



Dear Parents/Guardians:

This week we remember the passion and death of our Lord. On Monday each class had a lesson on the significance of Palm Sunday. Today each class participated in the Agape while learning about the Last Supper and shared bread and juice. Tomorrow the third grade will present the Living Stations. I hope that you and your family will take the time this week to reflect on the blessings that God has given us through His son. Below is the Holy Week schedule for Our Lady of Peace Parish. Wishing you a wonderful, peaceful Easter season! Mrs. Mancuso

Holy Week

Lenten Confessions:

Monday, March 29th from 6-7pm

Tuesday, March 30th from 6-7pm

Wednesday, March 31st from 6-7pm

Evening Mass:

Wednesday, March 31st at 6:30pm

Adoration:

Monday, March 29th from 5-7pm

Wednesday, March 31st from 5-6:30pm

Holy Thursday, April 1st

Confessions: 2-4pm & 8-10pm

Mass of the Lord's Supper: 7pm

(Will be Livestreamed – Communion given out following Mass)

Visits to Repository until 10:30pm

Good Friday

Confessions: 9:30-11:30am

Service & Holy Communion: 3pm

(Will be Livestreamed – Communion given out following service)

Youth Group Living Stations of the Cross: 7pm

Holy Saturday

Confessions: from 10:30-11:30am

Blessing of Easter Food Baskets (Church): 1pm

Easter Vigil Mass: 7:30pm

(Will be Livestreamed)

Easter Sunday Masses

6:15am, 7:30am, 9am, 10:30am & 12noon

(Communion given out following 12noon Mass)

**THERE WILL BE NO 6PM EVENING MASS ON
EASTER SUNDAY!**

**JOIN ST. MARY SCHOOL VIRTUALLY FOR A
FACEBOOK LIVE OF OUR STATIONS OF THE CROSS**

Wednesday, March 31st at 1:30 PM

Presented by our 3rd Grade

Watch our Stations of the Cross – LIVE on our official St. Mary School Facebook page during a Facebook LIVE.

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 Stations of the Cross begins or even during the Stations of the Cross.



Facebook:

Stmarysschoolwilliamstown

Student of the Month

March 2021

Congratulations to the following students:

Madalyn Hutchinson	K1	Joshua Bunn	K2
Jack Wisniewski	1A	Marihana Suarez	1B
Gabriella Burgos	2A	Elijah Aquino	2B
Amelia Smith	3A	Liana Dare	3B
Riley Rae Cercioglu	4A	Fiona Sanford	4B
Cameron Quinn	5A	Stacia Audio	5B
Faith Onuoha	6A	Ayden Whitehurst	6B
Lily Halapchuk	7A	Kylie Krause	7B
Cecilia Cunanan	8A	Catherine Guim	8B





HOUSE POINT WINNERS 2020-2021

House of Saint Patrick

Marcella Burns

House of Saint Valentine

Josiah Beckford

House of Saint Joseph

Rayssa Freitas

House of Saint Francis

Harry Powell

House of Saint Theresa

Laney Reilly

House of Saint Elizabeth

Axel Manley

House of Saint Dominic

Logan Massenberg

House of Saint Joan of Arc

Grace Walls

House of Servant Maria Esperanza

Gabriella Titus

The division winners for highest points

Division 1 House of St. Patrick

Division 2 House of St. Theresa

Division 3 House of Maria Esperanza



APRIL
Elem. Lunch Menu
St Mary's
Williamstown

Daily Fruit Offerings:
Fresh, Cupped, 100% Juice
All Salads Come With a Grain.

Choose 1 Entrée.
(3 Daily Specials & 2 Daily Alternates for the Month)
Lunch Includes:
Protein ~ Grain ~Fruit
Veggie ~Milk
Choose at least 3 out of 5 components.
You must choose at least 1 fruit or veggie.
You may take 2 Fruit & 2 Veggie Choices!

