



March 16, 2021

Dear Parents/Guardians:

All members of a school community are expected to consider the impact on other members of the community, including teachers and students, when considering certain travel that requires quarantine upon return to NJ. According to the current NJ travel advisory for COVID-19, quarantine is not required after travel in any of the following circumstances:

- The travel is within NJ, NY, PA, DE, and CT;
- Travel to any state other than those listed is for less than 24 hours;
- The individual has had COVID-19 within the past 90 days;
- The individual has been fully vaccinated (received a second shot at least 2 weeks prior to the beginning of travel);

Students whose families choose to travel to a location which requires them to quarantine may return to school after a quarantine period of 10 days upon return from travel, or after a quarantine period of 7 days upon return from travel, with a negative viral/molecular/PCR COVID-19 test taken on or after the 5th day upon return from travel.

During these forty days of Lent, we are given the time to open our hearts a little wider and understand our Lord a little deeper. The children attended Reconciliation and will participate in Stations of the Cross on certain Fridays. This time of contemplation and prayer will take us to Holy Week when, as a school, we will reflect on the events of Palm Sunday, Holy Thursday and Good Friday. Our Living Stations will be presented by our 3rd grade students on Wednesday, March 31st at 1:30 pm and will be live-streamed on Facebook.

Our Lady of Peace Parish offers many spiritual opportunities for parishioners to renew relationships with the Lord during Lent. Stations of the Cross are offered each Friday evening at 7:00PM. Confessions are Wednesday 6:00PM–6:30PM, Saturday 10:30AM-11:30AM and 3:00PM – 3:45PM. Mass times are Saturday 4:00PM, Sunday 7:30AM, 9:00AM, 10:30AM, 12:00PM and 6:00PM. Other parish information and the Holy Week schedule can be found on the website www.olopp.org. We continue to pray for you and your family during this season of Lent as we renew our faith and prepare to joyfully celebrate the resurrection of our Lord.

God Bless,
Mrs. Mancuso



READ-A-THON UPDATE!!!

We made our goal of **\$10,000!!!!!!!!!!!!**

Thank you to everyone who participated in our first
St. Mary School Read-a-Thon!!!

As a school community, our students read a total of:

61,873 Minutes!!!!!!!!

Congratulations also to:

5A for reading the highest total number of minutes—13,973

Max Chezik, 3A for reading the highest individual total number of minutes—1,890

K2 for raising the highest in donations-- \$1,485.00

Aria Boccuti, 1B for raising the highest individual amount in donations--\$950.00

***THANK YOU ST. MARY SCHOOL FOR A
SUCCESSFUL AND REWARDING READ-A-THON!***

2021-2022

INDIVIDUAL STUDENT REQUEST FOR LOAN OF TEXTBOOKS

Date	
Public School District - Monroe Twp	Nonpublic School - St. Mary School
Address - 75 East Academy St. Williamstown, NJ	Address - 32A Carroll Ave. Williamstown, NJ 08094

Name of Student

Grade Level for 2021-2022 School Year

Name of Parent

Under the provisions of N.J.S.A. 18A: 58 - 37.1 et seq., I hereby request the _____ Monroe Twp _____

(Public School District) to loan textbooks to the _____ St. Mary School _____ (Nonpublic School)

in which my child is enrolled. I certify that my above named child and I are residents of the State of New Jersey.

I understand that the public school district in which the nonpublic school is located has oversight of the State

funds designated for providing the loan of textbooks to nonpublic school students pursuant to law and

regulations.

Signature of Parent/Guardian: _____

Date: _____



**St. Mary School
Johnson's Popcorn Sale
Great Easter Gift!**

Price: \$16.00/ each Tub

Size: 28 oz. Tubs

Flavor: Caramel ONLY

Orders may be placed starting Tuesday, March 16. ALL orders/payments must be received in school by Thursday, March 25. Orders will be sent home with students on Tuesday, March 30 and Wednesday, March 31 ONLY. Remote students may pick up their orders in the drop box on Tuesday and Wednesday, March 30 and 31 during school hours. St. Mary School will be on Easter break starting April 1, so the tubs will not be available to be sent home or picked up after March 31.

Cash or checks (made out to St. Mary School).

Please return the bottom portion ONLY to Jackie Kern in the Advancement Office along with your payment. Please keep the top portion with dates for your information. For more information contact Jackie Kern in the Advancement Office at advancementoffice@smarys.org

Student's Name: _____ Homeroom: _____

Contact Email: _____

Contact Phone Number: _____

Number of Tubs: _____

Total Amount Enclosed: _____ \$16.00 EACH TUB/CARAMEL

Check or Cash: _____ Check Number: _____

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)

JOIN ST. MARY SCHOOL VIRTUALLY FOR A FACEBOOK LIVE OF OUR ST. JOSEPH DAY MASS

Friday, March 16 at 9 A.M.

