

November 2009

# CURRENTS

## ***Parental involvement is important***

Dear Family & Friends,

Perhaps you have heard my story already, but this year I am taking on a new role at St. Mary's – I am now a "Parent," as my son is a freshman here.

As an administrator, I have always been impressed with all of the opportunities that St. Mary's has offered to its parents. But I have also been surprised by the number of parents who fail to take advantage of these opportunities.

Yes, I agree that it was easier to be involved when he was younger, to help out with the parties or the field trips or the classroom activities (I remember fondly being the official measurer of the discus throw – it was a paper plate – during the Greek Olympics). Yes, he is much more independent than he was, sometimes even embarrassed to have me in the same building. And, yes, his classes are much more difficult than they were before, making it more difficult for me to help him with his homework.



But there are still ways for me to be involved in his high school life – and for you parents to be involved in your students' lives – which will help now and in the future. For example, here are some upcoming events at St. Mary's:

**November 17: Parent Guild Meeting** – There are so many questions that I have as a parent that I'm sure are not unique to me: What does he need to

graduate? What are his elective choices? What about any social issues? How are we going to afford college? And how do other parents handle living with a "teenager"? The answers to many of these questions are found at Parent Guild Meetings.

For example, the November Parent Guild Meeting will feature a representative from Hilbert College to discuss financial aid for college. While for my son college seems so far away, I know it's not too early for me to start thinking about paying for it. And I'm sure I'm not the only parent out there wondering how we are going to

afford it – hopefully the meeting will attract more than the dozen or so people who came last year.

Future meetings will address graduation requirements, course selection, and more. And the camaraderie of meeting and talking with other parents, seeing if they face the same concerns I have, will be, as they say in the commercial, "priceless."

**November 23: First Quarter Follow-Up** – Now that the first quarter is coming to an end and my son's first marking period as a high school freshmen is over, I want to find out what he and I can do so that he can improve.

The First Quarter Follow-up allows parents to pick up their student's report card and immediately visit with the teachers to see how their son or daughter is doing in the class, why they received the grade that they did, and what they can do to improve on the grade for the next marking period.

I know that I will see many of the freshman parents that night, but older students need the the feedback as well.

Here are other suggestions:

*(Continued on page 2)*

## **St. Mary's unveils Emergency Action Plan**

Schools everywhere are re-examining the plans they have in case of an emergency related to weather, health, intruder, or any other type.

St. Mary's High School has also conducted their review.

After a six-month study which included a study of plans in place at other schools, St. Mary's has established the following plans to be used in case of a school emergency:

**Lockout** – to be used in case of a problem in surrounding area

- "Lockout" will be announced by public address system.
- Lock all exterior doors and windows.
- All outside activities are terminated. Return to building immediately.
- Entry to the building is gained only on a one-on-one basis, and only through a locked and monitored door.
- CLASSES CONTINUE AS USUAL, INCLUDING CLASS CHANGES.
- Lockout is lifted when the external threat is resolved. Notification of such resolution may be through any means appropriate for the building.

**Shelter in Place** – to be used in case of a medical emergency

- "Shelter in Place" will be announced by public address system.
- Faculty / Staff / Students should clear halls immediately, returning to class/office they should be in.
- Once halls are cleared, close doors.
- CLASSES OTHERWISE CONTINUE AS USUAL, but NO CLASS CHANGE!
- Do not allow students out of room for any reason, including at the end of period.
- Shelter in Place is lifted when the

*(Continued on page 2)*

# Emergency Action Plan

*(continued from page 1)*

incident is resolved. Notification of such resolution may be through any means appropriate for the building.

## **Lockdown – in case of intruder**

- Lockdown will be announced by public address.
- Immediately gather students from hallways and areas near your room into your classroom or office. This includes common areas and restrooms immediately adjacent to your classroom.
- Lock classroom door(s) and have students take a seated position on the floor next to the wall out of view from the door window. Stay out of sight.
- Do not cover windows.
- Leave the window blinds and lights as they are.
- Attend to any injuries as well as possible.
- No one should be allowed to enter or leave a classroom or office UNDER ANY CIRCUMSTANCES.
- Do not answer or communicate through your locked door.
- Do not allow anyone into your “secured” area.
- Do not respond to a Fire Alarm unless imminent signs of fire are observed. Doing so would compromise the safety of those already secured.
- Do not talk within your secured area, except as absolutely necessary.

- Do not respond to the intercom, public address system, or other announcements.
- Take attendance – include additions. Missing students’ last known locations should be noted. Keep this record for when you are released from the lockdown.
- Lockdown will end only when you are physically released from your room by emergency responders or law enforcement personnel.

## **Evacuation**

- “Evacuation” will be announced by public address system.
- Do not evacuate until specifically told to do so (school will be evacuated by area)
- Listen to instructions as to where to take students (Church or School at Our Lady of Pompeii)
- Take attendance – know who is in your classroom before leaving
- Grab “Emergency Response Binder” (Red)
- When you leave, close and lock door and turn off lights
- Proceed to Our Lady of Pompeii as instructed
- Students should be sent to designated area by class / homeroom
  - Signs will be visible
- Homeroom teachers should report to designated areas

# Involvement *(continued from page 1)*

• Have you signed up for your Edline account yet? Another way to be sure that my son is on the right track to academic success.

• Have you been to a recent sporting event or performance? I had a great time talking to the parents of other football players.

And I know that similar experiences occur at play practices and performances.

