



# St. Mary School

32A Carroll Avenue, Williamstown, NJ 08094

Phone: 856-629-6190

Fax: 856-728-1437

E-mail: [mainoffice@smarys.org](mailto:mainoffice@smarys.org)

Web: [www.smarys.org](http://www.smarys.org)

March, 2021

Dear Parents and Guardians,

This time of Lent provides the opportunity to reflect on many things. The last year has been a challenge in many ways for all of us and yet we have been blessed with the continued opportunity to provide a Catholic education to our students. St. Mary School is enriched by Catholic tradition and lived Gospel values and is enhanced by the celebration of liturgy, sacraments, and prayer. Although a little different this school year, we are still able to provide an education in the Catholic faith with an emphasis on Catholic values.

As you know, the tuition that is charged each year does not cover the cost of educating each child at St. Mary School which is \$7025.00. Participation in our fundraisers is strongly encouraged. These funds that are raised offset the cost of educating each child. Along with fundraising efforts, Our Lady of Peace Parish makes tremendous investments to support the school in operational expenses as well as academic programs and is thereby helping to lower your tuition costs. As per the Bishop's Report: A Plan for Catholic Schools in the Diocese of Camden the parish continues to support the school through the Interparochial Catholic School Fund (ICSF). This fund supports all Catholic Schools in the diocese thus our parish will continue to support our school and other schools in the upcoming school year. Our Lady of Peace Parish contributed \$143,292.00 to the ICSF for the current school year. The monies that each of the parishes contribute is then disbursed to the schools. Each school receives a percentage of the fund. We do not receive the entire amount. We received \$64,000 in ICSF this year. In addition, because of the many changes/additions to our building and classrooms for our health and safety plan, the parish contributed \$38,000 directly to us from the Catholic Strong funds.

Each year we receive guidance from the diocese regarding the percentage of tuition increase for the new school year. We work very carefully on our budget so that we can keep increases to a minimum and will continue the practice of not charging additional fees. We have 100% of our re-registrations from current families. Thank you for promptly returning these forms. We are currently accepting applications for seats that we have available. Because we do not know what the guidelines for health and safety will be in the new school year, we are planning according to the same plan as this current year. Class enrollment will continue to be limited. Some grades are currently at capacity and we have begun wait lists. We are budgeting for 400 students next year in grades K-8 which is our current enrollment number.

We will continue to make tuition assistance available in the budget. We distributed approximately \$115,000 in tuition assistance to our families for this current school year. Tuition for the 2021-2022

*Learning and Living in Christ*

school year will increase by \$110.00 for the first child (\$11.00 per month). There will be an increase of \$75.00 for the second child (\$7.50 per month). The third + child increase will be \$60.00 (\$6.00 per month). The Non-Catholic rate will increase by \$13.50 per month.

Tuition rates for the 2021-2022 school year:

**Catholic Students:**

- 1<sup>st</sup> child - \$5,650.00
- 2<sup>nd</sup> child - \$4,325.00
- 3<sup>rd</sup> child (and each additional child) - \$3,475.00

**Non Catholic Students:**

- \$7025.00

We know that the primary reasons that you send your child to St. Mary School include academic excellence, emphasis on Catholic values, healthy social relationships and a supportive, safe environment. SMS is a place rich in tradition and heavily invested in faith and family. Ours is a nurturing, caring environment that thrives from the contributions of all of its members. Our students are a valued treasure and future leaders of our church. Our faculty and staff are committed to the development of each child academically, spiritually, physically and emotionally. Thank you for your dedication to our school and entrusting your child/ren to us each day. We appreciate the sacrifices you make in order to provide a Catholic education to your family.

God Bless,

  
Father Mazz

  
Mrs. Mancuso

## Read-A-Thon Update

Dear Parents/Guardians,

THANK YOU everyone for your amazing support of our First Read-a-thon! At this time, we are still about 500 dollars away from reaching our goal. We are now starting today the 10-day countdown.

This means, that you still have time to reach out to family and friends for the next 10 days to ask for support of St. Mary School and our Read-a-Thon. Let's reach our goal and maybe even exceed our goal!!!

You can send out the 10 emails from your account and supporters can still send in donations for the read-a-thon for the next days. We did however, close the portion of logging minutes. That is no longer open.

Updates on Prizes:

\* Prizes were sent home on Friday.