Led by our 2nd Grade

Watch our St. Joseph Day Mass – LIVE on our official St. Mary School Facebook page during a Facebook LIVE.

Mass begins at 9 A.M.

You can like our official St. Mary School Facebook page by searching on
Facebook:

stmarysschoolwilliamstown

Or if you are not on Facebook, you can click our official Facebook page located on the bottom front of our website, www.smarys.org. Just click the Facebook icon—you may have to refresh the screen a few times before Mass begins or even during the Mass.



Facebook:

Stmarysschoolwilliamstown

School masses will be held once a month. Due to social distancing restrictions, one grade will attend the mass while the other grades will live stream through Facebook. Parents/guardians will not be able to attend the mass but will also be able to watch through Facebook. Grade 2 will be attending our mass. We will be following all guidelines set forth by the Diocese of Camden regarding masses.

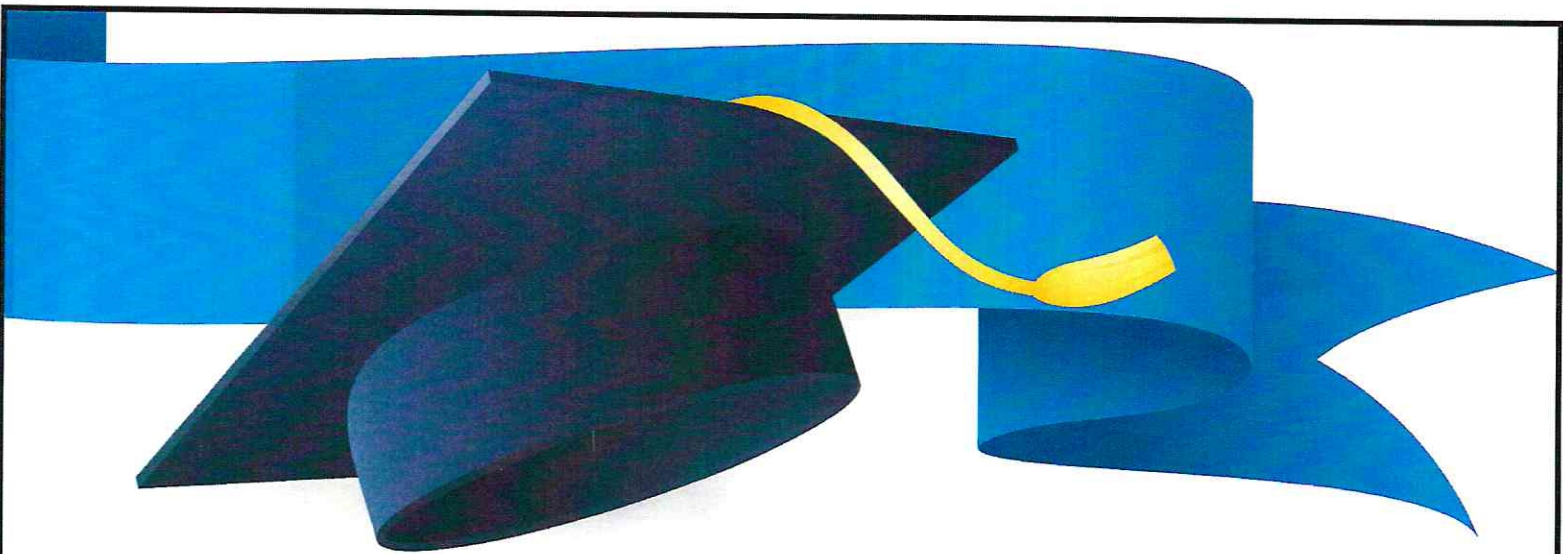
LENTEN REMINDER



**RICE BOWL DONATIONS ARE
DUE BACK TO SCHOOL ON OR
BEFORE, TUESDAY,
MARCH 30TH.**

**PLEASE RETURN DONATIONS
BY CASH OR CHECK MADE OUT
TO OUR LADY OF PEACE PARISH.**

THANK YOU!



Parents, Feature your Graduate in the
CATHOLIC STAR HERALD
Graduation Listing in the June 11 Issue

OPTION 1 – \$80.00

**GRADUATION
PHOTO AND TEXT LISTING:**

Listing includes an official school portrait, the graduate's name, school and a 20-word personal message from you.

OPTION 2 – \$30.00

GRADUATION TEXT ONLY LISTING:

Listing includes the graduate's name, school and a 30-word personal message from you.

**BOTH OPTIONS
WILL BE PUBLISHED IN
BLACK & WHITE**

We will convert your color photos to B&W.

*Visit www.Catholicstarherald.org
and click on*



to upload your information.