• Do you have some time to volunteer? The Athletic Department always needs help (concessions, timekeepers); Theater Department could use assistance (set building, costume sewing); Advancement Office too (Auction volunteers). If you

have the time, we will find a place for you to help.

• Parents are always welcome to attend school Masses.

Studies have long showed that the student who has parental involvement in their education will do better, with higher grades and test scores, long-term academic achievement, and positive attitude and behavior. Please get involved in your child's high school education; they will benefit from this for years to come.

*Keith Kidder*

Director of Special Programs

# Juniors to take part in Big Read

All St. Mary's juniors, through their English classes, will be participating in the Big Read. This is a month-long celebration of literature and reading.

Western New York is one of 269 communities in the country selected by the National Endowment for the Arts (NEA) to participate in this program. Communities were asked to choose one influential piece of literature and promote the reading, discussion, and understanding of its themes through school participation and community-wide events.

The book chosen for Western New York is F. Scott Fitzgerald's *The Great Gatsby*, the classic novel that celebrates the Roaring '20s and the pursuit of the American Dream.

# Edline FAQs

## Are you looking for your child's Progress Report?

The five-week period ended on October 15, at which time Progress Reports were issued for all students.

This year, Progress Reports are not mailed home, as has happened in the past. Instead, they are all posted electronically to Edline. In general, teachers post new progress reports once per six-day cycle.

To check your child's Progress Reports, access your Edline account, go to My Content, and click on Private Reports.

All future Progress Reports will also be also posted to Edline.

\* \* \*

## Have you activated your Edline account yet?

St. Mary's is pleased to report that over 58 percent of the students and parents have activated their Edline accounts.

Those who need their activation codes or assistance with the activation should contact Mr. Kidder at 683-4824, extension 15.

## 1st Quarter Follow-up is November 23

First quarter report cards will be distributed to parents on Monday, Nov. 23, from 4 to 7 p.m.

The faculty will be present at this time, giving parents the opportunity to briefly meet individually with their sons'/daughters' teachers, if desired.

A parent-teacher conference is an excellent opportunity for parents to both give and receive information. To make parent-teacher meetings productive, the following general topics and related questions are suggested:

- **Homework** – Is my son's/daughter's homework completed accurately and on time?
- **Focus** – Does my son/daughter pay attention in class?
- **Class Participation** – Does my son/daughter participate in class by asking questions and volunteering answers?
- **Class Time Management** – Does my son/daughter use class time wisely?
- **Organization** – Does my son/

daughter come to class prepared (homework, textbook, notebook, writing supplies, etc.)?

- **Strengths and Weaknesses** – What is my son/daughter good at doing in this course? What does he/she need to work on?
- **Suggestions for Improvement** – What are your suggestions or advice for my son's/daughter's academic success in this class?
- Add other questions tailored to individual courses.

If a parent is unable to pick up the report card on November 23, the student will receive the report card in school the following day.

**Important Note:** *As stated in the St. Mary's High School Tuition Policy, "Report cards will not be distributed to parents or students when two or more months of tuition are due."*

*If your account is past due, please make the necessary arrangements so that you may receive your child's report card.*

## Reminder: School closings

As the winter months approach and thoughts turn to school closings, here is some information regarding Snow Days:

- Mrs. Kranz is in touch with several public school districts, and a decision to close the school is usually made between 6 and 6:30 a.m.
- Information on school closing will then be passed on to Channels 2, 4, or 7, and WBEN-Radio 930. Please listen to the announcements carefully; just because area schools are closed does not mean St. Mary's is closed. They also post the closing information on their websites.
- Mr. Kidder will put the closing announcement on the main phone message and the St. Mary's website.
- When St. Mary's is closed, all activities, including sports, are cancelled.
- If your school district is closed but St. Mary's is open, students are legally absent; you do not have to call your student in, though it would be helpful if you did. Students are responsible for their assignments.
- 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 to let us know you are coming.

## Reminder: College visitation policy

St. Mary's High School encourages members of the senior class to visit colleges they are considering but not when doing so will jeopardize their present academic studies. If at all possible, St. Mary's recommends that visits take place during school vacations.

If visits must take place during school hours, seniors are asked to limit their visits to a "reasonable" number. The administration reserves the right to deny

an off-campus pass if they feel a student is abusing this policy or is in poor academic standing.

In addition to submitting parent permission prior to the visit, students are required to submit to the Discipline Office a letter from a college official on college letterhead stating that the student was visiting that college on the day in question.

If you have any questions regarding this policy, please contact the school.

## Moonlight Str

— Lancer Auction '10 —

Though Lancer Auction '10 won't be for three months yet, it's not too early to start planning.

Mrs. Pam Aquino, Special Events coordinator, and Mr. Mark Kelso, Advancement director, are looking for people for the following:

- To host a Gift Gathering Party.
- To volunteer at the Auction.

If you or anyone you know is interested in either of these, or if you have questions regarding Lancer Auction '10, please call Mrs. Aquino at 683-4824, ext. 28.

### Currents

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# Alumni Spotlight



## Sr. Marian Rose Mansius '55: Leading the Franciscan Sisters

**Please tell us about the path your life took upon graduation from St. Mary's.**

After graduation from the original St. Mary's High School on the Hill in 1955, I worked as a secretary to a patent attorney at Union Carbide. In 1957, I made the decision to join the Sisters of St. Francis, the religious congregation that taught me at St. Mary's.

I continued to receive a marvelous education under the sponsorship of the congregation, obtaining a bachelor's degree in education from Medaille College and then a master's degree from the University of Puerto Rico.

