striving together to accept Christ into our hearts and share that love with all those whose lives we touch. This year we ask you to share with us your intentions that you would like us to pray for, so that we can support each other. Just write down your intentions and ask your child to give them to Sister Christine.

A second important commitment is giving service to others. When you serve

someone in the name of Christ, something powerful happens. You get to be a part of God's work. God becoming real in a person's life. Meeting real needs. Seeing lives change. Sometimes this is powerfully evident, and other times we may serve with little evidence of change or thanks. But it is important to serve as Christ has taught us. And when you combine that experience with meaningful worship and devotions, the result will be a deeper connection to Christ.

Encourage your child to begin working on the service hours now. Support them in their efforts. Something powerful will happen within us, when we serve. Those we serve become real and human and we can develop a real sensitivity to how God can use us to touch others with His Love. Have a great year! May we all grow in His love and compassion.

The St. Mary's High School Campus Ministry Program encourages students, faculty, and staff to actively participate in St. Mary's philosophy: *We are a Roman Catholic educational community; we believe that each person has been created uniquely by God to honor and serve Him and His community. Guided by the Holy Spirit, we accept the challenge to live and teach as Jesus did.*

Our desire is that everyone in our St. Mary's family will aspire to be holy men and women of God by modeling the character and lifestyle of Jesus Christ, as exemplified in the Gospels. One way this can be witnessed is by living out our responsibility and privilege of carrying a new vision for humanity as collaborators not competitors, as stewards not destroy-

ers of the earth and its resources, as peacemakers living in harmony with one another, the earth, and the universe. We are to be disciples who live simply, love tenderly, and act justly.

It is in this spirit that we have set up our service-hours program. The following are the required hours each student must complete during the academic school year:

- Freshmen – 10 hours
- Sophomores – 20 hours
- Juniors – 30 hours
- Seniors – 40 hours

Those who have questions should contact Sister Christine.

May the peace and love of Christ remain with you and your family throughout the new school year.

From the Tuition Office

Do you have changes to your FACTS account?

Families who need to make any changes to accounts associated with FACTS should contact FACTS directly at (800)624-7092 at least three business dates prior to the payment date.

Those who have any questions / concerns about their FACTS account should contact Sue Mulhern, Tuition coordinator, at 683-4824, ext. 23, or at smulhern@smhlancers.org.

From the St. Mary's Health Office

New students to St. Mary's are required to have a physical exam on file in the Health Office. This applies to all ninth and 10th graders and transfer students. Most students have had a sport physical and this meets the requirement for the physical exam. If you have not turned in a physical form by October 1, 2009, your child will be assigned a physical with the school physician.

Anyone playing sports must have a current physical on file in the Health Office. If your student has not had a physical and is interested in playing a winter or spring

sport, please contact the Health Office to schedule a physical.

Your student's health is important to their achievement in school. There are health screenings that the school nurse will begin this month in Physical Education classes. These are the guidelines from New York State: Height and weight measurement are given annually to each student. All incoming freshmen receive scoliosis screening. Students new to the Lancaster School District and 10th grade students receive vision and hearing screening. Please remind your student to

wear contacts or have his/her glasses 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 or if you have questions regarding height and weight, please contact the school nurse, Mrs. Murphy, for screening.

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

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends four main ways your family may keep from getting sick with the flu at school and at home:

- 1. Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2. Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- 3. Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever

(without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

- 4. Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- **Extend the time sick children stay home** for at least seven days, even if they feel better sooner. People who are still sick after seven days should continue to stay home until at least 24

hours after symptoms have completely gone away.

- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under five years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs, and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.
- Talk to your school administrators about their pandemic or emergency plan.

For more information: Visit: www.flu.gov

Please Spread the Word about
St. Mary's High School's
Open House

for prospective students and their parents

Thursday, September 24 — 5-8 p.m.
Friday, September 25 — 5-8 p.m.

The Enrollment Office is looking for parents that would like to help with Open House. If you are interested or would like more information, please contact Steven Grieco 683-4824 ext. 37 or sgrieco@smhlancers.org.

Student absentee and attendance information

Whenever it is necessary to be absent from school, a parent or guardian must call **extension 27** no later than 8 a.m. to explain the reason for the absence. The phone call should include the student's name, which parent/guardian is calling, and the reason for the absence. If no call is received by 8 a.m., the Attendance Office will call the student's parents or guardians to obtain the reason for the absence.

A student will be excluded from participation in any extracurricular activity (sports, clubs, field trips, or any school-related functions) on a day he/she is absent from school or not present by 10 a.m.

Truancy will result in detention or suspension.

Realizing that attendance in class is vital to the success any one student can achieve in a course at St. Mary's, the following has been adopted as the school's Attendance Policy:

1. A student who misses six (6) classes because of illegal absences during any one quarter will automatically fail that course(s) for that particular quarter. This may affect the student's status regarding academic ineligibility.
2. After four (4) classes have been missed, the teacher or attendance officer will notify the Discipline Office, who will then notify the parent of the situation. After the sixth absence for any one class(es) the parent will be notified of the quarter failure in writing from the Discipline Office.
3. The attendance office subscribes to the New York State attendance policy.
4. The only legal excuses for being absent:
 - a. medical appointments
 - b. snow days from home school district
 - c. funerals
5. Medical excuses must be presented on the day the student returns to school. Medical excuses are doctor or dentist appointments, verified by written notes on medical stationery.
6. New York State does not recognize "Take Your Daughter / Son to Work

Day" as a legal reason for being absent from school. St. Mary's High School also does not recognize the day. If a student participates in the day, it will be considered an illegal absence with parent permission and charged as one of the five absences allowed per quarter.

