ST. MARY'S HIGH SCHOOL PRESENTS

The Scoop

get down, Lancers!

ISSUE #11 · WEEK OF NOVEMBER 16, 2026

✦ GO LANCERS! ✦

✦ FROM THE DESK OF MR. JUNIK

NOW SPINNING



MR. KEITH JUNIK
PRINCIPAL

The Kindness Challenge

In my public speaking class today, I listened to a speech by Isaiah Orr about the effect random acts of kindness can have, not only on the person receiving the kindness, but on the person giving it as well. (Great job, Isaiah!)

What a perfect time of year to put that idea into action. It is the holiday season, and so many people around us could use a smile or a kind word. Many are holding on to something, dealing with something, or simply feeling low. Let's get out there and turn someone's day into a positive.

✦ The Challenge: Can you perform a random act of kindness every day from now until Christmas?

It doesn't have to be big. A smile, a kind hello, holding the door, or asking someone how their day is going, all count. Sure, you can pay for someone's coffee at Tim Hortons or their groceries at the store, but simply saying "Hello, happy holidays!" can brighten someone's entire day. **Here are a few ideas to get you started:**

FOR PEOPLE YOU KNOW

- Write a handwritten note telling someone what you appreciate about them
- Text an old friend just to say you were thinking of them
- Give a specific compliment ("The way you explained that was so clear!")
- Offer to babysit, run an errand, or help someone move
- Listen fully, without checking your phone
- Share a skill: teach someone to cook a dish, fix something, or use an app

FOR STRANGERS

- Hold the door, or let someone go ahead of you in line
- Return someone's shopping cart along with yours
- Leave a kind sticky note on a mirror, library book, or vending machine
- Smile and greet people by name: cashiers, custodians, bus drivers
- Leave a glowing online review for a small business or a helpful employee

AT SCHOOL OR WORK

- Email a teacher or classmate to praise their work
- Learn and use the name of someone who is often overlooked
- Welcome a new person and include them at lunch
- Pass along a resource or opportunity that could help someone

FOR YOUR COMMUNITY

- Pick up litter on a walk
- Donate items you no longer use
- Volunteer your time at a shelter, food bank, or library
- Shovel a neighbor's walk or bring in their trash cans

Service to others is at the heart of who we are as a St. Mary's community. Let's spend this season living it out, one small act at a time.

Have a fabulous week. **GO LANCERS!** Mr. Junik

This Week's Groove

Mon 11/16 B-Day	Tue 11/17 C-Day	Wed 11/18 A-Day	Thu 11/19 B-Day	Fri 11/20 C-Day
Regular schedule	Academy schedule	Regular schedule	Academy schedule	Regular schedule
Regular dress code	Regular dress code	Regular dress code	Regular dress code · **sophomores dress down**	Regular dress code
— nothing —	— nothing —	— nothing —	**Sophomore Retreat**	— nothing —

✦ Sophomores Thu. 11/19 Sophomore Retreat is Thursday, and it's a **sophomore dress down** day. Make sure your **signed permission slip** is turned in!

Lancer Spotlight

✦ NEXT STOP: NATIONALS ✦



SWIMMING · STATE CHAMPION

Emme Grace Targia

Emme Grace **won at States** and is now moving on to **Nationals!** What an incredible accomplishment for Emme Grace and for St. Mary's swimming.

The whole Lancer family is cheering you on. **Go get 'em, Emme Grace!**

STATE CHAMP!

Congrats on a great fall season!

far out, Lancers!



Volleyball · JV & Varsity



Boys Soccer



Girls Soccer



Football



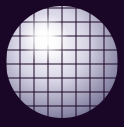
Cheerleading



Cross Country



Swimming



Thanks for a groovy season!

Counselor Corner

can you dig it?

SENIORS · CLASS OF 2027
Mrs. Jamie Whitwood
jwhitwood@smhlancers.org

SOPHOMORES & JUNIORS
Ms. Megan Erway
merway@smhlancers.org

FRESHMEN · CLASS OF 2030
Ms. Saima Horab
shorab@smhlancers.org

✦ SENIORS & SENIOR PARENTS — 🎓 SCHOLARSHIP TIME

Let's Find Some Scholarships!

