

**Saint Mary School**  
**Calendar 2020-2021 Revision 5**

32A Carroll Avenue, Williamstown, NJ 08094  
Phone: (856) 629-6190 Fax: (856) 728-1437  
School Hours: 8:15 a.m.—2:45 p.m.  
Website: [www.smarys.org](http://www.smarys.org)

**September**

- 8—Full Day of School Grades K-2 only
- 9—Full Day of School Grades 3-5 only
- 10—Full Day of School Grades 6-8 only
- 11— First Full Day of School for All Students
- 16—Back to School Night Zoom
  - 6:30 pm Grade K
  - 7:15 pm Grade 1
  - 8:00 pm Grade 2
- 23—Back to School Night Zoom
  - 6:30 pm Grade 3
  - 7:15 pm Grade 4
  - 8:00 pm Grade 5
- 24—Back to School Night Zoom
  - 6:00 pm Advanced Math
  - 6:30 pm Grade 6
  - 7:15 pm Grade 7
  - 8:00 pm Grade 8

**October**

- 2—Faculty Meeting—1:00 pm Dismissal
- 9—Teacher In-Service—No School
- 12—Columbus Day—No School

**November**

- 6—Faculty Meeting—12:15 pm Dismissal—  
No Lunch
- 18—Parent Conferences...evening 6:00—8:30 pm
- 20—Parent Conferences...8:00 am-12:00 pm and  
12:40 pm—3:00 pm No school for students
- 25—12:15 pm Dismissal—No Lunch No Aftercare
- 26,27—Thanksgiving Holidays- No School

**December**

- 8—Immaculate Conception—No School
- 21-31—Christmas Vacation—No School

**January**

- 1— Christmas Vacation—No School
- 4—Welcome Back To School
- 8— Faculty Meeting—12:15 pm Dismissal—  
No Lunch
- 18—Martin Luther King Day—No School

**February**

- 5—Faculty Meeting—12:15 pm Dismissal—  
No Lunch
- 15—President's Day—No School

**March**

- 5—Faculty Meeting—12:15 pm Dismissal—  
No Lunch

**April**

- 1-9—Easter Vacation— No School
- 12—Welcome Back To School
- 23—Teacher In-Service— No School

**May**

- 7—Faculty Meeting—12:15 pm Dismissal—  
No Lunch
- 28—12:15 pm Dismissal—No Lunch  
No Aftercare
- 31—Memorial Day—No School

**June**

- 11—Faculty Meeting—12:15 pm Dismissal—  
No Lunch
- 18—10:30 am Dismissal—Last day of School  
No Aftercare

**Please refer to monthly calendar for any updates.**

# **JOIN ST. MARY SCHOOL VIRTUALLY FOR A FACEBOOK LIVE OF OUR MONTHLY SCHOOL MASS**

Thursday, April 22, 2021 at 9 A.M.

St. Mary School Monthly Mass  
Led by our 1st Grade

Watch our monthly St. Mary School 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](http://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 1 will be attending our mass. We will be following all guidelines set forth by the Diocese of Camden regarding masses.*

# 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!

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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!

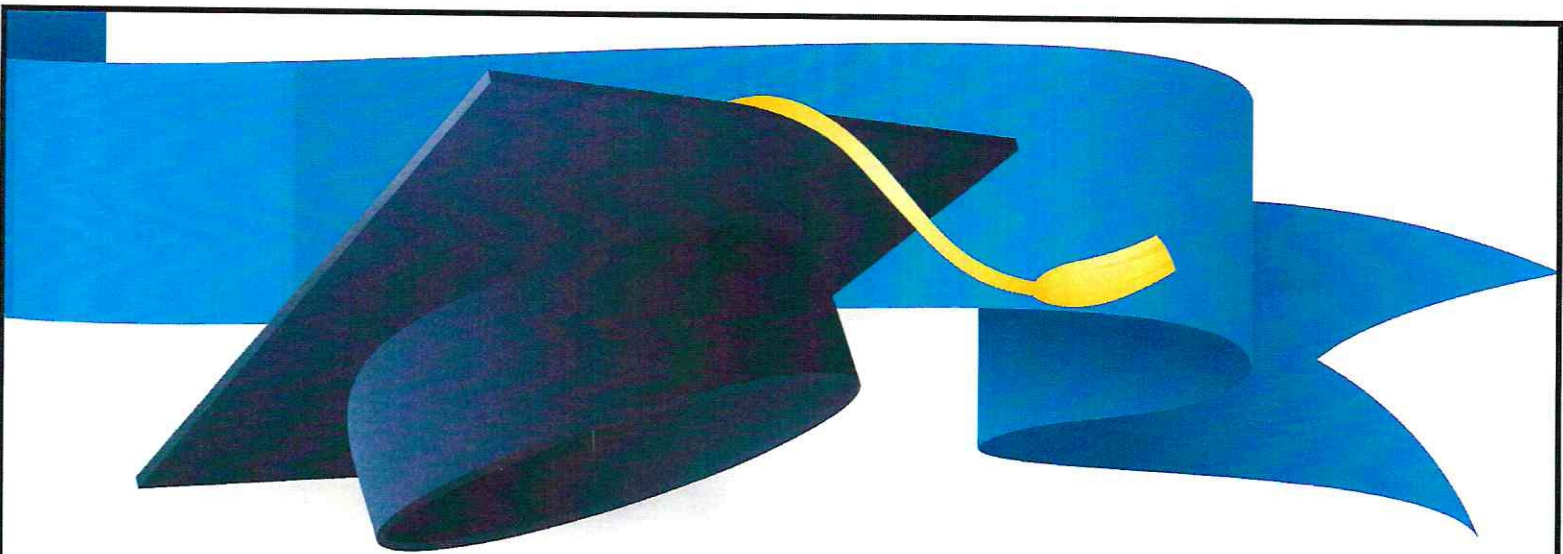
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## PDQ Gift Card Sale

