



St. Mary School

32A Carroll Avenue, Williamstown, NJ 08094

Phone: 856-629-6190

Fax: 856-728-1437

E-mail: mainoffice@smarys.org

Web: www.smarys.org

September 29, 2020

Dear Parents and Guardians,

St. Mary School provides an outstanding academic curriculum focused on the needs of each student. All students, no matter their age, learn differently, and our teachers work tirelessly to find and use methods to help each student thrive. I am excited to announce that this year we are introducing a new tool for our teachers to use to help them meet the needs of your child(ren).

During the 2020-2021 school year, teachers of grades 1 through 8 will be using an assessment called Star 360. This assessment was given in grades K-3, 7 and 8 last year, so your child is likely familiar with the assessment. Students take a reading and a math assessment on a computer 3 times during the year (September/October, January, and May) for a total of about one hour each time. Teachers receive student results immediately that they can use as another source of input to help them provide each child with resources and instruction that will best help them to thrive.

The Star Assessments provide teachers with information that will help them to 1) track student progress toward grade-level standards that are aligned with our curriculum, 2) identify skills that need to be reinforced and more advanced skills for which each student is prepared, 3) compare student learning and progress to typical learning and progress for their grade and age, and 4) pinpoint more accurately each student's instructional reading level to select the right level of challenge for their reading materials.

All parents will receive a report at the end of the year that will provide you with information about your child(ren)'s progress during the year and ways that you can support their continued development at home.

We are excited about using this tool to help us continue to meet your child(ren)'s individual needs and build on the solid academic formation that our school already provides.

God Bless,
Mrs. Patricia Mancuso

Learning and Living in Christ



SAINT MARY SCHOOL

OCTOBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 1:00 Dismissal Faculty Meeting	3 <i>Mass Schedule 4:00 p.m.</i>
4 <i>Mass Schedule 7:30 a.m. 9:00 a.m. 10:30 a.m. 12:00 p.m. 6:00 p.m.</i>	5 <i>Scrip Orders Due</i>	6 <i>Lab Week A</i>	7	8	9 Teacher In-Service No School	10 <i>Mass Schedule 4:00 p.m.</i>
11 <i>Mass Schedule 7:30 a.m. 9:00 a.m. 10:30 a.m. 12:00 p.m. 6:00 p.m.</i>	12 Columbus Day NO SCHOOL  <small>COLUMBUS</small>	13 <i>Lab Week B</i>	14	15	16	17 <i>Mass Schedule 4:00 p.m.</i>
18 <i>Mass Schedule 7:30 a.m. 9:00 a.m. 10:30 a.m. 12:00 p.m. 6:00 p.m.</i>	19 <i>Scrip Orders Due</i> RACE FOR EDUCATION	20 <i>Lab Week C</i> RACE FOR EDUCATION	21 <i>School Mass 9:15</i>	22	23	24 <i>Mass Schedule 4:00 p.m.</i>
25 <i>Mass Schedule 7:30 a.m. 9:00 a.m. 10:30 a.m. 12:00 p.m. 6:00 p.m.</i>	26 <i>Scrip Orders Due</i>	27 <i>Lab Week D</i>	28	29	30 Halloween Celebrations - More Info to Follow	31 <i>Mass Schedule 4:00 p.m.</i>

Nutri-Serve's

Café 2 Class

Mobile Order Meals in the Classroom

= Vegetarian Ingredients

= Gluten-Free Ingredients



We Use Whole Grain Products!