Good news: help with paying for college is closer than you think, and we're here to make the search easier! Head to the **'27 Counseling Center Google Classroom** and follow this path:

Classwork ▸ Scholarship Resources ▸ Scholarship Opportunities & Scholarships for Seniors

You'll find two great lists waiting for you:

WNY AREA SCHOLARSHIPS

Every year, the High School Counselors Association of WNY gathers local scholarships just for seniors.

COUNSELING CENTER SCHOLARSHIP LIST

Mr. Kidder collects the opportunities that come our way, so you don't have to hunt for them.

You'll find both links in the Google Classroom. You don't have to do this all at once. Take it one application at a time, and remember that every one is a chance to make college more affordable. **Questions?** We're always happy to help. Stop by or contact the Counseling Center.

ALL STUDENTS & PARENTS

How quarter averages work

Determining a student's quarter average is not as easy as adding the grades and dividing by the number of grades. Use this link for an explanation of how averages are calculated.

✦ READ THE EXPLANATION

JUNIORS

PSAT scores are in

Juniors should expect their PSAT scores in their College Board account. Ms. Erway will be pushing into classrooms soon to review scores and talk about next steps.



✦ QUESTION OF THE WEEK

Which shirt do you like best?

Vote for your favorite! The **winning shirt will be featured as a special prize for Bash for Cash** (smhlancers.org/bash-for-cash).

LEFT · Navy knight | RIGHT · "M" Lancers

✦ CLICK HERE TO VOTE

Upcoming Grooves

SIDE A · THE SET LIST		33⅓ RPM
01	**Thu, Nov 19**	Sophomore Retreat · sophomore dress down · permission slips due
02	**Mon, Nov 23**	NHS Induction
03	**Tue, Nov 24**	**Lancer Thanksgiving Feast · no cafeteria breakfast or lunch · Ski Club interest form due**
04	**Now – Christmas**	The Kindness Challenge: one random act of kindness every day
05	**Wed, Dec 9**	Night in the Village, 5–8 p.m., Village of Lancaster
06	**Sat, Jan 16**	Bash for Cash (virtual) · $10,000 grand prize

SAT. JAN. 16, 2027 · VIRTUAL

Bash for Cash

St. Mary's only student-run fundraiser, investing directly in our students. Win the **$10,000 grand prize**, plus additional cash prizes up to $10,000!

$4,000 · $2,500 · $1,000 · 4 × $500 · 5 × $100

✦ SMHLANCERS.ORG/BASH-FOR-CASH

WED. DEC. 9 · 5–8 P.M.

Night in the Village

Spend a night in the Village of Lancaster with fellow Lancers and enjoy special discounts at local shops, restaurants, and more.

SHOP SIP SAVOR

✦ SMHLANCERS.ORG/NIGHT-IN-THE-VILLAGE

✦ NEW CLUB? WE WANT TO KNOW! ⛷ HOLIDAY VALLEY

Ski Club: Are You In?

let's hit the slopes!

We are looking for interest in a possible ski club! As of now, we are planning on going to **Holiday Valley**, with **8 sessions** through the winter months.

- Transportation via **Fisher Bus Company** from St. Mary's High School and back
- Pickup at the high school between **3:00 and 3:15 p.m.**
- Back from Holiday Valley by **10:30 p.m.**
- Prices include **lift tickets and season passes**
- Rentals (skis/snowboard, boots, poles and a helmet) are an additional fee

$475 WITHOUT RENTALS

$650 WITH RENTALS

Prices are based on 30 people in the club and could vary depending on the number of students.

✦ SKI CLUB INTEREST FORM

Respond by Tue. Nov. 24. Questions? Mr. Ard at mard@smhlancers.org

Full calendar at smhlancers.org. Dates subject to change.



PRODUCED BY
Mr. Jeff Slawson
Director of Marketing and Communications

The Meme Machine

groovy, baby!



meme_01.jpg · now spinning



meme_02.jpg · now spinning



meme_03.jpg · now spinning



meme_04.jpg · now spinning

Got a meme for The Scoop? Send it to Mr. Slawson. **Keep it groovy and school-appropriate!**