**What stimulated your interest to serve in the ministry?**

My education background served me well in the field of education for 32 years. I served in various parish schools in Western New York, as well as 11 years in schools in Puerto Rico. This was followed by seven years at St. Anselm School in Chicago and a year in Florida, serving the

Mexican migrants. These latter ministries gave me marvelous opportunities to know and love Hispanic and African-American people.



I was called by my sisters to serve in leadership positions in the congregation, which I did for 11 years in Williamsville, and continue to do so in our general offices in Syracuse for the past five years.

**What aspect of your ministry do you find most rewarding?**

Serving people I have had the blessing to know and love, as well as my sisters in our religious community.

**What are your fondest memories of St. Mary's?**

I shall always be indebted to the sisters who educated me at St. Mary's. I recall them all with great fondness. The friendships I made at St. Mary's have endured to this day.

**What aspects of your St. Mary's education prepared you for your present situation?**

The leadership training I received at St. Mary's has helped me to serve others in so many capacities: from educating youth, to organizing projects, to serving my sisters in community and in the general population. St. Mary's education prepared me for a solid foundation in approaching life in a healthy manner, as well as enabling me to live my faith in service to others. This training was due not only to formal education but also to the example of the Sisters of St. Francis at St. Mary's on the Hill.

**What is your advice to students today about service and having a church family?**

Family and faith are key to success in life no matter what career one decides to pursue. Cherish these, and you will succeed.

**What do you think of St. Mary's today?**

I have not had the opportunity to return very often to St. Mary's. However, I thank God for the quality of education I received, and I hold the administrators, teachers, and students in prayer and gratitude for the choice to serve and learn at St. Mary's.

### Senior Baby Faces in the St. Mary's Lance Yearbook

Dear Senior Parents,  
We are writing to inform you of an opportunity to show your love and pride for your son or daughter. This wonderful opportunity is the senior Babyface section of the Lance Yearbook. You are invited to write a special message to be included with the adorable picture(s) of your choice. Only original photos will be accepted. Ad sizes are as follows:

- Full page (8-1/2 x 11 - approx. 10 photos) - \$210
- Half page (8-1/2 x 5-1/2 - approx. 4 photos) - \$100
- Quarter page (4-1/4 x 5-1/2 - approx. 2 photos) - \$55
- Eighth page (4-1/4 x 2-1/2 - 1 photo) - \$30

Thank you,  
The Lance Editors and Miss Giomundo

Student's Name \_\_\_\_\_ Size \_\_\_\_\_

Message \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### St. Mary's Lance Yearbook Advertising Rate Sheet

- Full Page (7 1/2" x 9 1/2") ..... \$250
- Half Page (7 1/2" x 4 1/2") ..... \$150
- Quarter Page (3 1/2" x 4 1/2") ..... \$100
- Business Card (4 1/2" x 2) ..... \$55

Name of Company \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Contact Person \_\_\_\_\_

Write ad message or attach clip art below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Counseling Corner

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## Presenting your best application

Getting into your top colleges takes some time and effort, but since you're likely to spend four years there, it's well worth the investment.

While many students spend hours researching "dream" schools, they often add a "safety" school just to have a place they know they'll be accepted. At a time when competition for admission is intense and decisions can be somewhat arbitrary and unpredictable, it's important to find at least one "safety" school you really like.

Once you have a balanced list of colleges that would be great matches for you, the next step is convincing admissions officers at those schools that you're also a great match for them.

At private schools, especially those that are selective but not super-selective, it's important to demonstrate interest by visiting the college if possible and attending local receptions or meeting admissions officers when they come to your high school. You can call or email the admissions officer assigned to your high school to ask questions about the college, as long as your questions go beyond "what majors do you offer," which you should already know from the college's website.

### 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.  
Nov. 2 – Mercyhurst College  
Nov. 17 – SUNY Oswego

It's important to research the colleges so that you can make a strong case for your admission. Many

### *The application is your chance to come alive as a person.*

students write a generic essay and modify it slightly for different colleges, but the more you personalize your application, the better. Putting in the effort to investigate each school is what will set your application apart.

Researching a school means going beyond a viewbook description of student life. Look through the catalog, which is available online, and see what courses you're excited about.

If you love creative writing and

you're applying to the University of Pennsylvania, let them know you're excited about the Kelly Writers House. Start reading the school newspaper. Find out what research projects the professors in your major are involved in, and if one sounds fascinating, you might even contact the professor to see if there are opportunities for undergraduates to work on the project.

The application is your chance to come alive as a person. Admissions officers love to see intellectual curiosity, enthusiasm, self-confidence, and initiative. Likeability helps too, as they will be thinking about how you would interact with other students in the residence hall. Admissions officers are

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## Using the PSAT in college planning

Underclassmen who took the PSAT in October will be receiving their score reports soon. Students tend to focus solely on their score, but a careful review of the entire report can be really helpful in planning your next moves.

Scores for each section are reported on a scale of 20 to 80. An average score for an eleventh grade student will be approximately 48 in critical reading, 49 in math, and 46 in writing. For tenth graders, the average scores are about 43 in reading, 44 in math, and 41 in writing.

Percentiles allow you to compare your scores to other college bound students who also took this exam. Scores are also presented as a range, since you personally could expect some variation if you were to take similar tests on different days.

The *review your answers* section shows the question number, the

correct answer, your answer, and the level of difficulty of each question.

Since your original test booklet will also be returned to you, you should review each question again and discover why a particular answer was correct.

