



Produced by the
Journalism &
Marketing
Academy



From the Principal's Desk

There is this great quote I've been thinking about lately by Kara Lawson, she's the Women's Basketball Coach at Duke... **"Life will never get easier; you just learn to handle hard stuff better!"**

It's a paradigm shift for most of us to think that way. We are all so used to waiting around and hoping that life will just get easier... Maybe it doesn't! Classes don't get easier. After high school we have college, after college is life! Maybe it doesn't get easier, maybe we just get better at it... better at handling it!

In thinking through this, I truly feel that this is **the overarching theme of St. Mary's High School.**

We are a preparatory school - preparing students for what is next! Preparing students to handle anything that life throws at them! Preparing them to "Handle Hard Better!" A school that is set up for the benefit of our students and of our families, and is so much more than just desks, white boards, and Chromebooks...

So what are these benefits? What is this role St. Mary's plays?

1. We pride ourselves on preparing you to think! Not to memorize or regurgitate what others say, but take the words of others, decipher their meanings, and let it become a part of your thought process as you make decisions. **Knowledge isn't power, the application of knowledge is!**
2. We work to prepare you to take on challenges and overcome them. From dress code, to homework, to the math class that just seems impossible... Our job is to prepare you to handle hard! Our job is to prepare you to take on the world in an organized and self-confident manner. Oh, and once you prove you can handle it, our job is to create a new challenge and push you further!
3. We exist for our students and families! We are a network of people that you can lean on. No one can do it alone!

We give you teachers and administrators to push you. We give you resources to help expand your mind and prepare you for life beyond high school. We give you a network of alumni and professionals that you can lean on to set you up for success.

Handle Hard! Come on... you can do it! We can help!

God Bless,

Mr. Junik

Get Your Yearbooks!

**Last chance to order yearbooks!
Yearbook sales will close Feb. 1st.**

Senior Parents - all yearbook ads must be purchased and designed by Feb. 1st as well. Take out a space to let your graduate know how proud you are of them!

St. Mary's High School
presents

Ski Day
at
Holiday Valley®

Saturday, February 11, 2023
8:30 am - Close
\$80 per student
**Includes: All-day lift ticket,
Hot Cocoa Bar, & Finger Foods**

All levels of skiers and snowboarders welcome!
**Bring your own skis or rent them
(additional cost)**

\$100 per adult!
**Contact
Doug
Buczak
at
(716)
683-4824**

The Week Ahead

Mon. Jan. 30th - B Day

*LITURGY DRESS CODE

**Special guests coming to visit!*

START OF SECOND SEMESTER

START STRONG!

Tues. Jan. 31st - C Day

*REGULAR DRESS CODE

Wed. Feb. 1st - A Day

*LITURGY DRESS CODE

*FEBRUARY LITURGY

Thurs. Feb. 2nd - B Day

*REGULAR DRESS CODE

Fri. Feb. 3rd - C Day

*ST. MARY'S PRIDE DRESS

Guidance Corner

Course Selections for 2023-24

Attention 9th, 10th, & 11th Graders:

Very shortly, you will be receiving an email regarding course selections for the 2023-2024 school year. This email will list the courses for which teachers recommended you. In addition, there will be links for you to make some choices for next year (electives, Dance/PE, etc.)

All students are asked to select their courses before the February Break.

Parents - please review the recommendations/choices with your students.

If you would like to see information regarding the courses, please see the Course Catalogue on the St. Mary's website (under the "Academics" tab).

Questions may also be sent to Mr. Kidder at kkidder@smhlancers.org.

Mon. Jan. 30th -

No Contests

Tues. Jan. 31st

4/5:30/7 pm - M. Basketball

vs Timon

5 pm - Fed Hockey vs Nichols @ Nichols

Wed. Feb. 1st

4:30 pm - W. Hockey vs CASH @ NT Center

5:30/7 pm - W. Basketball vs Nardin

Thurs. Feb. 2nd

4/5:30/7 pm - M. Basketball @ St. Joe's

Fri. Feb. 3rd

5:30/7 pm - W. Basketball vs O'Hara

9 pm - Club Hockey vs St. Joe's @ Cheektowaga

Sat. Feb. 4th

8:30 pm - Club Hockey vs OPB @ Cheektowaga

Sun. Feb. 5th

Wrestling - All Catholics (All Day) @ St. Mary's

7:45 pm - Fed Hockey vs Timon @ Holiday



Scholarships

Attention 12th Graders:

Are you looking for some free money for college?

There are plenty of scholarships out there.

Please remember:

- Mr. Kidder emails scholarship information when it comes into the Counseling Center
- Scholarship opportunities are posted on the Counseling Center website:
<https://smhlancers.org/counseling-center/>
- Information is also shared on the Counseling Center Twitter page: @SMHSCollegeprep

If you need assistance with the Scholarship Applications (transcripts, letters of recommendation), please contact your counselor.

FEBRUARY SWEEPS!

Virtual Sweepstakes Siesta Key Getaway

1-Week Stay
2-Bedroom, 2-Bath Condo - Sleeps 6
Donated by Tom & Kara (Schaller) Bestpitch '96

\$50 per
chance



\$3,000
value



Tickets on sale Feb. 1st - 28th

IMPORTANT SAT INFO

St. Mary's High School is excited to, once again, offer an SAT Prep course to our students. The course will cover both verbal and math skills and help students to navigate the intricacies of the SAT exam given by the College Board. The course offered will serve either the March 11th or the May 6th exams.

The course is \$90 (Review book included)

Payments can be made by cash, check, or charge. The course will run 4 days a week for 3 consecutive weeks.

**** Note: Registration for the SAT exam itself is done separately through the College Board website. St. Mary's cannot register individual students for the exam!***

SESSION I

March 11th Exam

- Registration deadline for the actual exam is February 10th.
- Registration deadline for the prep course is February 3rd.

Course Dates:

- February 14th – 17th (Tuesday – Friday)
- February 27th – March 2nd (Monday – Thursday)
- March 6th – 9th (Monday – Thursday)

Clearing Up the Dress Code

By: *The Journalism Jams*

The Journalism Academy interviewed Mrs. Junik regarding the Dress Code. Some people have been confused about the specific details of the Dress Code, and we have answered the current questions that everyone has been asking.

On regular Dress Code days, Mrs. Junik says that we can have school-colored quarter zips or neutral-colored ones. They should be an appropriate length with no big logos. In addition, Lululemon scubas with a hood are not permitted. Crewnecks are also allowed as long as they are school colors and have no big logos. Students should also wear a collared shirt underneath. Absolutely no hoodies are permitted. Regarding skirts, no Lululemon skirts or white skirts should be worn. They should be navy, khaki, or plaid. During professional dress up days, Mrs. Junik wants to reinforce the length of the skirts. Students need to make sure that their skirts are an appropriate length. We hope this information helps clear things up!

Stay tuned for a Google Form that can be used to ask more specific questions you may have regarding the dress code.

Session II

May 6th Exam

- Registration Deadline for the actual exam is April 7th (Good Friday).
- Registration deadline for the prep course is March 31st.

Course Dates:

- April 17th – 20th (Monday – Thursday)
- April 24th 27th (Monday – Thursday)
- May 1st – 4th (Monday – Thursday)