7. Students may not leave campus once they arrive on school property.

Snow (Weather-Related) Closings

If a school district is closed, students are legally absent. However, if a student comes to school, it is our expectation that they will remain until the school is closed or the end of the school day. Students who are absent from school are not allowed to participate in any extracurricular activities on that day.

If a district closes during the day, students will be released only to district transportation or a designated parent or guardian. We will not release students to ride with other students or other parents, except for siblings.

If a parent or guardian decides it is necessary to pick a student up during the day, please call the school to let us know you are coming.

Remember, information on school closing will be available on Channels 2, 4, or 7, WBEN-Radio 930, or on the St. Mary's website (www.smhlancers.org).

Vacation Policy

Policy for student voluntary absences during school time:

1. Parents must make the request at least **two weeks in advance** to either the Principal or the Attendance Officer.
 2. Principal/Attendance Officer will inform parent that:
 - The time requested can not be granted and it must then become their decision. If parents then choose to do so, it is recorded on the student's permanent attendance record as an illegal absence with parental permission.
 - Students are responsible for all work missed during their time of absence. Parents must also inform the Counseling Center as to the length and date of absence.
- Reminder:* If a student misses six classes, he/she fails for that quarter as per school attendance policy.

Getting student work when absent

As we are all well aware, daily class attendance is directly related to a student's academic success. However, especially in cold and flu season, absenteeism from school may be unavoidable. Please be advised of school policy regarding getting work while a student is absent:

- If a medical absence is long-term (a week or more), a parent should contact the Counseling Center regarding the student's situation. Teachers will be contacted to submit missing assignments, worksheets, etc. After the Counseling Center has received this work, arrangements need to be made to pick up these assignments as well as the needed textbooks, notebooks, etc. from the student's locker.
- If the absence is short term (a few

days), the student should contact a classmate in his/her classes. The "turn-around time" in getting work for absent students makes this the most effective and efficient way to get this information. When the Counseling Center contacts teachers for work covered when a student is absent for only a couple of days, the student is often back in the teacher's classroom before the assignments have been collected and forwarded.

- Upon return to school, a student who has been absent needs to see each teacher individually to check about classwork, notes, tests, quizzes, homework collected, and homework assigned during the absence. Teachers give students who have been absent time to make up work. The student is responsible for doing so in a timely manner.



What if ...up to 26% of each purchase you made went to your favorite worthy cause?
 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 for more information.





Alumni Spotlight



Tom Niziol '73: Keeping Western New York weather informed

Editor's note – "Alumni Spotlight" is a new feature of Currents in which we focus on one graduate of St. Mary's High School who is really making a difference in the world.

By Mark Kelso
Advancement Director

"Warning! The National Weather Service in Buffalo, New York, has issued a severe lake effect snow warning for the following counties..."

If you have heard this message blare across the radio or seen an information bar along the bottom of your television

screen, then you have received information from alumnus Tom Niziol, class of 1973. Tom's love of meteorology and his desire to help people were guiding principles in his pursuit of a career as a "Weather Expert". Officially, Tom is the Meteorologist in Charge at the National Weather Service Office in Western New York, one of 100 such agencies strategically located across the country.

Tom and his team are responsible for



www.comet.ucar.edu

providing weather information that will help protect people and property by constantly monitoring and warning residents of severe weather conditions. The office in Western New York, which Tom runs, coordinates with similar offices across the country to form a weather web that provides up to the second information on weather conditions that may develop into threatening conditions. The office and Tom's staff are capable of producing 162 weather products every 5 minutes that can be used to make accurate predictions of future weather conditions. Any severe conditions can be instantly sent to schools as a warning of imminent danger and help students seek safety.

Tom remembers fondly the family atmosphere at St. Mary's and Father Ray Schimpf's challenges to find out "how things work". Friendships with classmates Paul Bumbalo and Nick Aquino, helped provide the foundation for the respectful and efficient manner in which his office runs.

He won't mention it, but his outstanding reputation helped him earn a spot on the National Weather Service Team at the summer Olympics in Atlanta and the Salt Lake City games.

From a seat in Mr. Briggs' Earth Science class, to Oswego College for a Meteorology degree, to Meteorologist in Charge, Tom has lived what he considers a "career dream". His advice to current students: "Set your goals, work hard, and you will achieve them!"

Next time you here a National Weather Service alert, listen closely, it is likely information from Tom Niziol and his team at the National Weather Service office in Western New York.

Do you know of a St. Mary's graduate who has made a difference? Please pass along the information to Keith Kidder at kkidder@smhlancers.org or Mark Kelso at mkelso@smhlancers.org.

