

March 2013

CURRENTS

Bishop Malone celebrates with SMHS



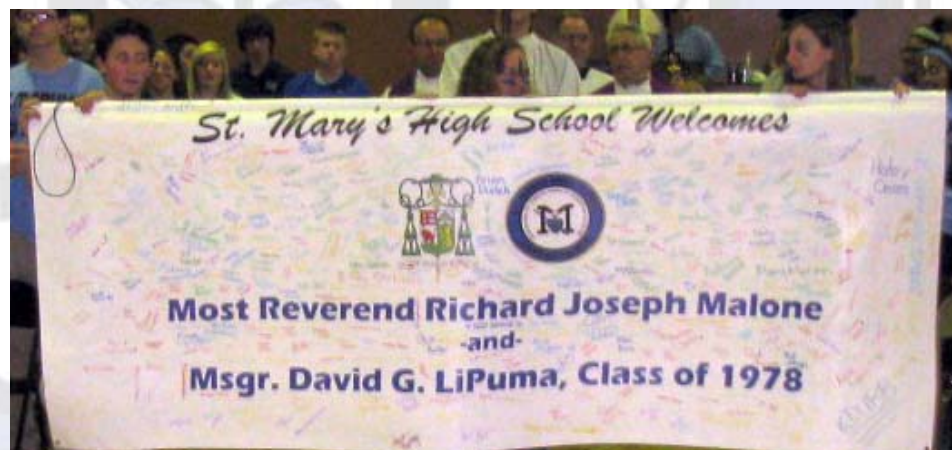
Liturgical dancer
Brittany Gorny.



Bishop Malone delivers
his homily.



Concelebrating the Mass were Rev.
Richard DiGiulio and Rev. Leon Biernat.



Zachary Szpila, Carolyn Kidder, and Kaitlyn Tytka carry the banner signed by members of the St. Mary's community which was presented to Bishop Malone.



Freshmen Julie Pijacki and
Alexander Hokaj present the
Offertory Gifts.



Msgr. David LiPuma, a 1978 St. Mary's
graduate and secretary to the bishop,
prepares the altar.



Bishop Malone distributes
communion to the
Eucharistic Ministers.

The year is not over; appreciate what's left

Dear Friends,

I remember that when I was a young child a year seemed never-ending; my next birthday, Christmas, or summer vacation could never get here soon enough.

As I get older, I long for the days when I felt like life wasn't moving fast enough. Now I look up and glance at the calendar and can't believe it is already March; where has this year gone already? We are just removed from Winter Break, and in only a few weeks Spring Break will be upon us, and as a teacher it seems like there is never enough time to cover material or prepare for the upcoming exams.

I know the students for the most part feel the opposite, counting down the days until school is over, and they are one step closer to achieving adulthood. As of March 1 there are 41 school days left for the 2013 Senior Class, and I know they can't wait to reach graduation and leave high school behind, but I want them to relish the days they have left.



High school, for all its ups and downs, is a period of your life you will look back upon and remember for the relationships forged, moments shared, and life lessons gained. In this final chapter of your high school career I want you to slow down and appreciate what St. Mary's and the people who are a part of it have meant to you as a student, an athlete, a performer, a Christian, and most importantly as a human being. Make the next 41 school days last; savor every moment; don't be in rush to move on to fast. Life shouldn't be a count-down; each day has value because there are so few of them we have on this earth.

So slow down and take one more look down that hallway, go to one more game, share a story with one more teacher, enjoy the days you have left here at St. Mary's because life has a funny way of sneaking up on you.

Matthew Ard

Dean of Student Affairs

From the Health Office

— School Physicals on Tuesday, March 19 —

Student physicals at St. Mary's High School, performed by the school doctor, will take place on March 19th. Students that get their physicals done at the school really help to streamline our procedures and are done free-of-charge. This also prevents a situation where a student is not

allowed to participate in try-outs because we do not have a current physical on file. The physical done on March 19 will qualify your student for participation in sports for all three seasons (fall, winter and spring) of sports for the 2013-2014 school year.