The *improve your skills* section will provide personalized feedback on your academic skills as measured by this exam. Two or three skills are highlighted for improvement for each section, and you'll receive suggestions for improving your performance.

College Board has also provided all PSAT test-takers with free access to My College QuickStart. By entering your e-mail on the PSAT page of [www.collegeboard.com](http://www.collegeboard.com), you will receive notice as soon as test scores become available and will be able to view your score report online. A study plan for the SAT based on your performance will also be available.

*Careful review of the entire report can be really helpful in planning your next move.*

## Limit texting to help with sleep

Teens who are already tired from their busy schedules may be adding to their problems of sleep deprivation.

A growing number of teens admit they

are sending text messages when their parents think they're asleep.

That means they are tired in the morning. Over time, these texting teens

lose more sleep. That affects their attendance, their grades, and possibly even their health.

Here are ways for parents to set limits on texting:

- Look at your bill. Check when messages were sent. If your teen is a heavy texter after bedtime, set limits. If the problem continues, take away the phone for a time.
- Keep the phone out of the bedroom. Plug it into a recharger in the kitchen or family room.
- Let her experience the consequences. If she stays up all night sending messages to her friends, don't take the responsibility of getting her up and out the door in the morning.

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## Seniors: do this in November

Managing college applications is a big job. It's important to allow your child to take on this responsibility. That said, there are ways to help.

Here are five things college-bound seniors should be doing in the month of November:

Narrow down the college list. Applying to college can be expensive. Have your teen work with her counselor to choose between five and 10 schools. Be sure a few of them are "safety" schools—schools where she has a very good chance of admission. Also include a few "stretch" schools—those that will be more of a challenge.

Set up a master calendar. On it, write the date when each admission is due. Note the dates for college testing.

Start taking action on financial aid.

Especially in this economy, a financial aid offer can make the difference in whether a teen can attend a favorite school. Have her get a financial aid application for every college where she applies.

Ask for recommendations. Most schools want one from a teacher and one from a counselor. Have your teen prepare a short résumé of the things she has done to make their job easier.

Write and rewrite the college essay. It's important to spend time making it her best. A college essay written at two a.m. on the night before the deadline is unlikely to get your teen into her preferred school.

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## Applications (continued from page 5)

human, and the more real and open you can be in application, the better your chance of connecting with someone who'll advocate for you.

This is especially important at colleges where admissions decisions are made by committee.

Parents need to resist the temptation to rewrite a child's application. Not only is it unethical, it will probably backfire, as admissions officers can spot an essay written by a 45-year-old. Students who take responsibility for their college applications feel more invested in the process and do a better job.

Parents can assist by serving as a sounding board and helping a child look for common threads in the activities she's pursued. How do these activities illustrate her beliefs about herself and the world? Well-done applications take a student's experiences, interests, and goals and weave them together to illuminate the themes in her life.

While the college application process is often stressful and time-consuming, it is also an opportunity to learn how to present your best authentic self. That is a skill that will serve you well throughout your life.

## Do you take good notes?

Many high school teachers present information in a class lecture. But if students don't know how to take good notes, they may not remember the important facts until they are expected to provide them on a test.

Basically, listening to a lecture is like "reading with your ears." Some of the same techniques that help your teen remember what he reads can be adapted to help him take good notes during a lecture.

Teens who learn best by seeing need to make the lecture visible on the page. They may draw pictures (not doodles of the girl in the next row). Or use different

colored markers to highlight important topics.

Some teens learn best by hearing. For them, it's important to focus on what the teacher is saying. They jot down key words or points.

After the lecture, they write down as much information as possible.

Many teens draw a line down their page, leaving a blank column on the left. They take notes in the right column. Then later, they go back and write key points in the left column.

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## Spotlight on Majors Engineering

*Creating technologies that help the world*



In today's increasingly technological society, it is engineers who are behind almost all of the exciting new gadgets that impact our lives.

Using their knowledge of math and natural sciences, engineers create the technologies that benefit mankind. From cell phones and digital devices, to computers, roads, cars, and food technology, engineers influence all aspects of everyday life. Although engineers are employed in a wide variety of fields, their work links the desires of society with commercial responses to those needs. For example, engineers design and supervise the construction of roads, buildings, bridges and transportation systems. They design and implement methods of using natural resources to supply energy to fuel the country's requirements.

Engineers are responsible for designing products as well as the machinery needed to make those products and are involved in developing new materials to increase the performance



[www.stpaulcareers.edu](http://www.stpaulcareers.edu)

and durability of existing products. Some engineers use their training to improve the quality of healthcare or the safety and effectiveness of foods and pharmaceuticals. Because of their specialized education, starting salaries for new engineering graduates are considerably higher than for graduates entering other career fields.

What does it take to become a successful engineer? Personal qualities

include an aptitude and interest in science and mathematics; the ability to communicate effectively both orally and in writing; a creative, analytical, and questioning mind; and an attention to detail. High school courses that include extensive science, computer, and math courses as well as a broad background in the humanities will prepare you well for engineering school. A bachelor's degree in engineering is needed for just about all entry level jobs, with many requiring more advanced training.

Most engineering students pursue degrees in civil, electrical, or mechanical engineering, or in electronics, but engineering students may specialize in any of seventeen specialties that include such areas as aerospace, environmental, biomedical, chemical, industrial, nuclear, and marine engineering. You can learn about this "alphabet of careers" at [www.engineeringk12.org/students/What\\_Is\\_Engineering/Engineering\\_Alphabet/default.php](http://www.engineeringk12.org/students/What_Is_Engineering/Engineering_Alphabet/default.php).