Welcome, new teachers, counselor, media center specialist

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

- **Erin Bellavia** – will teach English 9 and English 12 as well as Writing/Reading Development
- **Carolyn Montalbo** – is the new Counselor; she will work with grades 10 and 12 this year.
- **Cara Nisbeth** – will teach Ceramics and Intro to Fine Art

- **Jenna Sheehan** – will teach Math IIIB and IVB
 - **Emily Sityar** – is the new Library/Media Center specialist
 - **Dan Stachelski (Class of 2001)** – will teach all of the Music courses, including Jazz Band
 - **ML Verdi-Korte** – will teach Living Environment and General Chemistry
- Check out future issues of *Currents* for profiles of the new community members.

Can you help with Open House?

St. Mary's High School will hold its annual Open House on Thursday, Sept. 24, and Friday, Sept. 25, from 5 to 8 p.m. both evenings. This event is designed to show off all that St. Mary's has to offer to prospective students and their families.

Guests will learn more about the opportunities at St. Mary's by taking a tour of the building, talking with faculty members, students, coaches, and parents, and receiving the latest information on the school.

Steve Grieco, Enrollment director, is seeking assistance at Open House

in the following ways:

- Students should sign up with him if they are interested in serving as hosts, tour guides, etc.
- Parents are needed to help with refreshments, pass out materials, or to simply answer questions about what it's like to be a parent of a St. Mary's student.
- Families who live on busy streets are asked to place signs on their lawn for passer-byes to see.

Those interested in helping out with Open House are encouraged to call Mr. Grieco at 683-4824, ext. 37.

Counseling Corner

Kelly Smith (ksmith@smhlancers.org)

683-2349

Carolyn Montalbo (cmontalbo@smhlancers.org)

Making this your best year ever

As any college admissions officer can tell you, your academic performance during your high school years is the single most important factor in determining admission. Although test scores and essays, recommendations, and activities all play a part in the decision, admissions officials know that academic achievement in challenging classes during high school is the best way to predict success in college. So as you start a new academic year, make every effort to make this your best year ever!

Academic achievement is the best way to indicate success in college

Upperclassmen have already learned how hard it is to raise a grade point average that's lower than you'd like. Each new term carries less weight in your cumulative GPA, so starting strong from the beginning helps to insure that your GPA will reflect your abilities. Even if you're not happy with your current GPA, a strong performance this year will help to

convince your dream school that you're a serious competitor.

Let's look at what "starting strong" entails:

- Select appropriate classes. Be sure that your class schedule includes a reasonable level of challenge. A schedule filled with all AP classes may well be a recipe for disaster.

Add some balance to your load with courses chosen simply because of your interest in the subject.

- Keep up with assignments. Use a calendar to note dates for both short and long range assignments and exams in all classes. Seeing all this in one place will help you to better manage the workload.
- Ask for help if you need it.
- Choose a reasonable number of extracurricular activities. Remember your first role is "student". Too many outside activities will play havoc with your grades.
- Take care of yourself. Eat well, make sure you get enough sleep, take time to be with friends and family, choose activities because you really care about them, and learn all that you can.

College visits at SMH

The following colleges are scheduled to visit St. Mary's High School in the upcoming months.

Please encourage your seniors to make appointments with the Counseling Center if they are interested in speaking to representatives from any of these colleges.

An announcement is made the week prior to the college visit so that students will have plenty of time to make their appointment.

If students have any questions regarding these visits, please have them see their counselor.

Sept. 21 – Belmont Abbey College,
Rochester Institute of Technology

Sept. 30 – Lake Erie College

Oct. 2 – Wells College

Oct. 8 – Daemen College

Oct. 22 – LeMoyne College

Oct. 27 – Juniata College

Oct. 28 – University of Pittsburgh

Nov. 2 – Mercyhurst College

Nov. 17 – SUNY Oswego

Finding that great match

One student loves the non-competitive academic atmosphere at Haverford College that makes learning much more enjoyable.

Another student praises the intense competition at UC San Diego, which motivates her to do her best work.

Two great schools. But not great for every student. Both of these students had done their homework, made good matches, and are thriving.

When a student is in an environment where he feels good about himself, he's more likely to be successful academically and socially. The right fit seems so obvious. But in this time of high anxiety about college admission, students and parents often pursue the most popular

colleges and lose sight of whether those schools are the best matches.

When a student is where he feels good about himself, he's more likely to be successful

Just as in romantic relationships, there's more than one potential match out there if you remain open to possibilities. There's no perfect person or college. But there are some very good schools (and people) that offer opportunities for growth and satisfaction.

Self-assessment is crucial to making a good match. If you don't know what you're looking for, chances are you won't find it. While grades and test scores are major factors in college admission, it's important to use your heart as well as your head to find the right school. This means thinking about what kind of college experience you want.

(Continued on page 12)

The Role of recommendations

Most private colleges and some public ones require recommendation letters as part of the admissions process. By understanding the role of recommendations, you will be able to choose your recommenders wisely and optimize your chances of acceptance.

When colleges ask for one or two letters from teachers, they are trying to learn more about you as a student. They want to admit applicants who are intellectually curious and who go above and beyond what is expected of them. Other desirable traits include leadership in group activities, the ability to engage in and stimulate discussion, and diligence in completing assignments.