Every student playing a sport must

have a current physical on file in the Health Office prior to the first try-out/practice date. **Students wishing to have a school physical MUST sign up in the Health Office.**

Additionally, any student who did not play a sport this year but is interested in playing a sport next school year or anyone who is interested in getting a physical for working papers must sign up for a physical with Mrs. Murphy in the Health Office in order to have a physical. **The deadline to sign up is March 8.**

Questions can be directed to Mrs. Murphy, school nurse, at 683-4824 ext. 20 or bmurphy@smhlancers.org.

Science Olympiad Team earns medals at Regionals

Congratulations to the St. Mary's High School Science Olympiad Team for their outstanding performance at the Regional Competition held at Canisius College in Buffalo on Saturday, Feb. 2.



Marcel Tremblay and Laura Cavallari took first place in the Boomilever event.

Emma Hodges.

The highlight of the day for the St. Mary's team was the performance of senior Marcel Tremblay and junior Laura

Cavallari, who took first place in the Boomilever event.

Also earning medals at the competition were junior Reagan Craddock and seniors Joshua Cehulic, Jessica Kobis, and

The team was led and prepared by moderators Mr. Phil Conner and Mr. Al Derrico.

Bishop's Day April 8

It's traditional that when the Bishop visits a school, he declares a school holiday for a day selected by the school Administration.

The St. Mary's Administrative Team has selected **Monday, April 8**, for this Bishop's Holiday. This will extend the Easter Break by one day.

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 684-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)

Counselor to Classes of 2013 & 2015

Counselor to Classes of 2014 & 2016

Students must learn critical thinking

There's a big shift going on in schools today. Compared to the days when many of us were in school, schools are shifting to a focus on deeper learning and even more critical thinking. This means students will not only have to call up a fact, but also understand how that fact relates to other ideas.

It's one of the ways schools are preparing students for college and careers. It will also mean a change in the way your teen studies. Here are some tips to help your teen move beyond memorization:

- Challenge your teen to form opinions – and defend them. If she says the town should put up a stop sign in front of the school, ask her why she feels that way. Then encourage her to write a letter to local authorities outlining her ideas.
- Help your teen see other sides of an issue. Say, "I understand why you feel that way. But there are other people who might say ..."
- Give your teen the reasons behind the limits you have set for her. For example, studies show that more teens are injured in cars after midnight. What a great reason to establish a curfew before then!
- Talk about the advertisements when you're watching TV. How are they trying to persuade viewers? Are they effective?

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Fend off the "senioritis" plague

Your teen may be ready for summer break, but there are still several months to go in the school year! Every spring, high school students, especially seniors, are plagued with senioritis, a lack of motivation and general disinterest regarding school. They may want to skip class, and paying attention is a challenge.

Even if your teen isn't a senior, she may still be affected by this apathy. All high school students, no matter the grade, experience senioritis to some degree every spring.

Be sure not to let senioritis affect your teen's attendance. Maintaining good attendance in the spring is more important than ever! Keep in mind that:

- Testing often occurs in the spring. This means that your teen will

learn critical information every day that will help her excel on both standardized tests and classroom exams.

- A partner can help your teen stay motivated. Have your teen enlist someone – maybe a friend, teammate or sibling – who is also feeling antsy. Together, they can develop a plan to pay attention in class every day.
- School is your teen's job. You aren't able to skip work when you don't feel like going, and your teen isn't allowed to miss school.

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College preparation time line

No matter what grade your high schooler is in, it's never too early to start planning for college. Even ninth graders can get a head start on this process.

In ninth grade, your teen should:

- Take rigorous courses (within the limits of his capabilities).
 - Get involved in school activities.
 - Start learning about programs and colleges that interest him.
- In 10th grade:**
- Pay attention to 11th grade courses when selecting 10th grade classes. Make sure that he is taking needed prerequisites.
 - Find a summer activity that will be appealing to colleges, such as a job or volunteer work.
 - Research interesting colleges online.

In 11th grade:

- Continue to do his best in classes and on standardized tests.

- Create a résumé of activities in which he's participated and leadership positions he's held.
- Talk to his counselor to build a list of colleges with a balance of safety schools, targets and reaches.
- Visit colleges during school breaks. Take virtual tours online.
- Begin his college essays. During **his senior year**, he should:
- Ask teachers for letters of recommendation.
- Take the SAT or ACT.
- Fill out applications, finish essays and send them off.
- Apply for scholarships and financial aid.
- Wait for letters of acceptance and decide where to attend!

