



A reminder: As you know each year at this time we are in the process of admitting new students to St. Mary School.

This process involves a number of various details.

Foremost, is determining available space in each classroom.

For those families who have not re-registered your child/ren, please do so on or before Friday, February 5th.

Your prompt response to this request is appreciated.

Please remember if you need to register any new students in preschool, kindergarten or grades 1st – 7th we ask you to visit our website, www.smarys.org and under the Admissions Tab, click on How to Enroll at SMS 2021-2022 and you will see all of the items needed for registration as well as the paperwork needed to be filled out. Everything can be scanned and emailed back to Jackie Kern at advancementoffice@smarys.org.



ST. MARY SCHOOL

CATHOLIC SCHOOLS WEEK

JANUARY 31, 2021- FEBRUARY 6, 2021

Saturday, January 30, 2021 and Sunday, January 31, 2021

Students are encouraged to attend Mass! Wear your uniform if you attend in person or watch Mass at home with the family.

Monday, February 1

Please join us for our Catholic Schools Week Liturgy at 9:00AM - Mass will be live streamed on our Facebook page.

Tuesday, February 2

Spelling Bees - Grades 3-8 will be held in each classroom

Grades K-2 will play games on SMART Board

Wednesday, February 3

Wear your favorite sweatshirt with gym pants or jeans!

Virtual Laser Show for all grades PreK-8 8:45AM -9:30AM Remote students will be able watch with us using a special code....more information will be given to you by your teacher

Thursday, February 4

Read a Thon Kickoff - introductory information in next week's communication folder

Faculty Lunch

Friday, February 5

Students may wear their SMS Spirit wear and Bandanas which will be sold by our counselor throughout the week. - a flyer will be posted in the Communication Folder next week. This fundraiser supports the Victorious Foundation in which the proceeds will be donated to CHOP in Aidan Eberhardt's name. Aiden was a student in our school who passed away from cancer.

School-wide Bingo Games - grades K-8

Half Day - 12:15 dismissal - NO AFTERCARE

Thank you for supporting our service project to the Vineland Veterans Memorial Home. Donations will be accepted through Tuesday, February 2nd.

The St. Mary Ministry of Student Leadership
is hosting a “win-win” opportunity
to participate in a Corporal Works of Mercy project:

“Soup for the Soup-er Bowl”



Beginning now until Friday, February 5th each student who brings in two cans of soup (or more) will receive a NUT card (one dress down day).



All collections will go to the Our Lady of Peace food pantry.



It's a cold winter. Let's show how warm our hearts are!





St. Mary's Catholic School

As we celebrate Catholic Schools Week this year, we will be living out our Service motto by supporting the Vineland Veterans Memorial Home to honor the men and women who have served our country.

We will be collecting the following new items:

High Priority: (residents are restricted to rooms due to Covid)

- **Tissues (Boxes)**
- **Colored Pencils**
- **Colored Markers**
- **Adult Coloring books**
- **Large print word search books**

Other Items:

- Body wash – universal scents for men or women
- Lip Balm
- Deodorant – universal scents for men or women
- Socks with non-slip tread on bottoms
- Diabetic Socks
- Sweatshirts & Sweatpants (S – 5XL)
- Button-down cardigans (S-5XL)
- Pre-shave, Aftershave, and Cologne for men; Perfume for women
- Denture adhesive and Denture Cleaning Tablets
- Suspenders and Belts- larger sizes
- Undershirts (white) sizes S-5XL
- Batteries (AA, AAA, and C)
- Refreshments- individually wrapped (Please check expiration dates)
 - Tastykakes, Chips, Pretzels
- Gift Cards
 - Wal-Mart, Target, Visa, Amazon

Please send in donations by Tuesday, February 2.

Thank you for your help!

PLAY LIKE
A CHAMPION
TODAY

A Team for Every Child

Champion Coach Note

Educating and Forming Champion Coaches

Adaptability

The ability to adapt to game situations and environments has long been an important skill that coaches seek to develop in young athletes. To succeed in competition, it's critical that athletes are able to adjust their strategy and approach, even in the midst of a single play. Yet how often do coaches evaluate their own ability to adapt? Whether shifting tactics during a game, changing the way you communicate to better reach your athletes, or solving a problem you never saw coming (such as a pandemic), **the best coaches are frequently those who show outstanding adaptability skills.** What are these skills and how does a coach improve?



We're glad you asked.