The best teacher recommendations don't necessarily come from instructors from whom you've received an easy A. Often subjects in which you had to work

hard to achieve and those for which you sought help outside of class provide the best opportunities for insightful recommendations.

Choose your recommenders wisely and optimize your chances of acceptance

When requesting teacher recommendations, follow the college's guidelines. If they ask for two from core teachers, don't choose an elective instructor. It's generally best to choose junior year teachers but others may be asked if necessary. When requesting a recommendation, ask: "Would you be able to write me a good (or outstanding) recommendation?" If the answer is "no", find someone else.

Counselor recommendations (also known as school reports) focus on you, the person, and place you in the context of your senior class. Your counselor will write about the strength of your curriculum and your level of achievement compared to others in your class. In this letter, your

counselor will explain any inconsistencies in your academic record, talk about special challenges you've faced, and summarize your strengths and weaknesses.

It's obviously easier to be enthusiastic about students one knows well; wise students make the time to get to know their school counselors.

Students often want to submit additional letters of recommendation. Avoid this unless the writer really has something different to add. For example, an employer, a researcher with whom you've worked, a clergyman, or a volunteer coordinator might be able to speak to special qualities with which your other recommenders were not familiar. Choose this outside recommender wisely and send no more than one extra recommendation. Recommendation letters help to flesh out the applicant—they act as a "tip factor" for students on the cusp of admission.

Parental involvement is still critical

In elementary school, it's easy to get involved with your child's education. You can chaperone field trips or volunteer in the classroom. In high school, however, your teen may discourage your involvement.

But your involvement is still very important! When parents are involved in high school:

- Students are better readers.
- Student attendance improves.
- Student dropout rates go down.

- Students have more positive attitudes about school and learning.

So what can you do? Don't worry—it is possible to maintain your involvement in your teen's education without causing her to die of embarrassment. You can:

- Stay in touch with your teen's teachers. Meet them at least once during the year. Then communicate through notes, email, or phone messages.
- Talk about school. Ask your teen what she's learning in her classes. Listen to her responses.
- Attend school events—especially if your teen is participating in the event. This shows your teen that you think school is important and that you care about her education.
- Encourage regular study hours. Be sure that your teen has a quiet, comfortable place to study.
- Provide help—offer to proofread a paper before your teen hands it in. It's a great way to see firsthand what she's reading and thinking about.

Options for last-minute testing

Seniors hoping to present higher test scores along with their college applications still have time to show what they can do. Both the SAT and ACT offer a number of test dates this fall for last minute testing.

Although most colleges will accept scores through the December test dates, you should check with each of your desired colleges about their individual testing deadlines.

You might consider trying a different test this fall if you've only taken either the SAT or ACT. Although it is difficult to generalize, students stronger in math and the sciences tend to perform better on the SAT while those with verbal strengths tend to get higher scores on the ACT.

There's really no downside to taking

the alternate exam—colleges will accept whichever test you submit.

You might consider trying a different test in the fall

Be sure to review coursework if you plan to take one of the SAT subject exams this fall.

On a happy note, an increasing number of colleges are quite willing to accept students who do not submit any test scores. Their

test-optional policy means that the admissions committee will give greater weight to grades, degree of rigor of curriculum, essays, achievements, and recommendations.

Some test-optional colleges ask for graded papers to help in their decision process.

See the whole long list of test-optional colleges at www.fairtest.org.

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Spotlight on Majors

Environmental Science / Studies



Are you interested in preserving our natural resources?

In the coming years we'll see a real push to a "greener" world. If you're interested in preserving our natural resources for future generations, you can get the credentials you'll need to make a difference through a major in environmental science or environmental studies. Environmental science programs focus on the natural sciences, while environmental studies also considers the political, economic, and social aspects of life as they relate to environmental issues. The major you select will be determined by the path you hope to take in making a difference.

Environmental scientists conduct research to identify and remedy the sources of pollutants that affect people, wildlife, and the environment. Thus, they need a working knowledge of biology, chemistry, and physics. Studies in atmospheric science, geology, hydrology, and ecology are supplemented by courses that emphasize the student's primary area of concern. Laboratory research, field experiences, and summer research internships all help to provide the hands-on experiences that are vital for practitioners in this field. Computer skills are essential—environmental scientists are often called on for data analysis or are expected to be able to use digital mapping and geographic information systems (GIS). Because much of the work is collaborative in nature, environmental scientists should perfect their writing and speaking skills.

Environmental science majors often find jobs in areas like environmental



www.sju.edu

protection, natural resource management, or environmental health. The many areas of specialization include air quality management, aquaculture, biodiversity, coastal management, conservation biology, ecotourism, environmental education, fire ecology, hazardous waste management. Still other specializations are hydrology, landscape architecture, meteorology, natural resource management, outdoor education, range management, recreation & parks, soil science, sustainable development, wetlands science, and wildlife science. Many individuals find work in large and small environmental consulting firms, or in governmental agencies, or education. A master's degree is needed for most entry-level research and teaching positions; a Ph.D. for higher level research and college instructors. Learn more about careers in environmental science at www.enviroeducation.com and check out opportunities for paid internships at the website of the Environmental Careers Organization (www.eco.org.)