DAILY ALTERNATES:

Cereal & Yogurt
PB & J Sandwich
Chicken Nuggets



OCTOBER Lunch Menu St Mary's Williamstown

Choose 1 Entrée. (3 Daily Specials & 3 Daily Alternate for the Month)

Lunch Includes: Protein ~ Grain ~ Fruit ~ Veggie ~ Milk

All Salads Come With a Grain. Fruit can be cupped, fruit or 100% juice.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Lunch Prices: MEALS ARE FREE TO ALL STUDENTS THROUGH DECEMBER 31, 2020! *Menu subject to change Food Service Director: Debbie Spasari smw@nsfm.com Phone: 856-629-6419 Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White This institution is an equal opportunity provider.</p>		<p>Thursday-October 1 Chicken Tenders w/Dinner Roll Cheeseburger on a Bun Sides: Veggie Medley 100% Fruit Juice</p>	<p>Friday-October 2 Pizza Dippers w/Dippin Cup Yogurt & Bagel Meal Tuna Hoagie Sides: Broccoli Bites Fresh or Cupped Fruit</p>
Monday-October 5	Tuesday-October 6	Wednesday-October 7	Thursday-October 8	Friday-October 9
<p>Macaroni & Cheese Homemade Mini Corn Dogs Chicken Caesar Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Cheeseburger On a Bun Chicken Patty on a Bun Sides: Celery w/Ranch 100% Fruit Juice</p>	<p>Oven Baked Chicken w/BBQ Sauce Ham & Cheese Sandwich Turkey Club Salad Sides: Baked Beans Fresh or Cupped Fruit</p>	<p>French Toast Sticks w/Turkey Bacon Turkey & Cheese Hoagie Sides: Hash Brown Potato Rounds 100% Fruit Juice</p>	<p>No School Teacher In-Service</p>
Monday-October 12	Tuesday-October 13	Wednesday-October 14	Thursday-October 15	Friday-October 16
<p>No School Columbus Day</p>	<p>Nachos Grande w/Corn Chips & Toppings Chicken Patty on a Bun Sides: Golden Corn 100% Fruit Juice</p>	<p>Mini Waffles w/Sausage Ham & Cheese Hoagie Fiesta Taco Salad Sides: Tator Tots Fresh or Cupped Fruit</p>	<p>Popcorn Chicken w/Garlic Bread Stick Cheeseburger on a Bun Sides: Mixed Veggie Medley 100% Fruit Juice</p>	<p>Pizzeria Pizza By the Slice Yogurt & Bagel Meal Tuna Salad Sides: Celery w/Ranch Fresh or Cupped Fruit</p>
Monday-October 19	Tuesday-October 20	Wednesday-October 21	Thursday-October 22	Friday-October 23
<p>Pizza Crunchers Filled w/ Sauce & Cheese Mini Corn Dogs Chicken Caesar Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Fajita Chicken Over Rice Chicken Patty on a Bun Sides: Green Beans 100% Fruit Juice</p>	<p>Mini Pancakes w/Sausage Ham & Cheese Hoagie Turkey Club Salad Sides: Celery w/Ranch Fresh or Cupped Fruit</p>	<p>Chicken Cheesesteak On Torpedo Roll Cheeseburger on a Bun Sides: Corn Salad 100% Fruit Juice</p>	<p>French Bread Pizza By the Slice Yogurt & Bagel Meal Tuna Hoagie Sides: Broccoli Bites Fresh or Cupped Fruit</p>
Monday-October 26	Tuesday-October 27	Wednesday-October 28	Thursday-October 29	Friday-October 30
<p>Mozzarella Sticks w/Marinara Sauce Mini Corn Dogs Chicken Caesar Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Rib-e-Cue On a Torpedo Roll Chicken Patty on a Bun Sides: Potato Wedges 100% Fruit Juice</p>	<p>Dutch Waffle w/Turkey Bacon Ham & Cheese Hoagie Turkey Club Salad Sides: Celery w/Ranch Fresh or Cupped Fruit</p>	<p>Popcorn Chicken w/Bread Stick Cheeseburger on a Bun Sides: Poppin Peas & Carrots 100% Fruit Juice</p>	<p>Personal Pizza By the Pie Yogurt & Bagel Meal Tuna salad Sides: Broccoli Bites Fresh or Cupped Fruit</p>



September 29, 2020

Dear Parents/Guardians:

As you are aware, the Cold Winter Uniform will begin on Monday, November 2nd. For boys in grades 5th, 6th, 7th, and 8th this consist of navy blue trousers, long, or short sleeve light blue oxford shirts with button down collar, vest, and the navy/maroon/silver striped tie.