Adaptability skills are often discussed in the business world as the skills needed by individuals and businesses to adapt to changing conditions and environments. Those with better skills in this area are able to make good decisions and adjust quickly when presented with changes or problems, while others may struggle to either make the correct decision or to do so efficiently. The same is true of coaches, but not just when it comes to X's and O's. We all know that if a coach fails to adapt game strategy to a change in conditions (ex. the starting point guard is injured) the team is likely to suffer. Still, other adaptability skills may prove even more crucial when it comes to developing athletes and getting the most out of your youth or high school team. Here's a few areas to consider:

- **Communication** - Good communication is key to developing a *Champion* team. How effectively do you communicate with athletes? Do you listen to athlete concerns and take meaningful action to address them when appropriate? Are you able to quickly recognize when something changes in the team environment or culture? How are your relationships with individual athletes and the team as a whole? Will athletes respond quickly and eagerly when you make a change?
- **Problem-Solving** - Solving problems effectively and as quickly as possible is an important part of coaching. What was the last major challenge you faced as a team? What solutions were you able to come up with to address the challenge and overcome the obstacles it created? How quickly were you able to adjust and address the problem? Does this skill come easily to you as a coach, or do you struggle to determine the correct path to take? Are assistant coaches or team members involved in problem solving, or could they be a bigger part of the

process?

- **Creative and Strategic Thinking** - We know that coaching requires strategy on the field or court, but great coaches often employ creative and strategic thinking skills in a number of different areas. When solving problems during competition or within the team, do you look "outside the box" for solutions? Do you consider new and innovative strategies for athlete development, competition or relationship building? Have you adjusted to the latest technology in order to effectively communicate with athletes. Although we still think face-to-face is the best way to communicate, adapting to the way athletes communicate can be an important way to demonstrate you care about what's important to them.
- **Organizational Skills** - How organized are you as a coach? Coaches who are well organized and plan effectively will most likely find it much easier to adapt when problems arise or situations dictate a shift in strategy. Having your world in order makes it easier to change directions when necessary.

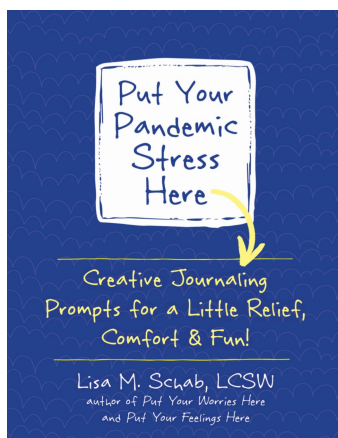
Chances are good you've had to adapt in many ways over the past year, as COVID-19 has forced a number of changes to sports and created new challenges for organizations, coaches and athletes. As the world moves into 2021 and beyond, many experts believe that the speed at which the world around us changes will continue to increase. Whether that means adjusting to the latest technology, changing the way we communicate with athletes, or simply dealing with injuries to one of your athletes, having strong adaptability skills will remain a key trait in the best coaches.

As a coach or administrator, **examine the past year and evaluate your own adaptability skills**, particularly in the areas addressed above. Consider any strengths and weaknesses, then commit to improving these skills in the year ahead. Doing so will help both you and your athletes to reach your potential in 2021.

For I have learned, in whatever state I am, to be content. I know how to be abased, and I know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me.

~ Philippeans 4:11-13

Pandemic Journal



As 2021 begins and the pandemic rages on, coaches are likely fatigued, even aggravated and probably running out of creativity to engage their team. Yet, our athletes still desperately need us since as youth and adolescents, they are less likely able to regulate their emotions.

Author Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the greater Chicago area. She has authored eighteen self-help books and workbooks for children, teens, and adults, including the guided journals, [Put Your Worries Here](#) and [Put Your Feelings Here](#).

Lisa advises, "If you're looking for a boost or a mini-break and your own journal's already

maxed out with emotional free writing, this free e-journal, [Put Your Pandemic Stress Here](#), can help provide a new slant and even a smile. These guided journaling prompts are evidence-based, and designed to help you find gratitude, self-soothing, creative distraction, and positive change. Give them a try for a little relief and some much-needed fun!"

We thought this journal provides a creative team building activity. Thank you Lisa for sharing this resource with our Champion community.

Find out more at www.lisamschabooks.com.

A Coach's Prayer

This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. But what I do today is important because I'm exchanging a day of my life for it. When tomorrow comes this day will be gone forever, leaving in its place that which I have traded. I want it to be gain not loss, good not evil, success not failure. I know I shall not regret the price I have paid for it because the future is just a whole string of now's! Lord, help me to live this day according to your will.

Amen.



Play Like a Champion's "Daily Prayers for Champions" page has been updated! Visit www.playlikeachampion.org/prayer for more than 200 prayers plus resources that can help you and your team grow closer to God while participating in sports.

Access Resources & Learn More at www.playlikeachampion.org

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