Environmental studies majors are more focused on the impact of man on the environment. In addition to courses in the natural sciences such as biology, chemistry, and geology, environmental studies majors take about half their coursework in the social sciences and humanities. Environmental studies emphasizes a problem-solving approach, focusing on the economic, political, and social aspects of tackling environmental issues. Environmental studies professionals may be engaged in studying global issues such as the greenhouse effect or acid rain, as well as more local and national problems.

In addition to science courses, environmental studies programs may include courses in environmental health, energy policy, wildlife management, land use planning, environmental politics, and environmental philosophy and ethics. The focus of these programs differ from university to university, so look closely at the college's catalogue of courses when choosing a college for this major.

As with environmental science majors, research experiences, field work, and internships greatly enhance student learning. Although entry level careers are available for people holding a bachelor's degree, further graduate training and specialization broadens career options.

Environmental studies majors may find careers in environmental law, fisheries and wildlife management, or community recycling and conservation programs. Others work as park naturalists, environmental educators, in toxic waste disposal, as journalists, or for environmental organizations.

Other related majors include global studies, forestry, urban planning, political science, geography, geology, environmental engineering, oceanography, soil science, or petroleum engineering. More information is available at the Bureau of Labor Statistics website at www.bls.gov, the American Geological Institute at www.agiweb.org, and the National Wildlife Federation at www.nwf.org.



Great match (continued from page 9)

Is a balance between work and social life important? Some schools, including MIT, University of Chicago, and Swarthmore, have very demanding workloads.

A student who is more motivated by intellectual curiosity than grades might like Reed College, where students have to ask if they want to know their grades. Or Evergreen State College, where students receive narrative evaluations instead of grades.

Someone who likes to get totally immersed in a subject might like Colorado College or Cornell College (in Iowa), which operate on a block plan, where students study a single subject for three and a half weeks.

For a student who does well when he likes his teacher, but loses motivation if the teacher doesn't inspire him, it might be important to find a college with small classes, where professors and students have close relationships.

There are many non-academic factors that also contribute to a student's happiness in college. A green, lush environment can be soothing and lower stress levels. But some students thrive on the excitement of an urban environment. Schools like George Washington University, Boston University, and NYU offer all the cultural resources of great cities, as well as opportunities for internships at government agencies, theater companies, and corporations. The downside is that all this involvement in the city may mean there's less sense of community on campus.

Social life is a major part of the college experience, and it's important to find a school where there are people who share similar interests and values. A student who likes being around artsy people might be drawn to Bard College. A basketball fanatic might head for Duke University, where students camp out for days to get tickets for games.

These are just some of the factors

that go into making a good college match. It takes a little more time and effort, but a student who clarifies his educational goals, values, and interests is more likely to find a school that will allow him to grow and realize his potential, as well as enjoy his college years.

Trocaire offering SAT prep classes

Trocaire College is offering a series of SAT Prep Classes in October for high school students.

The classes, which will be held in Room 27 at Trocaire College, 360 Choate Ave. in Buffalo, will take place on Wednesdays, October 7, 14, 21, and 28, and November 4, from 6 to 9 p.m. The fee for the classes is \$119 (does not include book).

For an application, go to the St. Mary's webpage (www.smhlancers.org) and click on Counseling.

Health Corner

Breakfast is very important

By Mrs. Kelly Barry

Health, Physical Education teacher

Start off your day and the new school year with energy. Eating breakfast every morning will give your body the nutrients and energy to meet the mental and physical demands of your day. This does not mean grab a HIGH SUGAR energy drink, fruit drink, cereal/cereal bar, candy, or pop (soda). Why? These types of foods may give you energy. However, they will leave you feeling hungry, sluggish, and unsatisfied after an hour (approximately).

So, how do you fit a GOOD breakfast into a busy morning? Here are some quick ideas:

- Low sugar ready to eat cereal with fresh

fruit and low fat/fat free milk

- Toasted bagel (whole wheat is better) with low fat cream cheese
- Fruit filled breakfast bar and yogurt
- Toasted waffle topped with fruit and yogurt (not topped with syrup)
- Fruit smoothie
- Add fresh fruit of your choice and low fat milk (prepare the night before and refrigerate to save time)
- Reduced fat peanut butter on whole wheat toast with fruit

Other ways to increase your energy include getting enough sleep (7 to 8 hours is best), eat plenty of protein, watch your carbohydrate intake, exercise, and find ways to relieve stress (read a book, talk to a friend, go for a walk, etc.)

Jessica Runk at ND



The family of 2009 graduate Jessica Runk sent this picture of Jess in front of "The Word of Life" mural at the University of Notre Dame, where Jessica recently began her college career.

