



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 [Tuesday, December 21st](#). 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 2022-2023 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.



2021-2022

Dear Business Owner,

We are writing to you on behalf of **St. Mary School, a mission of Our Lady of Peace Parish, Monroe Township**. Our mission is to teach and inspire our students as they discover and develop their talents, enabling them to attain their God-given potential. In turn, they contribute to a vibrant parish and community now and in the future.

Our 2021-2022 St. Mary School Annual Fund is currently underway and we would like to invite you, a local business owner, to participate in our campaign in a very special way.

St. Mary School is offering a program called the **"SMS 100 Club"**. This program enables local businesses to donate a tax-deductible gift of \$100 to this year's Annual Fund. Your business' generosity will be acknowledged on our website, in our Annual Report, on social media and in a variety of written communication to our school families during the 2021-2022 school year. Your business name will be seen by close to 400 school families as well as the hundreds of visitors to our website. We welcome our local businesses to take part in this new initiative which greatly supports our school. Our goal is to have at least 100 local businesses participate in our new program.

Gifts in support of the St. Mary School Annual Fund are used for programs that allow our parish school to carry on their mission and motto of ***Learning and Living in Christ***. Donations will be used for supplemental materials to enhance our math and language arts curriculum, additional technology resources, hands-on equipment for our science lab, professional development for our teachers, purchase of classroom furniture and other essential educational needs. Through your support we can continue to enrich academic life by providing critical resources for new technology and academic initiatives for 21st century learning, which allows our students to develop the necessary skills to succeed now, in high school and beyond.

As St. Mary School continues to educate our students during these unprecedented times, we at St. Mary School are committed to faith formation and education in the Catholic tradition. We invite you to join us in showing your commitment to the future of St. Mary School and to please consider St. Mary School among your philanthropic priorities. On behalf of our school community and especially our children, thank you for helping to invest in the minds of tomorrow as we are Preparing Today's Students for Tomorrow's World.

Gratefully,

Mrs. Patricia Mancuso
Principal, St. Mary School

Attached you will find the form needed to participate in our "SMS 100 Club" program. Please complete the form and send it with your \$100 donation to SMS 100 Club, St. Mary School, 32A Carroll Ave., Williamstown, NJ 08094.

You may also drop it in our drop box located outside the main office on Carroll Ave.

Please make all checks payable to St. Mary School Annual Fund.



SMS 100 Club Application:

(Please print)

Company Name (as you would like it to be listed):

Address: _____

Phone Number (as you would like it to be listed):

Company Website: _____

Contact Person: _____

Contact Person's phone number:

Office: _____

Cell: _____

Contact Person's E-mail: _____

Total Amount Enclosed: \$ _____

Thank you for your support of St. Mary School

Your company name and phone number will be listed on the St. Mary School website (as you have indicated above) upon receipt of your donation and application form and will remain there for the 2021-2022 school year.

Your business name will also be listed in our 2021-2022 Annual Report as well as periodic communications, including social media and with our school families throughout the year. Also a reminder, that your donation is tax-deductible.

On behalf of our school community and especially our children, thank you for helping to invest in the minds of tomorrow as St. Mary School continues, for another 70 years, Learning and Living in Christ.



Reminder Parents/Guardians: The deadline is quickly approaching for the tuition assistance application December 31, 2021.

October 19, 2021

Dear Parents/Guardians,

For your planning and convenience, FACTS Tuition Assistance application is now available for the 2022-2023 school year. There is a \$20 application fee which will need to be paid online before submitting the application.

All applications must be completed electronically at <https://online.factsmgt.com/signin/3KGBP>. You will come to the home page and then be able to log on using your username and password for your FACTS account. You will then see a link that will take you to the tuition assistance application. The 2020 tax returns will be used for your application. All required documentation must be submitted for the application to be processed. **Only completed applications will be considered.** It is the responsibility of the family to supply all necessary paperwork.

The deadline for applying for tuition assistance is December 31st. If you have any questions regarding FACTS Tuition Assistance procedures please feel free to contact me.

Sincerely,

Mrs. Patricia Mancuso
Principal

St. Mary School PDQ Gift Card Sale!



Please help support St. Mary School !!

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

Place your order today!

Don't forget they make great gifts and stocking stuffers too!

Please enclose the completed form below with your payment -- cash or check (made payable to St. Mary School) Attention: Advancement Office and return to school by Friday, December 17, 2021. Cards will be sent home that day or the week of December 20. There is a limited supply of gift cards. Don't' delay order yours today!

Please return just this bottom half with your payment
by Friday, December 17.

Student Name: _____ Class: _____

Number of cards: _____

Amount Enclosed: _____ (Please circle-- cash or check)

Check Number: _____



St. Mary School 70th Anniversary Shirts for Sale

We have a limited supply left of the 2019 St. Mary School 70th Anniversary t-shirts available for sale!

COST: \$ 5.00 EACH

These shirts may be used as gym shirts as well!

Available sizes/t-shirts:

Youth Small—3 available

Youth Medium—5 available

Youth Large—8 available

If you would like to purchase one or more of these shirts, please send in the form below with your payment by December 17.

Thank you!

Student's Name: _____

Homeroom _____

Number of shirts: _____ Sizes: _____

Amount enclosed: _____ (X \$5.00 each)

CHECK OR CASH

Check Number: _____

Email: _____

CANDY CANE GRAMS

St. Mary's PTA is sponsoring a Candy Cane Gram sale! Parents, Grandparents, Sisters, Brothers, Aunts, Uncles and even Pets can send a Christmas Message to students. The cost is \$1.00 per Gram which will include a candy cane and your Christmas Message. All grams must be purchased no later than **Tuesday, Dec. 21st**. The grams will be delivered to the classrooms on **Thursday, December 23rd**.

