



***ST. MARY SCHOOL***

***CATHOLIC SCHOOLS WEEK***

***JANUARY 30, 2022- FEBRUARY 5, 2022***

**Saturday, January 29, 2022 and Sunday, January 30, 2022**

Students are encouraged to attend Mass! Wear your uniform if you attend in person or watch Mass at home with the family.

**Monday, January 31, 2022**

Please join us for our Catholic Schools Week Liturgy at 9:00AM - Mass will be live streamed on our Facebook page.

**Tuesday, February 1, 2022**

Spelling Bees - Grades 3-8 will be held in each classroom

Grades K-2 will play games on SMART Board

**Wednesday, February 2, 2022**

***Wear your favorite sweatshirt with gym pants or jeans!***

Virtual Laser Show Grades K-5 9:00AM

Walnut Street Theater (virtual) Grades 6-8 9:00AM

Registration for new students in the evening

**Thursday, February 3, 2022**

Read a Thon kickoff

Faculty Lunch

**Friday, February 4, 2022**

Students may wear their SMS Spirit wear and Bandanas which will be sold by our counselor throughout the week. - a flyer will be posted in the on-line Communication Folder next week. This fundraiser supports the Victorious Foundation in which the proceeds will be donated to CHOP in Aidan Eberhardt's name. Aiden was a student in our school who passed away from cancer.

7<sup>th</sup> and 8<sup>th</sup> Grade Holy Hour

School-wide Bingo games

**Half Day - 12:15 dismissal - NO AFTEERCARE**

***Thank you for supporting our service project to the  
Vineland Veterans Memorial Home. Donations will be  
accepted through Friday, February 4<sup>th</sup>.***

# Virtual Laser Show and Walnut Street Theater

January, 2022

Dear Parents/Guardians:

A couple of the activities we are planning for Catholic Schools Week are a Virtual Laser show “Safari” for Grades K-5 and a Walnut Street Theater virtual performance “The Me I Foresee” for Grades 6-8. To help with the cost of these performances, we are requesting that every student in grades K-8 contribute \$2.00. Please fill out the bottom of this form and return it to your child’s teacher by Wednesday, January 26<sup>th</sup>. Thank you for helping provide these performances for your students. We know they will enjoy them and also learn some valuable lessons.

Sincerely,  
Mrs. Patricia Mancuso  
Principal

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## Virtual Laser Show and Walnut Street Theater

Student Name

Class

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## ***St. Mary's Catholic School- Vineland Veterans Home Collection***

As we celebrate Catholic Schools Week this year, we will be living out our Service motto by supporting the Vineland Veterans Memorial Home to honor the men and women who have served our country.

We will be collecting the following **new** items:

### **High Priority:**

- **Body wash- universal scents for men or women**
- **Tissues (Boxes)**
- **Colored Pencils**
- **Colored Markers**
- **Adult Coloring books**
- **Large print word search books**

### **Other Items:**

- Lip Balm
- Deodorant – universal scents for men or women
- Diabetic Socks and/or Socks with non-slip tread on bottoms
- Sweatshirts & Sweatpants (S – 5XL)
- Button-down cardigans (S-5XL)
- Pre-shave, Aftershave, and Cologne for men; Perfume for women
- Electric razors
- Denture adhesive and Denture Cleaning Tablets
- Suspenders and Belts- larger sizes
- Undershirts (white) sizes S-5XL
- Batteries (AA, AAA, and C)
- Refreshments- individually wrapped (Please check expiration dates)
  - Tastykakes, Chips, Pretzels
- Gift Cards
  - Wal-Mart, Target, Visa, Amazon

**Please send in donations by *Friday, February 4, 2022.***

*Thank you for your help!*

The St. Mary Ministry of Student Leadership  
is hosting a “win-win” opportunity  
to participate in a Corporal Works of Mercy project:

# “Soup for the Soup-er Bowl”



Beginning now until Friday, February 4th each student who brings in two cans of soup (or more) will receive a NUT card (one dress down day).



All collections will go to the Our Lady of Peace food pantry.



*It's a cold winter. Let's show how warm our hearts are!*





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 21<sup>st</sup> 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.***

# 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!

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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. There is a limited supply of gift cards. Don't delay order yours today!

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Please return just this bottom half with your payment

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

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

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

Check Number: \_\_\_\_\_



**PLAY LIKE  
A CHAMPION  
TODAY**

A Team for Every Child

# Champion Parent Note

Educating and Forming Champion Parents

## Decision Fatigue

### *Steps for Sports Parents to Assist in Making Decisions*

Parenting in the pandemic era has been *hard*. For nearly two years, parents have been forced to make difficult decisions regarding school, social interactions and activities such as sports, all while trying to manage changes to to their own life and work schedules. This additional stress on even simple decisions has a cumulative impact; it's a concept psychologists call **decision fatigue**. The term describes how after making many decisions, our ability to continue making decisions gets worse (*American Medical Association*). It's also why we feel exhausted, overwhelmed or anxious when we have too many choices to make.



With the latest variant of COVID-19 wreaking havoc on school and sports schedules across the country, now is a good time to pause and reflect on how we're being impacted and how we can take steps to improve our mental health. In the short video above, [Dr. Amanda Zelechowski shares 7 decision-making tips for parents](#) to avoid decision fatigue. Zelechowski is a professor, author and speaker who also co-founded [Pandemic Parenting](#) as a free resource for parents. Consider how adopting at least a few of these simple steps can help ease some of your day-to-day decision making as a parent. Doing so will help to relieve anxiety and allow you to enjoy time with your children.

*Trust in the LORD with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.*

~ Proverbs 3:5-6

## Join *Play Like a Champion's* Kristin Sheehan for Upcoming Session

Tomorrow, Wednesday, January 19th at 11:00 am EST our own Kristin Sheehan will be featured in a special online presentation titled **Addressing Racism: A Coach's Journey Toward Kinship**. The virtual presentation is being hosted by the Catholic National Athletic Association (CNAA), which provides opportunities for professional development and education as part of its mission to



represent the voice of Catholic Educational Athletics in local, regional and national governing bodies. During this presentation, attendees will learn how Catholic Social Teaching demands that we address racism as a core justice issue within our sports communities. Coaches will be equipped with the resources to have an honest, open conversation with their student-athletes on race and racism through a peace circle listening session so that all members of a group feel heard and experience a

place of belonging. The session will conclude with imaginative prayer based on Ignatian contemplation rooted in social justice and inclusivity. Those interested can register to attend this free Zoom presentation via the link below!

**Register for Addressing Racism: A Coach's Journey Toward Kinship**

## A Prayer for Parents

God, I thank you for the wonderful blessing it is to watch my children play sports. Thank you for the smile that it brings to their face and for the ways in which sports help them to grow in virtue and skill. I ask that as they participate you protect them from injury and harm and bless them with the grace to reach their full potential. Bless their coaches that they may embrace their role and have the courage to always do what is right for the children you have entrusted to their care. Grant all sports parents the graces we need to be supportive and to have perspective. May we seek not our own will for our child, but yours, and in doing so be freed to let them enjoy this experience no matter the result. May each of us - child, coach and parent - glorify you through our actions and come to know you better through this experience. I ask this through Christ, our Lord. Amen.



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*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.*

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**Access Resources & Learn More at  
[www.playlikeachampion.org](http://www.playlikeachampion.org)**

Play Like a Champion Today Educational Series  
PO Box 72, Notre Dame, IN 46556 | [information@playlikeachampion.org](mailto:information@playlikeachampion.org)  
[www.playlikeachampion.org](http://www.playlikeachampion.org)

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