**Need some school supplies? Need an after-school snack?
Need your latest St. Mary's Apparel?**

**Stop in to the
St. Mary's Book Store**

(located in room 105)

2009 Fall Sports Schedules

Varsity Football

Fri, Sept. 4, 7:30 p.m., @ Bath
 Sat, Sept. 12, 2 p.m. vs. Chaminade
 Sat, Sept. 19, 2 p.m. vs. Southwestern
 Sat, Sept. 26, 1:30 p.m. @ Honeoye Falls
 Sat, Oct. 10, 2 p.m. @ Nichols
 Sat, Oct. 17, 2 p.m. @ O'Hara
 Sat, Oct. 24, 2 p.m. vs. Timon/St. Jude
 Sat, Oct. 31, 1 p.m. @ Niagara Catholic
 Sat, Nov. 7, 2 p.m. – MMA Playoffs
 Thurs, Nov. 12, 5:30 p.m. – MMA Championship @ Ralph Wilson

Women's Soccer

All Home Games at Westwood Park
 Thurs, Sept. 10, 4:30 p.m. @ Immaculata
 Mon, Sept. 14, 4 p.m. vs. Park
 Tues, Sept. 15, 4:30 p.m. @ O'Hara
 Thurs, Sept. 17, 4:30 p.m. @ Niag. Catholic
 Mon, Sept. 21, 4 p.m. vs. Pembroke
 Wed, Sept. 23, 4:30 p.m. @ Buffalo Seminary
 Mon, Sept. 28, 4:30 p.m. vs. Mt. Mercy
 Tues, Sept. 29, 4:30 p.m. @ Christian Central
 Wed, Sept. 30, 4 p.m. vs. City Honors
 Fri, Oct. 2, 4:30 p.m. vs. Immaculata
 Mon, Oct. 5, 4 p.m. @ W.S. Christian
 Tues, Oct. 6, 4 p.m. @ Park
 Wed, Oct. 7, 4:30 p.m. vs. O'Hara
 Fri, Oct. 9, 4:30 p.m. vs. Niagara Catholic
 Tues, Oct. 13, 4:30 p.m. @ Buffalo Sem.
 Thurs, Oct. 15, 4:30 p.m. vs. Christian Central
 Fri, Oct. 16, 4 p.m. vs. W.S. Christian
 Wed, Oct. 21, 4:30 p.m. vs. Sacred Heart
 Sat, Oct. 31 - MMA Quarterfinals
 Wed, Nov. 4 - MMA Semifinals
 Sun, Nov. 8 - MMA Championship

Golf

All matches begin @ 3:45pm – unless noted
 Wed, Sept. 9, vs. Canisius @ Buffalo Tournament Club
 Mon, Sept. 14, vs. St. Joe's @ Buffalo Tournament Club
 Tues, Sept. 15, vs. Park @ Beaver Island
 Wed, Sept. 16, vs. O'Hara @ Brighton Park
 Thurs, Sept. 17, vs. Niagara Catholic @ Buffalo Tournament Club
 Fri, Sept. 18, vs. Park @ Buffalo Tournament Club
 Tues, Sept. 22, vs. St. Francis @ Buffalo Tournament Club
 Wed, Sept. 23, vs. O'Hara @ Buffalo Tournament Club
 Thurs, Sept. 24, vs. Nichols @ Buffalo Tournament Club
 Wed, Sept. 30, vs. Timon/St. Jude @ Buffalo Tournament Club
 Fri, Oct. 2, (4:15pm) vs. Niagara Catholic @ Hyde Park
 Mon, Oct. 12, All-Catholics @ Harvest Hill

Women's Volleyball

JV begins @ 4:30 p.m.; Varsity begins immediately after (unless otherwise noted)
 Thurs, Sept. 3, @ Victor
 Wed, Sept. 9, vs. Mt. Mercy
 Fri, Sept. 11, @ Immaculata
 Sat, Sept. 12, 8 a.m. St. Mary's Tourney (Varsity)
 Tues, Sept. 15, @ Sacred Heart
 Thurs, Sept. 17, vs. Nardin
 Sat, Sept. 19, 8 a.m. South Fayette Tourney, Plttsburgh (Varsity)
 Mon, Sept. 21, vs. Sacred Heart
 Wed, Sept. 23, vs. Holy Angels
 Sat, Sept. 26, 8 a.m., Eden Tourney (V), West Sen. Tourney (JV)
 Thur, Sept. 29, @ Nichols
 Thurs, Oct. 1, @ Eden
 Fri, Oct. 2, @ O'Hara
 Sat, Oct. 3, 8 a.m. North Ton. Tourney (JV)
 Wed, Oct. 7, vs. Niagara Catholic
 Sat, Oct. 10, 8 a.m., Garden State Tourney, Mahwah, NJ (V); Lancaster Tourney (JV)
 Sun, Oct. 11, 8 a.m., Garden State Tourney, Mahwah, NJ (V)
 Thurs, Oct. 15, vs. Immaculata
 Mon, Oct. 19, vs. Eden
 Wed, Oct. 21, @ Mt. St. Mary's
 Fri, Oct. 23, @ Nardin
 Tues, Oct. 27, @ Holy Angels
 Mon, Nov. 2, League Quarterfinals
 Wed, Nov. 4, League Semifinals
 Fri, Nov. 6, League Finals
 Nov. 14 & 15, State Championship in NYC