DAILY ALTERNATES:
Cereal & Yogurt **GF**
(Chicken Nuggets)
PB & J Sandwich **V**



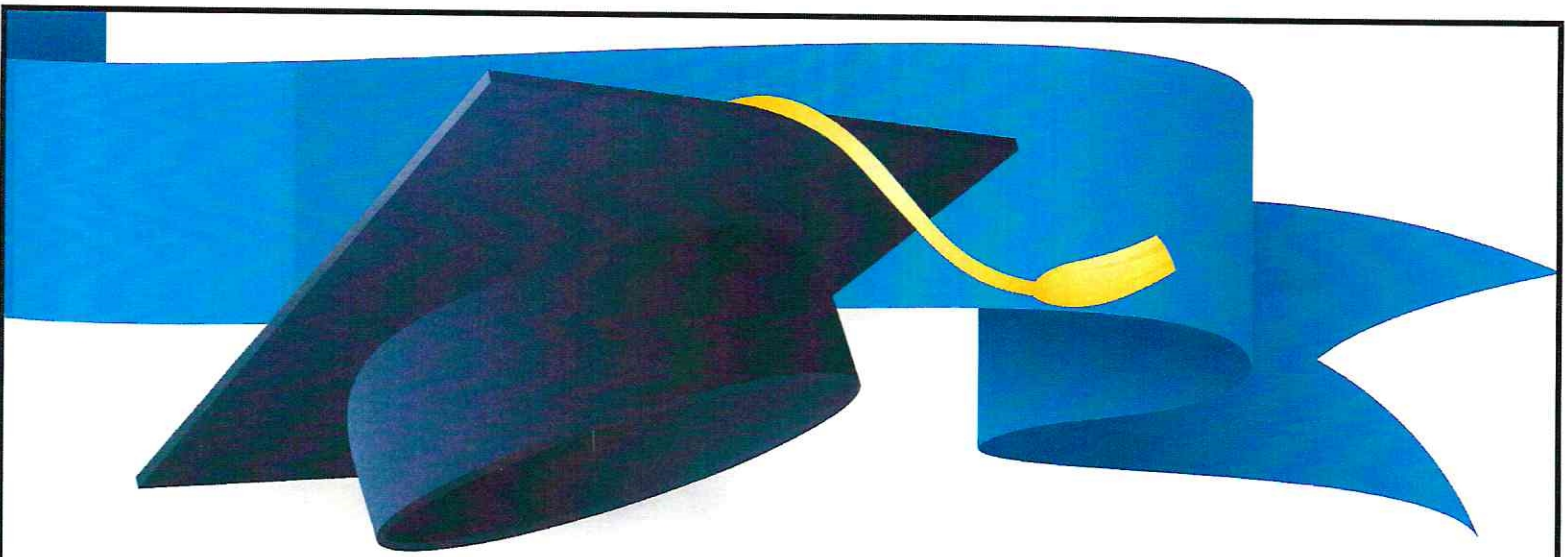
BBQ Monday	Tuesday	Wednesday	Thursday	Friday
<p>CAFÉ CONTACT INFO: Food Service Director: Debbie Spasari smw@nsfm.com Phone: 856-629-6190 ext 317 *Menu subject to change Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White This institution is an equal opportunity provider.</p>		<p>MEALS ARE FREE TO ALL STUDENTS THROUGH JUNE 30, 2021!</p>		
Monday-April 5	Tuesday-April 6	Wednesday-April 7	Thursday-April 8	Friday-April 9
				