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

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

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



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](http://www.Catholicstarherald.org)  
and click on*



*to upload your information.*

**Deadline for Submissions is MAY 21!**

**CONTACT:**

**Paul Worthington**

*[Paul.Worthington@camdendiocese.org](mailto:Paul.Worthington@camdendiocese.org)*

**Neal Cullen**

*[Neal.Cullen@camdendiocese.org](mailto:Neal.Cullen@camdendiocese.org)*



**CATHOLIC  
STAR HERALD**

**PLAY LIKE  
A CHAMPION  
TODAY**

A Team for Every Child

# Champion Coach Note

Educating and Forming Champion Coaches

## Growth Mindset



How we behave toward life is dictated by our MINDSET. In [Mindset: The New Psychology of Success](#), Carol Dweck presents research that it is not simply our abilities or talents that bring us success, but the *mindset* with which we approach our goals. A person with a **GROWTH** mindset understands that their abilities are not innate, that they can be cultivated and that with effort and perseverance, one can grow and develop. This individual views challenges

and mistakes as learning opportunities, sees failure as a normal part of one's journey, and seeks feedback as an opportunity to improve.

Conversely, a person with a **FIXED** mindset believes that their abilities are innate, that they are just "born this way" and that needing to put forth effort in a task means a person is not talented. The person with a **FIXED** mindset views challenges with fear and self-doubt, approaches feedback as proof that they are not "good enough" and sees failure as proof of their unworthiness. Here is a comparison of the two mindsets and why helping your athletes develop a **GROWTH** mindset is so powerful in their development:

An important application of this research for coaches is that we should be careful not to simply praise an athlete's physical abilities, but rather encourage qualities like hard work, persistence and a positive attitude in the face of challenges.

### Innate/Fixed Thinking

- I can't do it
- I'm not smart in \_\_\_\_\_
- I'll never be good at \_\_\_\_
- I'm not born to...

**Can't  
Not  
Never  
Negative**

### Mastery/Growth Thinking

- If I'm persistent, I'll get it
- If I study, I'll improve my \_\_\_\_\_
- I'll get better through hard work
- Capable of learning to...

**Can  
Practice (Not Yet)  
Persistence  
Positive**

Coaches should also take care to instill a belief in their athletes that they can get better. When athletes believe they can improve, it inspires them to put forth the work to improve and growth will occur over time. If you see some of your athletes struggling to believe in their ability to grow, try to find out what fear they have that is holding them back from this self-belief. Helping your athlete overcome fear and doubt will go a long way to helping them develop in athletics.

[This video is a simple way to introduce the concept of MINDSET to your team/athletes.](#) Watch the video as a team and then have a team discussion guided by the following questions:

- How should we view setbacks as a team?
- Do we believe we can overcome challenges?
- What fears do we have as a team?
- How can we build our confidence?
- Let's set a team goal to have a **GROWTH** mindset.