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Thank you to everyone (volunteers, students, faculty, staff, attendees) who helped make Lancer Auction 2013 a Success!



Health Corner

Wellness Week at St. Mary's

By The Healthy Lifestyles Club & Mrs. Barry

Every year St. Mary's High School participates in Wellness Week. This year Wellness Week will be held the week of March 18-22.

During Wellness Week we focus on increasing wellness awareness and the importance of staying healthy through:


- Morning Prayer – Start the day off right at 7:30 a.m. with a short inspirational prayer service.
- Step- A- Thon – To increase our activity level during this week, it is our goal to have all students to participate in the

Step-A- Thon and to reach a goal of 500,000 steps. The class with the most steps & participation will receive a Pride Day.

- Daily Health Question – homerooms will be given a chance to answer a Health Trivia Question to increase our awareness of current health issues.
- Healthy Eating – During this week the Cafeteria Staff will increase our healthy food choices by offering more fresh fruit and vegetables. Please encourage your son/daughter to get involved! It's important that we try our best to get healthy and stay well.

January Calendar Winners

Jan. 1 ...917 Ticket Unsold	\$-
Jan. 2 ...241 Ticket Unsold	\$-
Jan. 3 ...322 Ticket Unsold	\$-
Jan. 4 ...748 Ticket Unsold	\$-
Jan. 5 ...927 Ticket Unsold	\$-
Jan. 6 ...220 Ticket Unsold	\$-
Jan. 7 ...788 Amanda Krzyzanowski ..	\$25
Jan. 8 ...904 Ticket Unsold	\$-
Jan. 9 ...871 Chris Kowalyk	\$25
Jan. 10 .149 Ticket Unsold	\$-
Jan. 11 .787 Ticket Unsold	\$-
Jan. 12 .991 Ticket Unsold	\$-
Jan. 13 .612 Ticket Unsold	\$-
Jan. 14 .383 Beverly Shamblin	\$25
Jan. 15 .564 Cheryl Miller	\$25
Jan. 16 .794 Beverly Shamblin	\$25
Jan. 17 .701 Ticket Unsold	\$-
Jan. 18 .552 Ticket Unsold	\$-
Jan. 19 .639 Ticket Unsold	\$-
Jan. 20 .510 Ticket Unsold	\$-
Jan. 21 .312 Ticket Unsold	\$-
Jan. 22 .282 Ruth McManus	\$25
Jan. 23 .847 Ticket Unsold	\$-
Jan. 24 .024 Ticket Unsold	\$-
Jan. 25 .618 Ticket Unsold	\$-
Jan. 26 .894 Patricia Kruse	\$25
Jan. 27 .775 Ticket Unsold	\$-
Jan. 28 .338 Susan Romance	\$25
Jan. 29 .427 Ticket Unsold	\$-
Jan. 30 .587 Ticket Unsold	\$-
Jan. 31 .634 Sandra Grega	\$25



Sponsored by St. Mary's High School Healthy Lifestyles Club
Wednesday, March 20 • 8am-1pm
Walk-ins Welcome • Appointment Recommended • Call 683-4824 to schedule a time

St. Mary's High School Lancer Parent Partnership presents the
Spring Fashion Show
fashion of the Night

Thursday, April 18
 Doors Open 5pm • Dinner & Show 6pm
Tickets – \$35
Tickets go on sale March 4 • Tables of 10 available



Lancer Parent Partnership



Fashion Show tickets on sale March 4!

The Lancer Parent Partnership Fashion Show Committee will meet on **Thursday, March 7 at 5:30 p.m.** in the St. Mary's High School Library. All are welcome to join the committee and assist with the planning.

This year's event, "Fashion of the Night", will be held on Thursday, April 18, at Salvatore's Italian Gardens Restaurant. Vendors include BeJeweled, Mary Kay, Avon, Miche Bags and Owl Origami, Lia Sophia, and Jewelry by Tammy Wnuk. Stores showcasing their fashions are The Jacqueline Shoppe, Tuxedo Junction, TJ Maxx, Old Navy, PacSun, DEB, and Dress Barn.

As the Lancer Parent Partnership's only fundraiser, the event raises money for student scholarships, as well as

parent networking socials and faculty and staff appreciation events. In addition to the nine departmental scholarships traditionally funded by the Lancer Parent Partnership, two additional scholarships will be awarded this year to members of the Class of 2013 who exhibit strong leadership and extraordinary community service.