### **Engineering Education**

The Accreditation Board for Engineering and Technology (ABET) provides accreditation for over three hundred colleges and universities. At most of these schools, engineering students spend their first two years studying humanities and the social sciences as well as math and science, and taking introductory courses in engineering. During the last two years of college, students specialize in their area of interest, taking most of their courses in their chosen field of engineering. Some colleges offer a general engineering curriculum; students then pursue graduate degrees in order to concentrate on a single engineering specialty. All engineering graduates need to continue their education throughout their careers in order to stay current with technological advances.

High school students interested in learning more about careers in engineering should consider joining the Junior Engineering Technical Society (JETS) – check them out at [www.jets.org](http://www.jets.org). The Society for Science & the Public maintains

*(Continued on page 8)*

## Organization leads to better grades

By being organized, your teen will always be prepared for class. To help your teen stay organized for school, encourage him to:

- Use a daily planner. Before leaving each class, your teen should write down exactly what he needs to have/do/study for tomorrow. By the end of last period, he'll have a written record of the entire day.
- Keep subjects separate. He shouldn't stuff six batches of handouts into one huge binder. Instead, he should

use a different folder for each class. That way, his work will automatically be divided by subject.

- Use an assignment calendar. Your teen should keep a calendar in his room and track every upcoming test and project on it. If the assignment is weeks away, he can jot down reminders. Encourage your teen to keep his calendar updated and to look at it every day.

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## Attention all parents

The No Child Left Behind Act states that school districts are to allow the same access to students by military recruiters as they do college and job recruiters. This access includes releasing secondary school students' names and addresses to military recruiters, who can use the information for armed services recruiting and for

informing these students of scholarship opportunities.

However, parents can request that the information not be released, and St. Mary's will honor that request. If you do not want your student's name and address released to the military, please put this request in writing and send it to the Counseling Center.

## Scholarships

- Trocaire College Scholarships - available to students who will be attending Trocaire in the fall. Visit [www.trocaire.edu](http://www.trocaire.edu) for specific scholarship information
- Lancaster Elks Lodge Scholarship - based on financial need, leadership, and scholarship. Deadline: Nov. 2.
- Jefferson Scholars Foundation - a member of the Senior Class who exemplifies excellence in leadership, scholarship, and citizenship. Deadline: Nov. 2.
- Prudential Spirit of Community Award - apply online at [www.spirit.prudential.com](http://www.spirit.prudential.com). Deadline: Nov. 2.
- Cheektowaga Chamber of Commerce Award - for a Junior or Senior who resides in Cheektowaga and distinguishes him or herself in Political Science / Government. Deadline: Dec. 17.
- Principal's Leadership Award - apply online at [www.principals.org/PLA](http://www.principals.org/PLA). Deadline: Dec. 4.
- Wilson Center Leadership Award - requires a 500-word essay on leadership. Deadline: December 4. See Counselor for more information.
- Fireside Essay Scholarship - essay required. Deadline: Dec. 18. See Counselor for more information.
- AXA Achievement Scholarship - Deadline: Dec. 18. For more information and to apply, go to [www.axa-achievement.com](http://www.axa-achievement.com).
- NYWEA Scholarship - student pursuing a career in an environmental program. Deadline: Jan. 21. See Counselor for more information.
- KFC Colonel Scholars Program - apply online at [www.kfc.scholars.com](http://www.kfc.scholars.com). Deadline: Feb. 10.
- Catholic Health Athleticare Scholarship - pursuing a career in the healthcare field. Apply online at [www.chsbuffalo.org](http://www.chsbuffalo.org). Deadline: March 31.
- Big Sun Scholarship - student athletes - apply online at [www.bigsunathletics.com](http://www.bigsunathletics.com). Deadline: June 24.

## The economy and college admissions

In this time of economic uncertainty, a drop in early decision applications last year was expected; to nearly everyone's surprise, many private colleges saw a substantial increase in early applications. As the application year progressed, however, tales were told of lower numbers of applications than expected, often from the same colleges that reported the early increases.

Respected privates like Gettysburg and Colby colleges described a regular decision application decrease that occurred at the same time that public colleges saw a significant increase in number of applications. State schools dealing with likely budget cuts (as in California and Florida) often cut enrollment of formerly qualified students. Colleges like Harvard, Yale, and Columbia, however, all reported higher numbers of completed applications than at the same time last year. These schools are known for their large endowments and

ability to offer generous amounts of financial aid.

So all in all, the application year turned out to be much like the state of the economy—hard to predict just where the figures would end up. Selective private colleges offered many qualified students places on their wait list since they were concerned about the effect of the economy on yield (the number of students who actually accept their offer of admission.) Some less selective privates found themselves with smaller numbers of entering freshmen than they wished to enroll, even while offering students more financial aid.

And instate publics, once seen as financial or academic safeties, found themselves sought after by more students than they were able to enroll. It was a very unpredictable year. Although the economy has improved a bit since last year, similar trends in admission may be expected this year.

## Engineering *(continued from page 7)*

a list of summer programs in science and engineering directed to high school students at [www.societyforscience.org/stp/index.asp](http://www.societyforscience.org/stp/index.asp). You can also search through several hundred science, engineering, and math programs at

[www.EnrichmentAlley.com](http://www.EnrichmentAlley.com).

For more information about ABET-accredited engineering programs click on [www.abet.org](http://www.abet.org) and the American Society for Engineering Education's K12 center at [www.asee.org/k12/index.cfm](http://www.asee.org/k12/index.cfm).