## Growth Mindset & Athletics

MINDSET	FIXED	MIXED	GROWTH
<b>Taking on Challenges</b>	<ul style="list-style-type: none"> <li>Don't take on challenges unless they are needed</li> <li>Prefers to compete against lesser-skilled players</li> </ul>	<ul style="list-style-type: none"> <li>Might take on challenges if there is some previous relationship</li> <li>Challenge must be easy enough to succeed immediately</li> </ul>	<ul style="list-style-type: none"> <li>Looks forward to upcoming challenges/competition</li> <li>Vigorously competes against higher skilled athletes</li> </ul>
<b>Learning from Mistakes</b>	<ul style="list-style-type: none"> <li>Mistakes are never of failure</li> <li>Hides mistakes or blames others as circumstances (e.g. bad call)</li> </ul>	<ul style="list-style-type: none"> <li>May accept mistakes as temporary setbacks, but has no strategy for learning from them</li> </ul>	<ul style="list-style-type: none"> <li>Sees mistakes as temporary setbacks to be overcome</li> <li>Prefers to apply learning</li> </ul>
<b>Accepting Feedback &amp; Criticism</b>	<ul style="list-style-type: none"> <li>Feedback is threatening</li> <li>Feedback &amp; constructive criticism become a good reason to quit</li> </ul>	<ul style="list-style-type: none"> <li>May be motivated by feedback if not too critical</li> <li>Depends on whether feedback shows difficult the task</li> </ul>	<ul style="list-style-type: none"> <li>Feedback &amp; criticism are seen as supportive and motivating</li> <li>Applies new strategies based on learning from feedback</li> </ul>
<b>Practicing &amp; Applying Strategies</b>	<ul style="list-style-type: none"> <li>Avoids practicing unless able to demonstrate to "prove the extra mile" beyond organized training practice</li> </ul>	<ul style="list-style-type: none"> <li>Practices regularly, but setbacks can hinder practicing</li> <li>More inclined to practice skills they are good at already</li> </ul>	<ul style="list-style-type: none"> <li>Enjoys the process of practicing</li> <li>Practices as a part of the process of becoming good</li> <li>Develops own practice plans</li> </ul>
<b>Persistence (Focus on task)</b>	<ul style="list-style-type: none"> <li>Little persistence on learning/improving skills/achieving goals</li> <li>Gives up at 1<sup>st</sup> sign of struggle</li> <li>Fun or Fear are key motivators</li> </ul>	<ul style="list-style-type: none"> <li>May persevere with prompts</li> <li>No personal strategies for overcoming obstacles</li> <li>Recognition is key motivator</li> </ul>	<ul style="list-style-type: none"> <li>Sticks with things but shames to work through roadblocks/obstacles to complete things</li> <li>Passion is key motivator</li> </ul>
<b>Asking Questions</b>	<ul style="list-style-type: none"> <li>Doesn't ask questions</li> <li>Doesn't think about what questions to ask</li> </ul>	<ul style="list-style-type: none"> <li>Won't ask questions unless task is perceived to be "doable" or within their ability</li> </ul>	<ul style="list-style-type: none"> <li>Asks specific questions</li> <li>Challenges overthinking</li> <li>Challenges "why" appropriately</li> </ul>
<b>Taking Risks</b>	<ul style="list-style-type: none"> <li>Doesn't take risks</li> <li>Concern if something is too hard</li> </ul>	<ul style="list-style-type: none"> <li>Takes risks on familiar tasks if not familiar, then risk is taken</li> </ul>	<ul style="list-style-type: none"> <li>Starts tasks confidently</li> <li>Risks taking errors to improve</li> </ul>

Adapted from: ©2016 Steve D'Zuruk, Mindset Coach, www.mindsetcoach.com

Set a team goal to have a GROWTH Mindset, then check-in with your team following practices and competition to discern how they have done meeting the goal. Continue to emphasize the elements of a Growth Mindset referenced above throughout the season. To take a deeper dive into how Mindset relates to the motivation of athletes, [download this worksheet](#) for greater coaching insight and sound direction.

*Grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen. ~ 2 Peter 3:18*

## Save the Date: Virtual Leadership Conference June 23-24, 2021

The *Play Like a Champion Today Sports Leadership Conference* is going virtual again in 2021. While we will miss seeing everyone in-person, the virtual format provides an exciting opportunity for our entire national community to engage with fellow athletic leaders, learn from a fantastic group of speakers, and be inspired.



This year's conference will take place across two days on **Wednesday, June 23rd** and **Thursday, June 24th**, with our annual Pre-Conference Retreat also returning in the virtual format. Registration begins soon! Click the link below to visit the conference website and be on the lookout for more information on this year's event.

[Visit the Official Conference Website for More Information](#)

## A Prayer for Teams



Jesus, you taught us by your actions and words to love our neighbor and care always for those in need. Help us to care for our brothers and sisters in Christ and to show them your love in our own actions and words. Help us to treat others how we would want them to treat us. May we be good teammates and opponents this week in practices and our game. Bless our efforts and help us to do as you wish, Lord. Amen.

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