If you are unable to attend the March meeting but would still like to help, please e-mail Sandy Gibson at ekgib15@msn.com. There are many ways to help, including assisting with the models, decorating, and helping with admissions and raffles the night of the event.

The annual fashion show is a wonderful evening of fun, food, fashions, and fabulous prizes! Tickets are \$35 and include admission, a door prize ticket, a

three-course dinner, and the show. Tables of 10 are available. The event will also feature an iPad Mini raffle, theme basket raffles, 50/50 split raffle, and a cash bar.

Theme baskets will be on display during the spring musical run March 14-16. Admission tickets, iPad raffle tickets, and theme basket raffle tickets will be sold prior to each performance and during intermissions.

Tickets are available beginning March 4 through the School Office or may be purchased at one of the school musical performances. Please invite your friends and family from outside the St. Mary's community and help us showcase this great event to benefit our students!

Students benefit from STEM event

STEM stands for Science, Technology, Engineering, and Math. There is a growing movement to encourage more students to make a career in one of these fields. With that goal in mind, BISSNET (Buffalo Independent Secondary School NETwork) has begun a series of free STEM programs occurring about once a month.

The January event focused on Engineering. Eight Lancers attended various activities in

aeronautics, electrical engineering, chemical engineering, bio engineering, systems, and computing. The students were able to experiment with things they may not have time to study during the typical school day.

Unfortunately, the February event was canceled due to a snow storm. The next event (Forensics Science) is scheduled for March 16, and the event after that will be Environmental Science.



Taking a break during the January STEM event are Julie Pijacki, Megan Vogel, RiverLeigh Martinez, Joshua Sugg, James Roetzer, Alexandra Zelazny, Andrew Hoffman, and Reagan Craddock.

Spirit Week 2013



Senior Paul Rath was one of the spirited emcees for the Class Competition Assembly.



Miss Kelly and Miss Ruhland write down the Faculty/Staff answer.



The Freshmen show the answer to the trivia question: What teacher has taught the longest? (F for Mr. Fay)

Students/Teacher of January



Marcel
Tremblay



Laura
Cavallari



Sean
Wilson



Cameron
West



Mrs. Maryellen
Migliore

Softball Team Friendly's Fundraiser

Saturday, March 9

at the Friendly's on Union Road
near William in Cheektowaga
Vouchers available in the Main Office
and at smhlancers.org

School Meals

We serve education everyday through healthy choices

March 2013 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fish on a roll, cole slaw, macaroni salad, hash brown potato patty, fresh fruit, milk
4 Chicken nuggets, mashed potatoes, gravy, broccoli, carrots, dinner roll, fresh fruit, milk	5 Tacos, seasoned meat, whole wheat wrap or bread bowl, refried beans, salsa, cheese, lettuce, rice, fresh fruit, milk	6 Stir fry, rice, chicken, vegetables, sweet & sour sauce, fortune cookie, dinner roll, fresh fruit, milk	7 Chicken patty on roll, tater tots, corn, green beans, fresh fruit, milk	8 Grilled cheese, tomato soup, potato patty, carrots, peas, fresh fruit, milk
11 Spaghetti, meat balls, whole grain dinner roll, chef salad, garbanzo beans, fresh fruit, milk	12 Oven baked chicken, mashed potatoes, gravy, green beans, fresh fruit, milk	13 Pizza, chef salad, corn, carrots, fresh fruit, milk	14 Goulash with meat sauce, chef salad, dinner roll, peas, fresh fruit, milk	15 No School
18 Cheese burger on roll, chef salad, oven fries, green beans, corn, fresh fruit, milk	19 Chicken tender sub, sweet potato fries, broccoli, fresh fruit, milk	20 Goulash with meat sauce, chef salad, whole grain roll, corn, fresh fruit, milk	21 Sahlen's hot dog on roll, baked beans, peas, carrots, fresh fruit, milk	22 Pizza with cheese, sauce, chef salad, carrots, fresh fruit, milk
25 Chicken patty on roll, oven fries, peas, carrots, fresh fruit, milk	26 Spaghetti, meat sauce, chef salad, dinner roll, broccoli, fresh fruit, milk	27 Pizza, chef salad, green beans, corn, fresh fruit, milk	28 <i>Happy...</i>	29 <i>...Easter!</i>