Monday-April 12	Tuesday-April 13	Wednesday-April 14	Thursday-April 15	Friday-April 16
<p>Pizza Dippers w/Dippin Cup Cheeseburger on a Bun Buffalo Chicken Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Hot Ham & Cheese On a Torpedo Roll Chicken Patty Sides: Mixed Veggies 100% Fruit Juice</p>	<p>Bacon Egg & Cheese On a English Muffin Turkey & Cheese Hoagie Garden Salad w/Cheese Sides: Hash brown Potato Round Fresh or Cupped Fruit</p>	<p>Popcorn Chicken w/Bread Stick Chicken Cheese Steak Sides: Celery w/Ranch Cup 100% Fruit Juice</p>	<p>French Bread Pizza By the slice Bagel Yogurt & Cheese Stick Grilled Chicken Salad Sides: Pepper Slices Fresh or Cupped Fruit</p>
Monday-April 19	Tuesday-April 20	Wednesday-April 21	Thursday-April 22	Friday-April 23
<p>Macaroni & Cheese Homemade Cheeseburger on a Bun Buffalo Chicken Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Nacho's Grande w/Chips & Salsa Grilled Chicken Sandwich Sides: Golden Corn 100% Fruit Juice</p>	<p>Dutch Waffle w/Sausage Ham & Cheese Hoagie Fiesta Taco Salad Sides: Tator Tots Fresh or Cupped Fruit</p>	<p>Pizzeria Pizza Bt the Slice Chicken Cheese Steak Sides: Celery Sticks/w Ranch 100% Fruit Juice</p>	<p>Teacher In-Service NO SCHOOL</p>
Monday-April 26	Tuesday-April 27	Wednesday-April 28	Thursday-April 29	Friday-April 30
<p>Mozzarella Sticks w/Dippin Cup Cheeseburger on a Bun Buffalo Chicken Salad Sides: Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Chicken Tenders w/Noodles Chicken Patty Sides: Golden Corn 100% Fruit Juice</p>	<p>Mini Waffles w/Sausage Turkey & Cheese Hoagie Garden Salad w/Cheese Sides: Waffle Fries Fresh or Cupped Fruit</p>	<p>BBQ Pulled Pork On a Kaiser Roll Chicken Cheese Steak Sides: Macaroni Salad 100% Fruit Juice</p>	<p>Personal Pizza By the Pie Bagel Yogurt & Cheese Stick Grilled Chicken Salad Sides: Tomato & Cucumber Salad Fresh or Cupped Fruit</p>

SAVE THE DATE



**SMS PTA
BASKET AUCTION
SATURDAY,
JUNE 5**

DETAILS TO FOLLOW



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**

**PLAY LIKE
A CHAMPION
TODAY**

A Team for Every Child

Bonus Champion Note

Educating and Forming Champion Coaches, Parents & Athletes

A Bonus Note for "Mindful March"

Play Like a Champion Today has dedicated the month of March to the awareness and practice of mindfulness, which includes the practice of meditation. Many of today's superstars in sports, entertainment and other fields [have adopted the basics of mindfulness](#) to improve their performance as well as overall well-being. For more information on the basics of Mindfulness, [check out this previous Coach Note](#).



Mindfulness, the practice of purposely bringing one's attention in the present moment without judgment, is a skill one develops through meditation or other training. Mindfulness and meditation have a proven record of success in contributing to both physical and mental health and performance. Though the roots of mindfulness go back thousands of years, it wasn't until the early 1970's when Dr. John Kabat-Zinn introduced it as an adjunct treatment for heart attack patients, that mindfulness slowly became accepted as something more than hokus-pokus or touchy-feely indulgence. Today, well-respected institutions such as UCLA, UCSD-San Diego, University of Wisconsin, and University of Massachusetts Medical School have centers for the study and advancement of mindfulness and meditation in a variety of applications including stress reduction and athletics.

Essentially, mindfulness has been shown to help maximize sports performance while minimizing sports anxiety for the entire sports community. Research into the benefits of mindfulness for athletes has found the following:

1. It enhances sensory focus on a particular area of the body.
2. It helps an athlete overcome persistent competing stimuli such as negative thoughts or pain.
3. It contributes to the recovery process after an injury
4. Mindfulness relieves anxiety before a competition
5. It helps manage frustration
6. Mindfulness boosts intrinsic motivation
7. It optimizes attention resources

Rather than just talking about mindfulness, readers can experience a meditative practice through a meditation prepared specifically for the *Play Like a Champion Today* community.



The meditation is titled, **Eye of a Hurricane**. You can find the *Eye of the Hurricane* meditation script by [clicking here](#).

When you read the script, you may notice that one of the suggestions is to close your eyes for the remainder of the exercise. Unless you possess x-ray vision, closing your eyes could make it challenging to read the remainder of the script. So, we have also included an audio version. Most meditation experts recommend

listening with headphones or ear buds, to screen out ambient sounds, but the choice is yours. You can find the audio version by [clicking here](#).