If you wish to place an order for a tie through school, please complete the form below and return no later than Tuesday, October 13th to the main office, attention Mrs. Morales. The cost of the tie is **\$16.00**.

Sincerely,

Mrs. Patricia Mancuso
Principal

TIE ORDER

_____ Number of ties

_____ Amount Enclosed (make checks payable to St. Mary School)

Student Name: _____

Grade: _____ A B

N.U.T. CARDS

NO UNIFORM TODAY

Purchase a N.U.T. Card in the amount of \$10.00 per card and give your child *three* opportunities to come to school dressed in casual clothes from **Monday, November 2, 2020 through Wednesday, March 31, 2021 only**. Please note the NUT cards will not be sent home until Tuesday, October 27th.

All N.U.T. Cards are limited to **ONE** per child and can be purchased from **Wednesday, September 30th through Friday, October 9th**. Please send your order in an envelope marked "N.U.T. Card" to your homeroom teacher. Thank you for your support.

SMS PTA

NUT CARDS

Child: _____ Class: _____

Child: _____ Class: _____

Child: _____ Class: _____

Child: _____ Class: _____

July 2020

Dear Parents/Guardians,

We are writing to you on behalf of **St. Mary School, a mission of Our Lady of Peace Parish, Monroe Township**. Our mission is to teach and inspire our students as they discover and develop their talents, enabling them to attain their God-given potential. In turn, they contribute to a vibrant parish and community now and in the future.

Our 2020-2021 St. Mary School Annual Fund is currently underway and we would like to invite you, a local business owner, to participate in our campaign in a very special way.

St. Mary School is offering a program called the **"SMS 100 Club"**. This program enables local businesses to donate a tax-deductible gift of \$100 to this year's Annual Fund. Your business' generosity will be acknowledged on our website, in our Annual Report, on social media and in a variety of written communication to our school families during the 2020-2021 school year. Your business name will be seen by close to 400 school families as well as the hundreds of visitors to our website. We welcome our local businesses to take part in this new initiative which greatly supports our school. Our goal is to have at least 100 local businesses participate in our new program.

Gifts in support of the St. Mary School Annual Fund are used for programs that allow our parish school to carry on their mission and motto of ***Learning and Living in Christ***. Donations will be used for supplemental materials to enhance our math and language arts curriculum, additional technology resources, hands-on equipment for our science lab, professional development for our teachers, purchase of classroom furniture and other essential educational needs. Through your support we can continue to enrich academic life by providing critical resources for new technology and academic initiatives for 21st century learning, which allows our students to develop the necessary skills to succeed now, in high school and beyond.

As St. Mary School continues to educate our students during these unprecedented times, both in school full-time and remotely, we at St. Mary School are committed to faith formation and education in the Catholic tradition. We invite you to join us in showing your commitment to the future of St. Mary School and to please consider St. Mary School among your philanthropic priorities. On behalf of our school community and especially our children, thank you for helping to invest in the minds of tomorrow as we are Preparing Today's Students for Tomorrow's World.

Gratefully,

Rev. Cadmus Mazzarella
Pastor, Our Lady of Peace Parish

Mrs. Patricia Mancuso
Principal, St. Mary School

Attached you will find the form needed to participate in our "SMS 100 Club" program. Please complete the form and send it with your \$100 donation to SMS 100 Club, St. Mary School, 32A Carroll Ave., Williamstown, NJ 08094. Please make all checks payable to St. Mary School Annual Fund.



SMS 100 Club Application:

(Please print)

Company Name (as you would like it to be listed):

Address: _____

Phone Number (as you would like it to be listed):

Company Website: _____

Contact Person: _____

Contact Person's phone number:

Office: _____

Cell: _____

Contact Person's E-mail: _____

Total Amount Enclosed: \$ _____

Thank you for your support of St. Mary School

Your company name and phone number will be listed on the St. Mary School website (as you have indicated above) upon receipt of your donation and application form and will remain there for the 2020-2021 school year.