\* Those on remote, your prizes are now available in the drop box and you can pick them up during school hours when the drop box is open. They are marked with your name on it.

\*If you are on temporary remote and are returning this week, you will receive your prizes when you return to school this week.

\*For the N.U.T. card and spirit wear cards-- all students must follow the guidelines for N.U.T. card days and spirit wear days found in the St. Mary School handbook

\*For the Free Pretzel Treat: These treats will be given out on Friday, March 12 for those receiving their first pretzel treat.

\*For those receiving a 2nd pretzel treat, that will be given out on Friday, March 26.

\*For those on Remote and receiving a packaged treat, it will be available in the drop box starting on both of those days.

\*Prizes will be updated after 10 days just in case others have added additional monies or sent out the 10 emails. Those prizes will be sent home after the 10 days are completed.

Thank you again to all of families, friends and supporters of St. Mary School-- we greatly appreciate all of your support of our Read-a-Thon that began during Catholic Schools Week.

***SAINT MARY SCHOOL***  
**FAMILY PRAYER CALENDAR**  
**MARCH 2021**



***PLEASE PRAY FOR THE FOLLOWING ST. MARY SCHOOL FAMILIES  
 EACH DAY DURING THIS MONTH. THESE FAMILIES WILL ALSO BE  
 REMEMBERED DURING OUR MORNING PRAYERS.***

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>1</b> <i>Quinn Family</i>  <i>Rao Family</i>	<b>2</b> <i>Raubertas Family</i>  <i>Reilly Family</i>	<b>3</b> <i>Rende Family</i>  <i>Reyes Family</i>	<b>4</b> <i>Rice Family</i>  <i>Richardson Family</i>	<b>5</b> <i>Robinson Family</i>  <i>Rollender Family</i>	<b>6</b>
<b>7</b>	<b>8</b> <i>Romarino Family</i>  <i>Ross Family</i>	<b>9</b> <i>Rouse Family</i>  <i>Russell Family</i>	<b>10</b> <i>Rybicki Family</i>  <i>Salib Family</i>	<b>11</b> <i>Sanceciz Family</i>  <i>Sanford Family</i>	<b>12</b> <i>Santiago Family</i>  <i>Sawaya Family</i>	<b>13</b>
<b>14</b>	<b>15</b> <i>Scardino Family</i>  <i>Scheiblein Family</i>	<b>16</b> <i>Schiavo Family</i>  <i>Schreffler Family</i>	<b>17</b> <i>Schultz Family</i>  <i>Semiraglio Family</i>	<b>18</b> <i>Servus Family</i>  <i>Shaffler Family</i>	<b>19</b> <i>Shenk Family</i>  <i>Silvestro Family</i>	<b>20</b>
<b>21</b>	<b>22</b> <i>Simon Family</i>  <i>Smith Family</i>	<b>23</b> <i>Smith Family</i>  <i>Soldevila Family</i>	<b>24</b> <i>Smith Family</i>  <i>Soto Family</i>	<b>25</b> <i>Smith Family</i>  <i>Spasari Family</i>	<b>26</b> <i>Sta. Ana Family</i>  <i>Staskin Family</i>	<b>27</b>
<b>28</b>	<b>29</b> <i>Stellato Family</i>  <i>Storey Family</i>	<b>30</b> <i>Suarez Family</i>  <i>Taylor Family</i>	<b>31</b> <i>Titus Family</i>  <i>Torres Family</i>			

# Student of the Month

## February 2021

Congratulations to the following students:

Leanna Zielke	K1	Vienna Rao	K2
Khloe Dickerson	1A	Francis Nkemneme	1B
Pierce Sawaya	2A	Finneas Dussell	2B
Vivian Farally	3A	Christian Marquez	3B
Dominic DePalma	4A	Colton Robinson	4B
Tiernan Tracy	5A	Michael Patterson	5B
Haley Plunkett	6A	Madison Kelsey	6B
Gianna Scardino	7A	Maren Peacock	7B
Joseph Calio	8A	Kevin Smith	8B





## HOUSE POINT WINNERS 2020-2021

House of Saint Patrick	Nathaniel DiMarco
House of Saint Valentine	Lilliana Lahr
House of Saint Joseph	Maria Schultz
House of Saint Francis	Carlo Badagliacco
House of Saint Theresa	Kathleen Engel
House of Saint Elizabeth	Michael Hansbury
House of Saint Dominic	Vanessa Alcott
House of Saint Joan of Arc	Eric Gerst
House of Servant Maria Esperanza	Maura Madden

### **The division winners for highest points**

- Division 1 House Saint Patrick
- Division 2 House of Saint Francis
- Division 3 House of Saint Dominic



# St. Mary School PDQ Restaurant Gift Card Sale!



**Please help support St. Mary School !!**

We are offering \$10.00 PDQ gift cards for \$8.00.