Deadline for Submissions is MAY 21!

CONTACT:

Paul Worthington

Paul.Worthington@camdendiocese.org

Neal Cullen

Neal.Cullen@camdendiocese.org



**CATHOLIC
STAR HERALD**

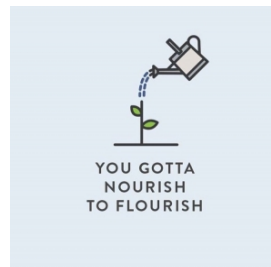


Champion Coach Note

Educating and Forming Champion Coaches

Self-Care for Coaches

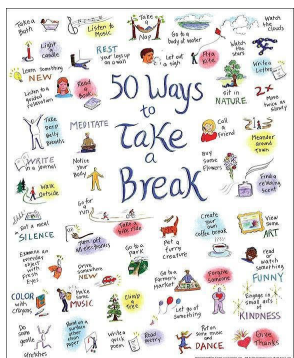
Today's note continues our "Mindfulness March" theme, delivering resources and support to your inbox that will allow you and your athletic community to not simply survive a chaotic spring season, but to endure with courage, fortitude and grace. Throughout this month, we are focusing on coping techniques for coaches to stay strong and focused through the on-going pandemic. At *Play Like a Champion*, we acknowledge the heartbreaks and mourn the losses we have experienced over the last year. Yet in the next breath, we celebrate the creativity and flexibility that our national network of partner coaches and athletes have utilized to prosper.



In a recent summit with partner Athletic Directors and coaches, adjectives we heard to describe your current experience included: *frustrated, exhausted, challenged and torn*. Attendees also expressed converse emotions of feeling: *grateful, blessed, hopeful and inspired*. Having these competing emotions pulling at your heartstrings can be a conundrum. The stress of the continued pandemic is palpable and undeniable. So, what do we as coaches charged with the care of our student-athletes do in this space?

We must take time for **self-care**. As Eleanor Brown reminds us, "Self-care is not selfish. You cannot serve from an empty vessel."

Making time and space for self-care includes considering each of these pillars:



Physical: Attending to adequate sleep, daily exercise and nutrition.

Emotional: Focusing on stress management, coping skills, self-compassion and getting in touch with your mental health history and how it may trigger your own responses/reactions.

Spiritual: Making time and finding your sacred space for prayer, meditation, deep breathing and/or conscious relaxation.

Social: Strengthening your support system by utilizing peer support to process/debrief difficult situations and setting

boundaries where needed.

Personal: Nourishing your authentic self through creativity expressed through hobbies and/or leisure.

Space: Ensuring a healthy environment in a stable and safe place.

Work: Balancing time management by setting work/home life boundaries and allowing for adequate breaks.

The practice of **mindfulness** is a terrific way to attend to mental, physical and spiritual self-care. By taking a moment to breath and training yourself to be fully present in each moment, administrators, coaches and athletes can improve their own health and performance. [In the video to the left](#), expert coach Kim Hill gives a brief overview of the practice



mindfulness technique.

Now let's make this real for you! [Use this worksheet](#) to write down your self-care goals so you can remain your best and serve your student-athletes well. Set realistic goals that are tangible and trackable. Take it one day at a time. Then, at the end of the week, evaluate how you are doing in caring for self so that you can be your best for others. Feel free to share this worksheet with your athletes as well so you can normalize the stress everyone is feeling and do something tangible as a team to manage this pressure.

SELF-CARE	MON	TUE	WED	THUR	FRI	SAT	SUN
Physical Sleep Hydration Nutrition Exercise							
Mental Stress Management Mindfulness Breathwork Journaling							
Emotional Support System Boundaries							
Spiritual Prayer Scripture Worship Faith Community							
Work Boundaries Time Management Prioritization							

As a final note, be mindful of when it is time to seek professional help for yourself and your athletes. When you are employing self-care techniques and your feelings of anxiety continue to increase, reach out to a counselor or another support network. Normalize for yourself and your athletes the value in getting mental health help.

Now may the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you. ~ 2 Thessalonians 3:16

Stations of the Cross

During the Season of Lent, *Play Like a Champion* encourages partners to pray the *Sport Stations of the Cross* as a team spiritual activity. [Click here to access all the Sport Stations](#) including ideas on a physical conditioning component and additional reflections with each station for your team. Here is one Station specific to the challenges of 2021:



The Ninth Station: Jesus Falls the Third Time

Psalm 22:14: I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me.

We are all stumbling and falling this year in the face of an ongoing pandemic that has affected our sports and our lives. We have persevered through tough times and challenges keep surfacing. Deep in our gut, we know we can't quit. We'll get through this together. Who or what can give us the courage to keep getting back up?

All: Give me the gift of persistence so that I might persevere to become more like you, Jesus.

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