Men's Soccer

Fri, Sept. 4, 4 p.m. vs. West Seneca Christian
 Tues, Sept. 8, 4:30 p.m. vs. St. Francis
 Thurs, Sept. 10, 4:30 p.m. vs. St. Joe's
 Fri, Sept. 11, 5 p.m. @ Park Tournament
 Sat, Sept. 12, 1 p.m. @ Park Tournament
 Mon, Sept. 14, 4:30 p.m. @ Christian Central
 Wed, Sept. 16, 4:30 p.m. @ Canisius
 Fri, Sept. 18, 4:30 p.m. vs. Nichols
 Mon, Sept. 21, 4:30 p.m. @ Timon/St. Jude
 Tues, Sept. 22, 4 p.m. @ O'Hara
 Mon, Sept. 28, 4:30 p.m. @ St. Francis
 Tues, Sept. 29, 4 p.m. vs. Gow
 Wed, Sept. 30, 4:30 p.m. @ St. Joe's
 Fri, Oct. 2, 4:30 p.m. vs. Christian Central
 Sat, Oct. 3, 2 p.m. @ Gow
 Tues, Oct. 6, 4:30 p.m. vs. Canisius
 Thurs, Oct. 8, 4:30 p.m. @ Nichols
 Tues, Oct. 13, 4 p.m. vs. O'Hara
 Wed, Oct. 14, 4:40 p.m. vs. Timon/St. Jude
 Fri, Oct. 23, 4 p.m. – MMA Quarterfinals
 Thurs, Oct. 29 MMA – Semifinals TBA
 Sun, Nov. 8 – MMA Championship @ St. Joe's

Men's Varsity Volleyball

Tues, Sept. 8, vs. Starpoint
 Wed, Sept. 16, @ St. Joe's
 Thurs, Sept. 17, @ West Seneca West
 Mon, Sept. 21, @ Williamsville North
 Tues, Sept. 22, vs. St. Francis
 Thurs, Sept. 24, vs. Canisius
 Wed, Sept. 30, @ O'Hara
 Mon, Oct. 5, vs. St. Joe's
 Tues, Oct. 6, vs. Timon/St. Jude
 Thurs, Oct. 8, @ St. Francis
 Mon, Oct. 19, @ Canisius
 Thurs, Oct. 22, vs. O'Hara
 Wed, Oct. 28, @ Timon/St. Jude
 Sat, Oct. 31, @ Grand Island Tournament
 Thurs, Nov. 3, MMA Quarterfinals
 Sat, Nov. 5, MMA Semifinals
 Tues, Nov. 10, MMA Championship

JV Football

Sat, Sept. 5, 10 a.m. vs. St. Francis
 Sat, Sept. 12, 10 a.m. vs. Chaminade
 Fri, Sept. 18, 7:30 p.m. Southwestern
 Sat, Sept. 26, 10 a.m. vs. Honeoye Falls
 Sat, Oct. 3 – TBA
 Sat, Oct. 10, 10 a.m. vs. Canisius
 Sat, Oct. 17, 10 a.m. vs. O'Hara
 Sat, Oct. 24, 10 a.m. @ Timon/St. Jude
 Wed, Oct. 28, 4 p.m. @ O'Hara

For schedule updates and results, go to www.smhlanders.org

Wanted: student ADs

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.

- Cleaning up after sporting events.
- Gain valuable experience in athletics.
- Earn credit toward your service hours.

Those who are interested or who have questions about the position should contact Mr. Gill in the Athletic Office.

Invitation to VB players

There are still openings on the Men's Volleyball Team. Anyone interested in playing, especially freshmen,

should contact Coach Keith Koch as soon as possible. He may be contacted at cmkkoch@aol.com

Sale of Entertainment Books begins

The Senior Class of St. Mary's High School is selling the 2000-10 edition of the Entertainment Book.

The cost is **\$25** for each book with the class earning at least \$5 per purchase. Once the sale ends, the cost is **\$30** each, with all money going to the company.

Please don't let this opportunity pass you by. Send in your money today. And remember, every Book sold by a Senior equals **\$5** off of that student's Graduation Fee.

(Please note that payment must be made before an Entertainment Book will be handed out. Thank you for your understanding.)

St. Mary's High School Athletics Department presents

Buffalo Bills Ticket Raffle



for 2 Tickets to the
Buffalo Bills vs. Tampa Bay Buccaneers
Sunday, Sept. 20, 4 p.m.

Chances – \$1 Each Drawing – Wed., Sept. 16
Benefits St. Mary's Sports Boosters



For tickets, contact the Athletic Office (683-4824, ext. 35)

"Back by popular demand"

St. Mary's High School Athletic Dept. & Cheerleaders

Barbecue Chicken Dinner

Saturday, Oct. 17 • 12 to 5 p.m. (or sold out)