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

Cost — \$1

Juice / Milk with Bagel & cream cheese

OR Pancakes OR Muffin OR French Toast

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**

Lunch Cost – \$3

**Students may prepay for lunch by the week or
month at \$3 per day**

Menu Choices

Balanced lunch as shown on menu

OR Salad Bar

Milk offered every day –

fat-free chocolate, fat-free white, 1% white



Campus Ministry



Lyin' & Lamb

The traditional adage, "If March comes in like a lion, it goes out like a lamb" may well describe the Gospel passages this month.

March 3 brings two distinct images: the first illustrates that public calamity is not proportional to sinfulness, and the second is that of a barren tree given one more opportunity to be fruitful.

March 10 relates the parable of the prodigal son and his journey of sin, repentance and forgiveness. Perhaps a better title for this parable is "The Story of the Forgiving Father."

On St. Patrick's Sunday, March 17, John tells the incident of the woman, who was caught in adultery and is

forgiven by Jesus. The thread that sews these episodes is one of God's reaching out to nourish us in our complacent stagnation, much like the gardener and the fig tree, and His forgiving our sinfulness to become bearers of Scripture and receptors of Sacrament. We sin, we repent, God forgives.

The week of March 24 thru March 31 is designated as Holy Week, and I pray that it will be that for the St. Mary's Community.

On March 24, the passion and death of Jesus will be told according to St. Luke. There is a great contrast between the royal reception given to Jesus as He enters Jerusalem on Palm Sunday and His

rejection shortly thereafter.

The Triduum, Holy Thursday, Good Friday and Holy Saturday will be the culmination of the Lenten Season. Easter Sunday, named after the Roman goddess of the dawn, would be more appropriately named the Feast of the Resurrection, for it is these saving acts of the Christ that brings us forgiveness, hope and salvation.

The first Sundays are reminders of our own sinfulness, especially lyin', and the last the redemption from those sins by the Paschal Lamb.

A prayerful and blessed March for the St. Mary's Family, ALLELUIA.
Benedicat vos omnipotens Deus.

March 2013 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-C Day Junior Retreat 8am-3:30pm	2
3	4-D Day	5-E Day Art Club 2:30pm Curriculum Committee 2:30pm	6-F Day Campus Ministry Meeting 7:35am Lenten Day of Prayer SEEK Meeting 2:30pm	7-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library	8-B Day Jeans Day Jeans Day	9 SAT Test Softball Fundraiser at Friendly's
10	11-C Day Student Senate 2:30pm	12-D Day Special Schedule (Lenten Reconciliation / Rosary/ Class Meetings) Seniors to OLV Basilica NHS Meeting 2:30pm	13-E Day Science Exploration to UB 8am-2pm Principal's Ad Board 2:30pm	14-F Day Pride Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Musical 7:30pm Pride Day	15 NOSCHOOL Administrative Day Musical 7:30pm No School	16 Musical 7:30pm
17 Healthy Lifestyles Week Wellness Week	18-A Day PM Assembly Schedule (Kids Escaping Drugs Presentation Student Senate 2:30pm	19-B Day School Physicals Art Club 2:30pm College 101 6:30pm	20-C Day Campus Ministry Meeting 7:35am Blood Drive 8am-1pm Faculty/Staff Meeting 2:30pm Lancaster Spelling Bee 7pm	21-D Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library SOUL Meeting 2:30pm Winter Sports Banquet 6pm at Kiebzak's	22-E Day	23
24	25-F Day <i>Note - Liturgy originally schedule for this day was cancelled</i>	26-A Day Juniors to National College Fair 8:30- 10:30am National College Fair 6-8:30pm	27-B Day Stations of the Cross Lancaster/Depew Teen Idol 7pm Liturgy Dress Code	28 NO SCHOOL Holy Thursday Office Closed No School	29 NO SCHOOL Good Friday Office Closed No School	30
31 Easter Sunday						

St. Mary's Musical Theatre Department presents



March 14, 15, 16 • 7:30 p.m.

\$8 Adults • \$7 Students • \$6 Children & Seniors • \$20 Weekend Pass

For Tickets, call 683-4824, ext. 15 or visit the St. Mary's Library

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