Your business name will also be listed in our 2020-2021 Annual Report as well as periodic communications, including social media and with our school families throughout the year. Also a reminder, that your donation is tax-deductible.

On behalf of our school community and especially our children, thank you for helping to invest in the minds of tomorrow as St. Mary School continues, for another 70 years, Learning and Living in Christ.

YEARBOOKS

September 2020

Dear Parents/Guardians:

The 2019 – 2020 St. Mary School yearbooks arrived in late August. The eighth grade yearbook staff worked very hard and diligently on this project.

If you are interested in purchasing a yearbook 2019-2020 yearbook, please fill out the bottom of this form and return it along with your cash or check made payable to St. Mary School in an envelope marked “Yearbook”. The price is \$21.00 per yearbook. **The yearbooks will be sent home the week of September 14th.**

Thank you!

YEARBOOK ORDER FORM

Student's Name _____ Class _____

Student's Name _____ Class _____

Student's Name _____ Class _____

Number of Books _____ Amount enclosed _____

Jesus Fish Jr. Youth Group

6th-8th grade



IMPORTANT INFO:

Ideally we will have everything listed on this schedule meet outside, unless it is too cold or raining. Please bring your own chair or blanket and your mask. Social distancing will be practiced. Pre-packaged snacks will be served and individual drinks. On Thursdays, pizza will be served with gloves by an adult. Strict cleaning measures are taken in between meetings.

EVERY youth needs a "General Permission Form" on file before attending. It can be found on www.YouthGroupInfo.com under "Download Forms". If it is not on file, bring it to the first meeting/Spiritual Guidance you attend!



SEPTEMBER

Sunday, September 13th:

Youth Group KICK OFF!!!



WATER WARS

Come start the Youth Group school year at our "Water Wars and the Spiritual War" theme! There will be water balloon launcher, hydro extreme game, relay races, prayer experiences and much more! Please wear clothes or a bathing suit that will get wet. (No bikinis or inappropriate suits please.) Outside parking lot on the side of the school from 1-3pm. Please note: If the weather is bad, this will be rescheduled.

OCTOBER

Sunday, October 11th:

Youth Group Meeting: Rosary and Tie Dye Night 7-9pm (outside or Marian Hall) **FIRST**, order your tshirt (using the form on the reverse side) by September 29th. We will then tie dye them at the meeting! In honor of October 7th being the feast Our Lady of the Rosary we will learn about the rosary and pray it.

Guys and Girls Spiritual Guidance Groups Every Thursday, at our NEW LOCATION

Join us every Thursday, Starting on 9/17, from 2:45-4:15pm for Guys & Girls faith sharing groups lead by Fr. Mazz, Youth Minister Kari and our CORE Team Youth Group Leaders. Free Pizza will be served, followed by faith sharing time. SMS Students please send in a cars & walkers note to come over. Other students can come late during the pizza time (we will save you some)! We will be outside the youth office. If the weather is bad, we will be in Marian Hall which is located under the Church.

Enter through side door of the church which leads to Marian Hall.



Follow us on SnapChat:

@OLOPPYouthGroup



Face book name:

"Jesus Fish OLOPP"



Follow Us:

@JFYouthGroup



Videos on YouTube

OLOPP YouthMinistry



Follow us on Instagram:

@OLOPPYouthGroup

PLAY LIKE
A CHAMPION
TODAY

Character Education Through Sports

Champion Athlete Note

Educating and Forming Champion Athletes

What Can COVID-19 Teach Us About Ourselves?

Have you heard the term “Clutch Player”?

A Clutch Player is an athlete that consistently performs well when there's a lot on the line. They thrive in situations where the pressure is high and the consequences of their performance (including the possibility of failure) are great. Hitting a shot when your team is winning by double digits is a lot easier than hitting a game-winning shot at the buzzer. The pressure of knowing that if you succeed, you'll be the hero or if you fail you're automatically labelled the villain can rattle even the most experienced athletes, making it difficult to play to your full abilities.