### St. Mary's High School

is participating in the Abitibi Paper Retriever®  
"Schools on Goal" Program

### Where Recycling Adds Up



Bring your paper to the bright green and yellow recycling bin

Located behind St. Mary's High School  
near the football field

#### We accept:

Newspapers • Magazines  
Catalogs • Mail  
Office & School Papers

#### We do NOT accept:

Plastic • Metal  
Glass • Trash  
Cardboard

**Please add recycling to your errand route  
and bring your paper by once a week –  
help your school and the environment!**

# Students to attend *The Diary of Anne Frank*

St. Mary's High School is committed to giving its students the opportunity to experience and enjoy live, professional theater.

As part of this commitment, the English Department is pleased to sponsor a field trip to see the play *The Diary of Anne Frank*.

Students in grades 9 through 11 will be attending the Niagara Regional Theatre Guild's production on Friday, Nov.

20. (The Seniors will be taking part in the Class Trip to New York City.)

Students will travel by bus, leaving St. Mary's at 8:15 p.m., and returning at approximately 1 p.m.

The play chronicles the final years in the life of a young Jewish girl forced into hiding from the Nazis in Amsterdam during World War II. During this time, young Anne Frank wrote daily in a diary; this personal writing is one of the most

famous diaries of all times.

All English classes will use this play in conjunction with their drama units. A written assignment will be given, collected, and graded. This assignment will be part of the second-quarter grade; therefore, participation is mandatory for all students.

The cost for the field trip is \$13 per person; this covers the price of admission, transportation, and a pizza lunch.

## Fall Schedules

### Varsity Football

Sat, Nov. 7, 2 p.m. – MMA Playoffs  
 Thurs, Nov. 12, 5:30 p.m. – MMA Championship @ Ralph Wilson

### Women's Volleyball

Mon, Nov. 2, League Quarterfinals  
 Wed, Nov. 4, League Semifinals  
 Fri, Nov. 6, League Finals  
 Nov. 14 & 15, State Championship in NYC

### Women's Soccer

Wed, Nov. 4 - MMA Semifinals  
 Sun, Nov. 8 - MMA Championship

### Men's Varsity Volleyball

Tues, Nov. 3, MMA Quarterfinals  
 Thurs, Nov. 5, MMA Semifinals  
 Mon, Nov. 9, MMA Championship

## Volunteers at the Ralph



*This year, parents of St. Mary's football players have volunteered their time to sell concessions at Ralph Wilson Stadium during all home Bills' games. Proceeds from their work benefits the football teams and St. Mary's athletics. Interested in volunteering? Contact Mr. Gill at 683-4824, ext. 35*

## Attention winter sport athletes

Any student wishing to participate in a winter sport must have an updated physical and Interval Health History Form

before the first scheduled practice date in November.

**No exceptions! No excuses!**

## Congratulations

The Athletics Department would like to congratulate the following student-athletes for their nomination to *The Buffalo News* Fall Sports Scholar-Athlete team.

- Football – Alex Elwell
- Women's Volleyball – Jessica Warner, Emma Concannon
- Men's Volleyball – Jordan Warunek, Vince Kazmierczak
- Women's Soccer – Nicole Richter, Chelsea Kiebzak

Student-athletes are nominated based upon their success on the fields/courts, in the community and in the classroom. Winners will be announced at the end of the season.

## Sports Banquet – November 18

The St. Mary's Department of Athletics will host the Fall Sports Awards Banquet on Wednesday, Nov. 18, at 6 p.m. at Kiebzak's New Beginnings in Sloan.

Tickets are \$20 per person, including athletes, and will be available through November 12.

*Please note – Tickets must be purchased ahead of time; no tickets will be available at the door.*

More information is available by contacting the Athletic Office.

## The Parent Guild

### Just a reminder:

The next meeting is  
**Tuesday, Nov. 17**  
**7 p.m.**

Topic –  
**Financial Aid for College**  
 with a speaker  
 from Hilbert College.  
 All are welcome.

### St. Mary's Parent Guild Board 09-10

- President:** Lori LeRoy
- Vice-President:** Sandy Gibson
- Treasurer:** Nancy Jezuit
- Secretary:** Irene Hynarowski
- At-Large Member:**  
 Nancy Gangloff, Jane Rzemek

# WHEN SHOULD MY CHILD STAY HOME WITH THE FLU?



## H1N1 Influenza A Recommendations from the Centers for Disease Control

### When should my child stay home with the flu?

Students with “Influenza-Like Illness” should stay home when they are sick. Your child may have the flu and should stay home if they have the following signs and symptoms:

**Fever of 100°F (37.8°C) or higher along with any of the following symptoms:**

- Cough
- Runny Nose
- Sore Throat

### When should my child return to school?

It is recommended that students stay home until at least 24 hours after they are free of fever [100°F (37.8°C) or greater] or signs of a fever, without the use of fever-reducing medications.



### What can we do to reduce the chances of spreading or “catching” H1N1 Influenza?

- Wash hands often with soap and water, especially after coughing or sneezing
- Use alcohol-based hand sanitizers to clean hands if soap and water are not available
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve – not your hand)

**New York Statewide School Health Services Center**

## More information on H1N1 Flu

Dear Parents and Guardians:

The Centers for Disease Control and Prevention (CDC) recommends that certain groups receive the 2009 H1N1 influenza (flu) vaccine when it first becomes available. These target groups include:

- Pregnant women
- Persons who live with or provide care for infants less than 6 months old
- Health-care and emergency medical services personnel
- Persons between the ages of 6 months and 24 years old
- Persons between the ages of 25 and 64 years old who have medical condi-

tions that put them at higher risk for influenza-related complications including people who have cancer, blood disorders (including sickle cell disease), chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)], diabetes, heart disease (except hypertension), kidney disorders, liver disorders, or neurological disorders (including nervous system, brain or spinal cord).