**\$9 – Includes 1/2 chicken, potato salad, lettuce salad,
roll & butter, coffee or soda, dessert**

School Meals

We serve education everyday through healthy choices

September 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7	8 No School	9 Lunch for Freshmen provided by Student Senate	10 Tyson chicken patty on roll, steamed corn, oven baked potato patty, chilled peaches, milk	11 Grilled cheese, tomato soup, oven fries, chilled pears, milk
14 Cheeseburger on roll, oven fries, broccoli, assorted fruit, milk	15 Goulash with meat sauce, chef salad, dinner roll, chilled apple sauce, milk	16 Chicken nuggets, mashed potatoes, gravy, green beans, dinner roll, fruit, milk	17 Tacos with season meat, cheese/lettuce/salsa/ soft shells, rice pilaf, fresh fruit, milk	18 Stuffed-crust pizza, tater tots, assorted fruit, milk
21 Mini subs - turkey/ham/ bologna/assorted, cheese/lettuce, nacho chips, fruit, milk	22 Chicken fajita on soft shell, peppers/onions, seasoned rice, assorted fruit, milk	23 Spaghetti with meat balls, chef salad, dinner roll, chilled fruit, milk	24 Noon Dismissal – No lunches	25 No School
28 Stuffed-crust pizza, chef salad, fresh fruit, brownies, milk	29 Walk-a-Thon – menu to be announced	30 Walk-a-thon Raindate – menu to be announced	1 Tacos with seasoned meat, cheese/lettuce/ salsa/soft shells, baked chips, assorted fruit, milk	2 Chicken Parmesan, baked ziti, chilled apple sauce, milk

Breakfast Served Every Day – 7:15-7:45 p.m.

Cost – \$1

Juice / Milk with Bagel & cream cheese

OR Cinnamon bun

Note - a la carte items (Pop-Tarts • Cereal • Toast)
may be purchased 60c each,
milk or juice for 40c each

**All students eligible for Free/reduced Lunch
are eligible for breakfast**

**Students may prepay for lunch by the week or
month at \$2.50 per day**

Menu Choices

Balanced lunch as shown on menu OR

Salad Bar & Deli Bar

Side dishes included with Salad/Deli Bar

**Please note - Lunches are subject to change
according to availability of products. Extra
grains are served each day to meet dietary
guidelines.**

Applications still accepted for free/reduced lunches

Free and Reduced meals, lunches,
and breakfasts are available for all
families who apply and who are within the
income eligibility guidelines.

The Guidelines as well as the Free &

Reduced Meals application were included
in the August issue of *Currents*. Those
who need another application should
notify the school's Main Office.

Please fill out the application and

return it as soon as possible to Mrs.
Evelyn Skalski, cafeteria manager.

Remember, all information provided
on the applications will be kept in the
strictest confidence.

September 2009 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 30	Aug 31	1 Freshmen / New Student Orientation with Parents 6:30pm	2	3	4	5
6	7 - Labor Day	8 Faculty/Staff Orientation 8am-2:30pm	9 - A Day First Day for Freshmen 11:30 am Dismissal Faculty/Staff Meeting 11:30am-2:30pm	10 - A Day First Day for All Students Campus Ministry Meeting 7:25am	11 - B Day	12 Kick-Off Fundraiser 12noon ACT Exam
	No School	No School	Freshmen Begin 11:30am Dismissal	All Students Begin		
13	14 - C Day Orientation, ID Pictures, Class Meetings, AM Opening Liturgy, Guest Speaker Student Senate 2:30pm Parents-Go-to-School Night 6pm	15 - C Day Fall Play Auditions 2:30-4:30pm NHS Meeting 2:30pm	16 - D Day Principal's Advisory Board 2:30pm Fall Play Auditions 3:15-5pm	17 - E Day SOUL Meeting 2:30pm	18 - F Day Fall Play Callbacks 2:30-5pm Opening Dance 8-11pm Registration Deadline for Oct. 24 ACT	19
	Liturg Dress					
20 RPM Retreat Departs	21 - A Day Portait Retakes during Lunches Student Senate 2:30pm RPM Retreat Returns	22 - B Day Tour Guide Training after School	23 - C Day Faculty/Staff Meeting 2:30pm	24 - D Day Noon Dismissal Open House for Prospective Student 5-8pm	25 - Off NO SCHOOL Open House for Prospective Students 5-8pm	26
				Noon Dismissal	No School	
27 Homecoming Week	28 - E Day AM Liturgy Schedule (Homecoming Liturgy) Student Senate 2:30pm	29 Walk-a-Thon Spirit Banner Decorating	30 - F Day Walk-a-Thon Raindate	1 - A Day	2 - B Day Special Schedule Homecoming Rosary Junior Class Breakfast College Consortium Pep Rally Early Dismissal Drill 2pm	3 Homecoming Game 2pm Homecoming Dance 8-11pm

Notification on asbestos, pesticide

St. Mary's High School is in compliance with the U.S. Environmental Protection Agency's Asbestos regulations.

The asbestos management report for St. Mary's is always on file in the school office.

Parents are welcome to examine it at any time.

This notification is a requirement of the regulation and means that St. Mary's High School building meets all safety standards regarding asbestos.

At no time during the first half of 2009 were any pesticides used at St. Mary's High School.

Federal law requires notification before any such chemicals are used on any school grounds.

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

In the September issue of *Currents*

Award Winners



Art teacher Miss Michelle Giomundo and three of her students recently won the People's Choice Award at the Chalk Walk Competition, held in Lewiston.

- Welcome to the new school year
- Computer & Internet Usage Form
- St. Mary's begins use of Edline
- CDC offers Flu information
- New feature – Alummni Spotlight
- Counseling Corner – Make this the best year; Finding the great match; Spotlight on Environmental Science/Studies
- Fall sports schedules
- September Calendar & Menu
- And much more!

**For the latest news
on St. Mary's High School,
go to www.smhlancers.org**

Your Opportunities Await at
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