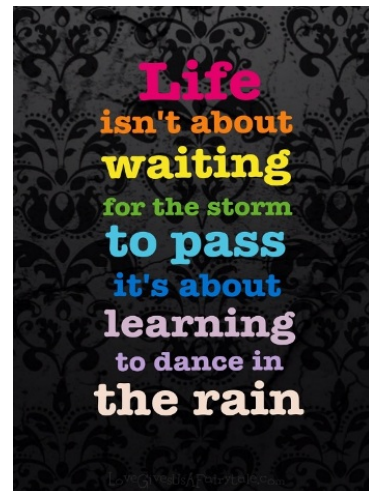
So, what exactly contributes to the making of a clutch player? Paul Sullivan, in his book, *Clutch: Why Some People Excel Under Pressure and Others Don't*, (2010, Portfolio/Penguin Books), describes five characteristics of clutch individuals in sports and beyond. Sullivan's five characteristics include:

- **Focus**
- **Discipline**
- **Adaptability**
- **Being present in the moment**
- **Being driven by the push and pull of fear and desire**

Clutch players display these five characteristics consistently because they are constantly learning about themselves as they challenge themselves. Even in times when they “fail” they stop to ask: “What can I take away from this experience to help me learn more about myself and improve?”

Certainly, the COVID-19 pandemic has taught us about these five characteristics. We are forced us to be **adaptable** (hopefully). It has challenged us to remain **focused** and self-**disciplined** while we couldn't be with our teams practicing and playing. To maintain our emotional health we need to learn how to **stay in the moment** (be present) and balance our desire to compete and play to be the best with the need to social distance and take other precautions to maintain the physical health of ourselves and those we love (**push and pull between fear and desire**).

Consider how you have personally grown in these five characteristics during the pandemic. Which of the characteristics do you still need help developing? Make a commitment during the month of October to intentionally work on that characteristic each



day. At the end of the day, write down how you did. At the end of the month, evaluate how you are a better athlete from practicing this quality. You can become a Clutch Player!

A Letter from the Future

MM/00/0000

Dear _____

It has been five years since we last communicated. As you know, at that time the world was devastated by a novel coronavirus known as COVID-19. Back in 2020 there was no travel, no games, no team, as much of the world was forced to self-quarantine. Seasons were canceled and teams were not allowed to practice together in person. Social distancing became the new way of life.

It is hard to believe that five years have passed. At first, it seemed like my entire world and my daily routine had been taken away by a microscopic enemy. But nothing took me away from myself, of which I am immensely proud, and it has helped me grow as an athlete and as a person. I'd like to share with you what COVID-19 taught me about myself.

- 1) What I am most proud of myself for how I coped with COVID-19 and the self-quarantine ordeal.
- 2) How I was able to accomplish the challenge of coping with COVID-19 and self-quarantine.
- 3) What role my faith, family, friends and teammates/coaches played in helping me cope and remain positive.
- 4) What it taught me about my ability to cope and my character strengths.
- 5) How I can and will use this self-learning to better myself as an athlete and a person moving into the next 5 years of my life and beyond.

Sincerely,

Here's an activity you can do to help illuminate things you have learned about yourself as you manage life during a pandemic. It's called, **A Letter from the Future**. In it you are asked to look back at today from five years into the future.

When you are finished, share your letter with someone you trust such as a coach, parent or teammate.

Take this activity to your team as an effective team-building experience.

A Prayer for Hope

“Count it all joy, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.” James 1: 2-4

In the midst of difficult trials, remember to focus on the Lord. Joy is not derived from comfort, but from our deep conviction that God is with us always. Joy comes from our belief that, no matter what is happening, God is shaping us more completely into best version of ourselves that God created us to be.



Play Like a Champion Today Educational Series
PO Box 72, Notre Dame, IN 46556 | information@playlikeachampion.org
www.playlikeachampion.org

Visit our website

FOLLOW US ON SOCIAL MEDIA!