Please cut them out on the dotted lines.

Child's Name _____ Class Room _____

Christmas Message:

Child's Name _____ Class Room _____

Christmas Message:

Child's Name _____ Class Room _____

Christmas Message:

Child's Name _____ Class Room _____

Christmas Message:

**PLAY LIKE
A CHAMPION
TODAY**

A Team for Every Child

Champion Parent Note

Educating and Forming Champion Parents

Goal Setting for Parents

Parents Can Help Athletes Set and Reach Goals

In last week's Coach Note, we began a closer look at the GROW approach by [providing coaches with tips for setting goals with athletes](#). As parents, we also have a unique opportunity to help our young athlete as he or she strives to achieve both individual and team goals during a given season. Here are a few things to keep in mind as you support coaches in the goal setting process and help your child to set goals.



Set 3 Types of Goals

Athletes and teams of all ages should be setting 3 types of goals: physical, mental and sportsmanship (moral) goals. For athletes on Catholic teams, coaches can also help athletes set a spiritual goal for the season (i.e. growing in prayer). Here is a brief look at the 3 main types of goals:

- **Physical Goals:** As parents, we should keep in mind that physical goals should be set according to each child's level of development. We all realize it wouldn't make much sense for a 3rd grade basketball player to set the goal of dunking by the end of the season, but it may be equally as difficult for some children to dribble the ball between their legs or shoot a left-handed (or right-handed) layup at that age. Be realistic, start small and grow incrementally.
- **Mental Goals:** The mental side of sports can often go overlooked, but doing so would miss a big part of your child's development. At the youngest ages, overcoming an obstacle such as fear or developing the ability to focus during practices and games can be just as fundamental as learning physical skills. Consider what mental goals your young athlete might benefit from setting.
- **Sportsmanship Goals:** If we're going to teach our children character through sports, we must take the time to discuss what great sportsmanship looks like and set goals to improve in that area. Just like physical and mental goals, these should be age appropriate. At the youngest ages, discuss how we treat teammates and opponents. Set a goal to help up players who fall down or treat others with kindness. As athletes get older and strive to live the *golden rule*, these goals might evolve to

address specific situations a team encounters or areas where the individual athlete can grow.



Set SMART Goals

For each of the 3 types of goals above, we encourage setting goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imely. [Here is a worksheet](#) that demonstrates this method and can be used to help your young athlete set goals. Particularly at young ages, it's important kids have success with the goals they set. After reaching a goal, kids should challenge themselves with another goal using this criteria.

Focus on Mastery

Too often, individuals today measure their success based on how they compare to others. This is a dangerous precedent when it comes to setting goals with our children. For young athletes, all goals should be focused on their own mastery (knowledge or proficiency). Since an athlete can't control how many games they win or even how many points they score, they should avoid setting goals to those ends. Instead, focus on setting goals that improve individual skills in the 3 areas above. The results will take care of themselves.

Intrinsic Goals

Young athletes should set goals for the sake of improving in skill and enjoying their sport, not for external rewards. Avoid promising ice cream as a reward for scoring a goal, or any similar reward system. It's certainly fun to celebrate success, but tying performance to an external reward will actually hinder motivation in the long-run and impede growth. Go out for ice cream as a way to celebrate a fun season, but teach your child to achieve goals for the sake of growth.

The Parent's Role

In order for the goal setting process to work as intended, it's important that each goal belong to the child. As parents, we should resist the urge to dictate goals to kids or set our own goals we want them to achieve. Instead, ask the child before each season what he or she hopes to accomplish and encourage them to come up with a few goals in the above categories. If they need help, we can suggest areas they might consider. In most



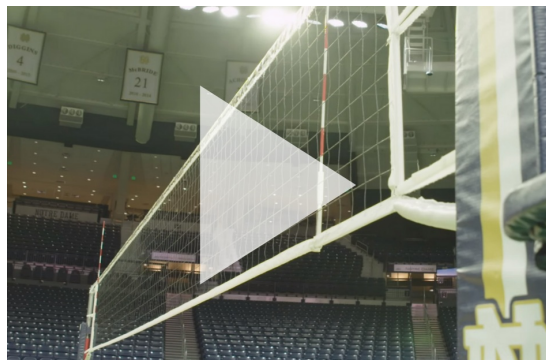
cases, coaches should be active in helping athletes with this process, while parents play a supportive role. To this end, it's also important that parents learn what team goals have been set and support those goals throughout the season. Remember that in many cases, the team may be working on something different than what we expect: it does us no good to be shouting "shoot!" from the stands if the team has set a goal to complete a certain number of passes before shooting.

Goal setting is a continuous process. Whether your child is beginning winter sports or in-between seasons, now is a great time to talk to them about goal setting. Ask them what goals they've set and what they have planned for the current (or future) season. Then let them know how much you enjoy watching them play and cheer them as they strive to reach their goals.

For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it.

~ Hebrews 12:11

Sacred Spaces for Advent



Each day during Advent, the University of Notre Dame is once again taking us to "Sacred Spaces" on-campus to show how our daily lives allow us to glorify God and grow in prayer. We liked [this short video from sophomore volleyball student-athlete Charity McDowell](#), who shares why the gym is her sacred space and how the arena can become a place of prayer.

Play Like a Champion's "Daily Prayers for Champions" page has been updated! Visit 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.

**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

FOLLOW US ON SOCIAL MEDIA!

