



*Produced by the
Journalism &
Marketing
Academy*

The Week Ahead...

Mon. Oct. 31st - B Day

**Halloween Dress Up Day
Appropriateness and modesty are
expected with all costumes*

Tues. Nov. 1st - C Day

*All Saints Day
*LITURGY DRESS CODE
PM Liturgy Schedule

Wed. Nov. 2nd - A Day

**Sophomore Retreat
FREE Dress Down Day for all

Thurs. Nov. 3rd - B Day

**Professional Dress Code
• NO JEANS/JEAN SKIRTS
Picture Retakes - During Lunches

Fri. Nov. 4th - C Day

*End of 1st Quarter
*St. Mary's Pride Dress
Fall Play - 7:30 pm



Tues. Nov. 1st

- Men's Soccer - Semis @ Westwood - 3 pm
- Women's Soccer - Semis @ Nardin - 4:30 pm

Thurs. Nov. 3rd

- Cross Country - All-Catholics @ Como Park
 - 2 p.m. M. JV / 2:45 p.m. W. JV
 - 3:30 p.m. M. Varsity / 4:15 p.m. W. Varsity
- Volleyball - Finals @ Hilbert College - 6pm

Sat. Nov. 5th

- Men's Soccer - Finals @ Canisius College - TBD
- Women's Soccer - Finals @ Canisius College - TBD

Fall Sports Playoffs & Championships!

Guidance Corner

Upcoming College Visits

The following colleges will have representatives visiting St. Mary's High School:

- **Monday, Oct. 31**
9 am - St. Bonaventure
- **Tuesday, Nov. 8**
10 am - Univ. of Tampa
- **Wednesday, Nov. 9**
11 am - Nazareth College

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

Scholarship Opportunities

New to the St. Mary's Counseling Office web page - Scholarship Opportunities!

The Counseling Department is pleased to share scholarships available from private organizations and colleges/universities as well as links to websites that have even more scholarships.

Go to smhlancers.org/counseling-center and scroll down to see the scholarships available to our students.

Healthy Tip of the Week!



Regularly eating more than 50 grams (>12 teaspoons) of sugar a day can lead to long-term negative impacts like heart disease, and high blood sugar. Check out the scary amount of sugar in these top five most common Halloween candies, and remember to enjoy your candy responsibly:

1. Skittles: 45 grams sugar (>11 teaspoons) in one regular size package (2.17oz)
2. Reese's PB Cups: 20 grams sugar (5 teaspoons) in two reg. size cups
3. Milk Chocolate m&m's: 29 grams sugar (>7 teaspoons) in one reg. size package (1.69oz)
4. Starburst: 16 grams sugar (4 teaspoons) in six pieces
5. Snickers: 24 grams sugar (6 teaspoons) in three fun size pieces

Want to talk about some more healthy alternatives? Write to St. Mary's Nutritionist, Alyssa at alyssa@fabulous-nutrition.com

Important Upcoming Dates...

Thurs. Nov. 3rd

Picture retakes during lunches in the Athletic Center

Fri. Nov. 4th & Sat. Nov. 5th

Fall Play (*Almost, Maine*) - 7:30 pm

General admission tickets on sale in the Main Office!

Sat. Nov. 12th

St. Mary's Elementary Fall Craft Show

Sat. Dec. 2nd

Bash for Cash - 6 pm - **IN-PERSON!!!**

*All families must sell at least 4 tickets

Thurs. Dec. 8th & 15th

St. Mary's Nights in the Village



Bash for Cash
Fri. Dec. 2nd
Doors Open at 6 p.m.
\$50/ticket
Win \$10,000!
Tickets at smhlanccers.org

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



Cupcake Sale - TOMORROW, 10/28

The Spanish Club is having a Día de Los Muertos cupcake sale on Friday, October 28th. The cupcakes will be sold for \$1 each. Come to the Spanish wing before and after school to buy your cupcake.

All proceeds are going to the Peruvian Outreach Project. Make sure to get yours tomorrow!