Place your order today!

They make great gifts!

---

Please enclose the completed form below with your payment -- cash or check (made payable to St. Mary School) Attention: Advancement Office and return it to school. There is a limited supply of gift cards. Don't' delay order yours today!

---

## PDQ Gift Card Sale

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_

Number of cards: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ ( Please circle-- cash or check)



February 24, 2021

Ms. Patricia Mancuso, Principal  
St. Mary School  
32 Carroll Avenue  
Williamstown, NJ 08094

Dear Patricia,

Thank you for hosting **Bandana Day** at your school in honor of Aiden Eberhardt. This fundraiser not only raises funds, but also awareness about teens battling cancer and other life-threatening illnesses.

The Alicia Rose Victorious Foundation is a national, non-profit organization providing age-appropriate programs and activities for children and teens receiving treatment for cancer and other life-threatening illnesses.

**Victorious 4 Teens** programs have been shown to improve the health and well-being of critically ill children, as well as aid in their emotional recovery. Our programs include: Teen Lounges & Enhancements, Teen Activities, **Teen Kits & Bandana Pillows**, and **Alicia's Art Cart**. Since 2002 ARVF has provided 67 Teen Lounges, 40 **Alicia's Art Carts** and ships over 2,000 **Teen Kits** a year to critically ill teens across the country!

Thank you for being ...

**Victorious 4 Teens!**

Sincerely,

  
Gisele S. DiNatale  
President & Co-Founder

cc: Jessica Smith, Counselor



PLAY LIKE  
A CHAMPION  
TODAY

A Team for Every Child

# Champion Coach Note

Educating and Forming Champion Coaches

## Mindfulness is for Coaches Too

The [positive effects of mindfulness for athletes](#) are well documented, but there are several studies that suggest mindfulness can have profound results for sport coaches as well. To understand how to bring out the best in yourself and your players read on to learn how you can integrate mindfulness into your life as a coach.



### Make Mindfulness a Part of *Your* Practice

*Will it eliminate all of your stress?* No.

*Will it kill the pain of watching your team lose a competition?* Not entirely. *Will it make you better equipped to handle these moments appropriately?* Absolutely. Remember that mindfulness is referred to as a “practice” for a reason. Just like a sport or skill, the more you practice it, the better you’ll become doing it.

Over time, practicing mindfulness will help you:

- Foster a supportive team culture
- Minimize fear of failure
- Inspire better team performance
- Lower your and student-athlete stress and anxiety
- Improve your and student-athlete concentration and focus
- Reduce on-field outbursts

### Recognize Your Triggers

Kids emulate adult behavior, so it’s critical to exemplify the kind of behavior you’re looking for from them. While just about everyone loses their temper, gets frustrated, and burns out from time to time, the higher your [emotional quotient](#) (EQ), the less frequently you’ll lose your cool. If you’re new to the term, emotional quotient is the level of a person’s emotional intelligence (EI), or the ability to identify and manage your own emotions and the emotions of others.

To improve your EQ, try asking yourself the following questions:

- Am I mindful (aware) of my emotions throughout the day?
- Am I able to turn negative outcomes and criticism into motivation?
- Do I feel in control of my responses to negative (and positive) stimulus?
- Am I mindful of others’ emotions throughout the day?

Awareness and acknowledgement are the essence of EI and will help you improve your EQ. As you seek to take control of your emotions, you’ll be in a better position to reframe difficult situations, alleviate your student-athletes’ fears, and motivate them to do their best.

### Develop a Coaching Philosophy

To help ensure your emotions don’t get the best of you, develop a coaching philosophy that keeps you rooted in your values and serves to help you address difficult circumstances. When game time decisions need to be made and the pressure of competition is clouding your judgement, you can look to your coaching philosophy as a guidepost of reasoning.

As Damon Burton writes in [Sport Psychology for Coaches](#), “A