According to the Erie County Department of Health (ECDOH), the best place for your child to receive vaccination for H1N1 will be from his/her health care provider. The ECDOH is encouraging and supporting ALL health care providers to administer H1N1 vaccine to their patients in the above initial target groups. Health care providers can receive H1N1 vaccine at no cost simply by registering with the NYS Department of Health at <https://hcsteamwork1.health.state.ny.us/pub/toph1n1.html>.

The ECDOH will do everything possible to ensure that H1N1 vaccine is preferentially shipped to those health care providers who have registered as above as soon as it becomes available. Your child's health care provider should be receiving the vaccine shortly, if they have not already received it. We encourage you to begin to educate yourself now though by visiting the web links below and by talking to your child's health care provider.

The ECDOH recognizes that some children may be unable to receive H1N1 vaccine from their health care provider. Therefore the Lancaster Central School District is partnering with the ECDOH to provide access to vaccination for children who attend public, charter, non-public, and parochial schools in the Lancaster Central School District AND who are unable to get vaccinated against H1N1 by their health care provider. Dates and locations will be announced when this information is available. Please check the Lancaster Central School District website or [www.erie.gov/health](http://www.erie.gov/health) often for the most current information.

The CDC has also recommended that all children over the age of 6 months receive the seasonal flu vaccine. While the best place to receive seasonal flu vaccination is also from your child's health care provider, it is important to note that many health care providers have not received their entire order of seasonal flu vaccine yet. Therefore, we suggest you continue to check back with them as the CDC has assured us that there will be plenty of seasonal flu vaccine eventually. A listing of other sites in the community where individuals age 9 and older could receive seasonal flu vaccine can be found at [www.erie.gov/immunizewny](http://www.erie.gov/immunizewny) or by calling the local agency flu shot hotlines listed below.

- Visiting Nurses Association 716-630-8330
- Maxim Health Systems 877-962-9358
- Independent Nursing Care 716-805-1020

You can find much more information about both seasonal and H1N1 influenza and vaccines at:

- ECDOH ([www.erie.gov/health/swine\\_flu.asp](http://www.erie.gov/health/swine_flu.asp))
- NYSDOH ([www.health.state.ny.us/diseases/communicable/influenza/h1n1/](http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/))
- CDC ([www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/))
- Flu.gov ([www.flu.gov/](http://www.flu.gov/))
- LCSD ([www.lancasterschools.org](http://www.lancasterschools.org))
- St. Mary's ([www.smhancers.org](http://www.smhancers.org))

## Campus Ministry News

Members of the Campus Ministry Team would like to wish all of our St. Mary's families a very Happy and Blessed Thanksgiving. We would like to share the following prayer with all of you that you may want to use for your own family celebrations:

*Lord of Gifts, from your holy heart has come a flood of gifts to us.*

*With uplifted hearts, we have gathered around this table to thank you with prayer and with the worship of feasting.*

*We are grateful not only for the gift of life itself, but for all the gifts of friendship, love, devotion, and forgiveness that we have shared.*

*On this feast of giving thanks., Lord God, we thank you for showing us how to return thanks by lives of service, by deeds of hospitality, by kindness to a stranger, and by concern for each other.*

*We thank you for the presence of our guests, who by their being present in our home have added to the brightness of our celebration.*

*We are most grateful, this feast day, for the way you, our hidden God, have become visible to us in one another, in countless daily gifts in the marvels of creation.*

*Come, Lord of Gifts, and bless our table and all the food of this feast.*

*Let us thank the Lord today and all days. Amen.*

*From Prayers for the Domestic Church.*

## Do you have extra rosaries?

Campus Ministry is trying to get together at least 200 rosaries for use by our students.

If you have extra rosaries that you would like to donate or know of someone who makes them who would like to donate them, please give them to one of the students to hand in to their religion teacher. Thank you for your generosity, and be assured of our prayers.

*May Mary, the Queen of the Rosary, watch over you and your loved ones today and always.*

# Students/Teacher of September



Justine  
Pazderski



Michelle  
Jezuit



Andrew  
Dobmeier



Amber  
Guizzotti



Miss  
Giomundo

Theater Department presents  
*Turn Back  
the Clock*  
- A Comedy in Three Acts -

November 5 & 6  
7:30 p.m. each night!

