



*Produced by the
Journalism &
Marketing
Academy*

The Week Ahead...

Mon. Oct. 10th

NO SCHOOL

Tues. Oct. 11th - C Day

****Professional Dress Day***

Wed. Oct. 12th - A Day

STANDARDIZED TESTING

NOON DISMISSAL

- 9-11th graders - PSAT
 - 12th graders who signed up - SAT
 - Other 12 graders can stay home!
 - **Bring calculators and pencils**
- *See Guidance Corner for more info***

Thurs. Oct. 13th - B Day

****Normal Dress Code***

Fri. Oct. 14th - C Day

ConnectLife Blood Drive 8 am - 1 pm

- Must be 16 years old
- Must have signed permission slip
- See Mrs. Powers with questions



Congratulations!

The Freshman Class voted on their officers for the rest of the school year.

Presenting the cabinet for the
Class of 2026:

Secretary - Machala Musty

Treasurer - Michaela Panella

Vice President - Avery Szczesek

President - Milan Spivey

Open House Recap

Open House at St. Mary's High School took place Thursday (9/29) and Friday (9/30). There were a significant amount of student volunteers who were there.

Mrs. DiGiacomo, who helps run Open House, said there were over 130 tours given to 7th and 8th graders from public and private schools.

Open House was a major success, largely due to the massive influence that our new Academies had on the incoming families. We hope to see plenty of new Lancers for our 2023 school year!

Guidance Corner

Standardized Testing Day

Reminder to all students that ***Wednesday, Oct. 12th***, is Standardized Testing Day.

On this day, 9th graders will be taking the PSAT 8/9, 10th & 11th graders will be taking the PSAT, and 12th graders (who

signed up) will take the School Day SAT. Here is some important information that all students should be aware of:

- Students must be in regular dress code
- **Students should bring two #2 pencils and a calculator. Those who forget their calculator will NOT be given one (students can take the test without one)**
- Upon entering the school, students should go to their Exam Room, NOT their first period class. The list of Exam Rooms will be posted outside the Finance Center
- Dismissal is at Noon

Financial Aid Night

Aimee Murch, the Director of Financial Aid at Villa Maria College, will be coming to St. Mary's High School on ***Monday, Oct. 17th***. Her presentation will begin immediately after the Senior Class Trip Meeting.

Ms. Burch will discuss the FAFSA, college financial aid, and the college application process. All are welcome.

College Rep Visits

The following colleges will have representatives visiting St. Mary's High School over the next couple of weeks:

- ***Tuesday, Oct. 11***
9 a.m. - Baldwin-Wallace
9:45 a.m. - St. Bonaventure
Noon - Providence
- ***Thursday, Oct. 13***
8:30 a.m. - St. Anselm
- ***Monday, Oct. 17***
11 a.m. - Hilbert

Please contact Mr. Kidder to sign up to meet with any of these representatives.

Healthy Tip of the Week!

Did you know **1.3 BILLION TONS** of food are wasted globally each year? Here's one effort towards reducing that waste:

When you've got fresh fruit on its last days, freeze it using the "IQF" (individually quick frozen) method:

- Slice it up
- Spread the pieces evenly on a parchment-lined sheet
- Freeze
- After completely frozen, transfer the pieces to a container.
- Use frozen fruit in smoothies, or cook them to serve with breakfast or dessert.

Want to talk about more ways you can help reduce food waste? Write to St. Mary's Nutritionist, Alyssa at alyssa@fabulous-nutrition.com



Important Upcoming Dates...

Mon. Oct. 17th

- **MANDATORY** Senior Class Trip
Parent Meeting - 6 pm
- Senior Parent FASFA Informational Meeting - 6:45 pm

WALT DISNEY WORLD®

Federal Student Aid
An OFFICE of the U.S. DEPARTMENT of EDUCATION

Wed. Oct. 19th

Fall Concert - 7 pm

Sat. Oct. 29th

Ciao Italia with Mary Ann Esposito Returns Home - The Chopped Edition - 5 pm

Sat. Dec. 2nd

Bash for Cash - 6 pm



Stay tuned for future editions of “The Scoop” that will feature a link with even more content!



Hanging with Mrs. Cardamone

Junior Maddie Boglev sat down with one of St. Mary's newest teachers to welcome her to the school and get some fun facts.

Q: Where did you attend high school?

I attended Eden High School growing up.

Q: Do you have any pets?

I have one pet - a Golden-Doodle named Scout.

Q: How are you liking St. Marys?

I love it. It's really fantastic and has a great atmosphere.

Q: How long have you been teaching?

I have been teaching for 17 years.

Q: What's your favorite sport? Would you ever consider coaching that sport?

My favorite sport is lacrosse. I don't think I would coach it because I don't know much about the smaller details of the sport.

Q: Who's your favorite person in history and why?

It would have to be Violetta Chamorro. She was a female Nicaraguan president. I typically like the female presidents in history.