[Explore several additional resources to help you engage in mindfulness practices. Click here for several great options online and on your phone!](#)

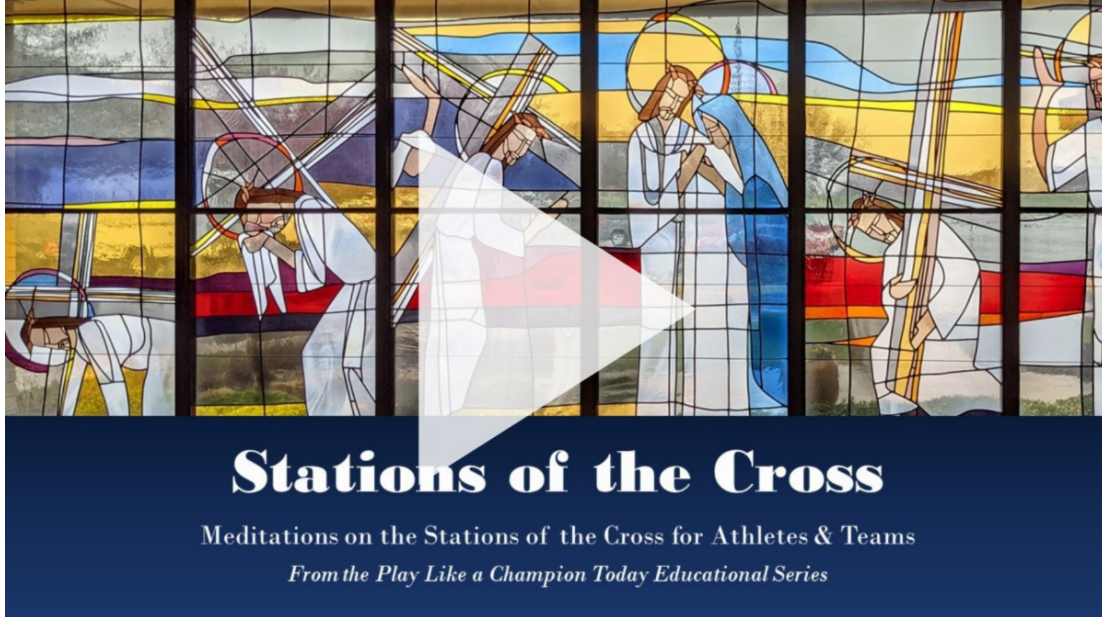
We hope you have found the notes for "Mindful March" both enjoyable and useful. To learn more about mindfulness, click the link above for more resources or check out the **Books on Mindfulness for Athletes** below:

- *Mindfulness for Student Athletes: A Workbook to Help Teens Reduce Stress and Enhance Performance*, Gina M. Biegel, MA, Todd H. Corbin, CPC
- *Mindfulness for the Ultimate Athlete*, Prince Daniels, Jr.
- *Mindfulness and Sports Psychology for Athletes*, Kristine M. Eiring, Colleen M. Hathaway, DC
- *The Mindful Athlete: Secrets to Pure Performance*, George Mumford
- *A Still Quiet Place for Athletes: Mindfulness Skills for Achieving Peak Performance and Finding Flow in Sports and Life*, Amy Saltzman, MD

Special thanks to Bill Matthews MA, LPC, PDDEd for today's note. Bill is a Licensed Professional Counselor from Michigan and a Trained Mindfulness Practitioner through the University of California - San Diego's mPEAK program.

You keep him in perfect peace, whose mind is stayed on you, because he trusts in you. Trust in the LORD for ever, for the LORD GOD is an everlasting rock. ~ Isaiah 26:3-4

Sports Stations of the Cross Video



During this Holy Week, a great way to recall Christ's loving sacrifice is to participate in the Stations of the Cross. This exercise involves following the path Jesus took to the cross by meditating on 14 "stations" along his way. Play Like a Champion is excited to introduce a new opportunity to pray the Stations of the Cross with your teams. The video above offers meditations on the Stations designed for athletes and teams of all ages. Each station features student-athletes from across the country providing a scripture passage and reflection for your consideration, as well a response for all those participating. In addition, each station provides a suggested physical activity that individuals and teams can use to meditate further while contemplating the impact Christ's love has on our athletic journeys. [Click here to watch the video](#) and participate with your favorite athlete or team.

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

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

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