Tickets available in Book Store  
or by calling 683-4824, ext. 28

## School Meals

*We serve education everyday through healthy choices*

### November 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Tyson chicken patty on roll, tater gems, steamed corn, chilled apple sauce, assorted milk	<b>3</b> Spaghetti with meat sauce, chef salad, dinner roll, chilled peaches, assorted milk	<b>4</b> Cheeseburger on roll, steamed green beans, fresh fruit, assorted milk	<b>5</b> Tyson chicken nuggets, mashed potatoes, gravy, mixed vegetables, assorted fruit, assorted milk	<b>6</b> Grilled cheese, tomato soup, potato wedges, chilled apple sauce, assorted milk
<b>9</b> Sahlen's hot dogs on roll, baked beans, chocolate chip cookie, assorted milk	<b>10</b> Pizza, chef salad, assorted fruit, assorted milk	<b>11</b> No School	<b>12</b> Brunch for Lunch – eggs, sausage, French toast, potato patty, chilled apple sauce, assorted milk	<b>13</b> Cheese ravioli, chef salad, dinner roll, fresh fruit, assorted milk
<b>16</b> No School	<b>17</b> Chinese dinner – chicken / rice, oriental vegetables, sweet & sour sauce, dinner roll, fortune cookie, assorted milk	<b>18</b> Turkey dinner, mashed potatoes, stuffing, gravy, steamed corn, assorted fruit, assorted milk	<b>19</b> Goulash with meat sauce, chef salad, dinner roll, assorted fruit, assorted milk	<b>20</b> To be announced
<b>13</b> Chicken tender subs, baked nacho chips, chilled pears, assorted milk	<b>24</b> Tacos with meat, cheese, salsa, lettuce, rice, soft shells, chilled peaches, assorted milk	<b>25</b> Noon Dismissal	<b>26</b> Happy	<b>27</b> Thanksgiving
<b>30</b> To be announced				

**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 60¢ each,

milk or juice for 40¢ 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

Soup of the Day

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.**

*Health Corner*

# What is Anorexia Nervosa?

**By Michelle Ferrara**  
Class of 2012

Are you concerned that a friend or family member may have anorexia? Are you confused about what anorexia is? Knowing the facts and symptoms about anorexia may be able to help you realize if someone is being affected.

Many things can cause anorexia, but it is primarily a psychological problem.

Anorexia Nervosa is an eating disorder that mainly affects teenage girls; however males, adults, and children can also suffer.

Symptoms include an obsession with counting calories, lying about eating or pretending to eat, rapid weight loss,

denying having a problem, or having an obsession with exercise.

Statistics estimate that one half of the women in America suffer from anorexia.

If believe that anyone may be suffering from anorexia, talk to them about it. If things don't improve, see a parent, school nurse, guidance counselor, or doctor immediately.

## November 2009 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Junior Class T-Shirt Sale – All Week	<b>2-C Day</b> Ext HR / PM Liturgy Schedule (Class Meetings (Freshman Officer Speeches)/ All Souls Day) Student Senate 2:30pm <b>Liturgy Dress</b>	<b>3-D Day</b> Freshman Officer Elections in Homeroom Curriculum Committee Meeting 2:30pm	<b>4-E Day</b> Book Club Meeting 2:30pm	<b>5-F Day</b> Fall Play 7:30pm	<b>6-A Day</b> Fall Play 7:30pm Registration Deadline for Dec. 12 ACT Exam	<b>7</b> Admissions Test Prep Class 9am-12noon SAT Exam
<b>8</b>	<b>9-B Day</b> Student Senate 2:30pm	<b>10-C Day</b> Principal's Advisory Board 2:30pm Senior Parents Trip Meeting 6 pm	<b>11</b> No School Veterans Day <b>No School</b>	<b>12-D Day</b> Campus Ministry Meeting 7:25am Pride Day <b>Pride Day</b>	<b>13-E Day</b> <b>END OF FIRST QUARTER</b> Java Jive Auditions 2:30pm	<b>14</b> Admissions Test Prep Class 9am-12noon
<b>15</b>	<b>16</b> No School for Students Faculty/Staff Retreat <b>No School</b>	<b>17-F Day</b> NHS Meeting 2:30pm Java Jive Auditions 2:30pm Parent Guild Meeting 7pm (Topic - Financial Aid for College)	<b>18-A Day</b> Faculty/Staff Meeting 2:30pm Fall Sports Banquet 6 pm at Kiezbak's New Beginnings	<b>19-B Day</b> Sophomore Retreat 8am-2:19pm Senior Class Trip departs 4pm	<b>20</b> Senior Class Trip School Field Trip to Theater ( <i>Diary of Anne Frank</i> )	<b>21</b> Admissions Test 8:30am-12noon Senior Class Trip
<b>22</b> Senior Class Trip returns 8pm	<b>23-C Day</b> First Quarter Follow-up (Report Card Distribution) 4-7pm	<b>24-D Day</b>	<b>25-E Day</b> Noon Dismissal Thanksgiving Prayer Service <b>12 noon Dismissal</b>	<b>26</b> NO SCHOOL Thanksgiving Day <b>No School</b>	<b>27</b> NO SCHOOL Thanksgiving Holiday <b>No School</b>	<b>28</b>
<b>29</b>	<b>30-F Day</b> Student Senate 2:30pm Holiday Decorating	<b>1-A Day</b> Special Schedule Advent Reconciliation Curriculum Committee Meeting 2:30pm	<b>2-B Day</b> Book Club Meeting 2:30pm	<b>3-C Day</b> Prom Meeting 2:30pm Java Jive Rehearsal 2:30pm	<b>4-D Day</b> Java Jive 7pm	<b>30-F Day</b> SAT Exam

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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 November issue of *Currents*

## *Parent Volunteers*



Parents of football players volunteer their time to work concessions at Ralph Wilson Stadium.

- Explanation of new Emergency Action Plan
- Edline FAQs
- Alumni Spotlight – Sister Marian Rose Mansius '55
- Counseling Corner – Presenting your best application; Using PSAT to plan for college; Spotlight on Engineering
- November Calendar & Menu
- And much more!

**For the latest news about St. Mary's High School, go to [www.smhlancers.org](http://www.smhlancers.org)**

*Your Opportunities Await at*  
**St. Mary's High School**  
142 Laverack Avenue  
Lancaster, NY 14086-1849

