

Message from the School Office



- Stock's Pound Cake orders will be available for pick up on Friday, February 21st from 3:00 pm - 4:45 pm at the Assumption Hall doors. **Orders will not be available to pick up earlier than 3:00 pm.**



St. Mary School and our Grandparent's Club Presents...

GRANDPARENT/SPECIAL PERSONS

CANDY BAR BINGO

WHEN: Friday, March 7, 2025

6 p.m. --Doors Open
6:30 p.m.-Bingo Begins

WHERE: Assumption Hall (the gym)

WHO: St. Mary School students and their grandparents (or adult special person)

COST:

\$10.00/ Adults \$11.00 at the door
\$5.00/students \$6.00 at the door

Admission includes: 10 games/1 card per game. Additional cards will be available for purchase. Pizza, nachos & cheese, drinks, chips, pretzels, and desserts will also be on sale. Dabbers will also be available for purchase or you can bring your own. Complimentary coffee and tea will be also be available.

*We will also have a 50/50 and Raffle Baskets * All proceeds to benefit St. Mary School Annual Fund*

For more information, please contact Sally Ortiz at sortiz30@comcast.net

Please return this bottom portion only with payment!

ADVANCE TICKET PURCHASE

To purchase tickets in advance, please return this form with your payment by Wednesday, March 5th. Names will be at the door. **NO tickets will go home. Please keep the top portion of this flyer for your information for the night of the event.**

Student/s Name: _____ Homeroom/s: _____

Grandparent/Special Person Name/s: _____

_____ # of Adult Tickets X \$10.00 each Amount: \$ _____

_____ # of Student/s Tickets X \$5.00 each Amount: \$ _____

Pizza Slices ONLY will be available the night of the event.
We will have NO advance whole pie orders and NO whole pies sold the night of the event.

Please make checks payable to St. Mary School.

Total Amount enclosed: _____ Check or Cash NO REFUNDS

Please return form and payment, Attention Jackie Kern, Advancement Office by March 5th!
Thank you!

Join us for a night of Casino Games, Cocktails
Dinner , Dessert, Dancing, & much more!



Save the Date

CASINO

night

SATURDAY, MARCH 29, 2025

7 O'CLOCK PM TO 11 O'CLOCK PM

Assumption Hall

We are now welcoming donations for our basket raffle. Any businesses that contribute will also receive a table sponsorship valued at \$100. For more information, please reach out to pta@smarys.org.



Happy Birthday!



Does your child have a birthday coming up?

We want to make it extra special!

Wish your child a happy birthday on our screens around the school!

\$5 Each

Please fill out the form below and send it back a week before you wish to have your message appear.

We will take dates in advance

Any questions? Reach out to Kate McDermott at pta@smarys.org

September Birthdays & Summer Birthdays accepted as well!

Childs Name: _____

Date of message: _____

Message:



Josten's

Yearbook Order Information

Capture the memories with a yearbook!

A YEARBOOK

AS UNIQUE AS your student

The memories. The friendships. The achievements. This yearbook is like no other, because your student is like no other. Save this year's special moments with a yearbook.

ORDER YEARBOOK >

JOSTENS PAYMENT PLAN

Spread out the cost of your order with interest-free payments.*

GET STARTED >

*Minimum purchase requirements and eligibility restrictions apply.

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Keeping Kids Healthy

A [recent edition of our Friday Morning Rally newsletter](#)* examined the apparent decrease in concussions across multiple levels of football while asking if the sport is now safer than it was a decade ago. It's a topic that has been the source of countless headlines and heated debate, driving lower participation and prompting changes to rules and equipment in an effort to address what some have called a crisis. But while concussions are a serious issue, they account for just an estimated 18%

of reported injuries during competition in all high school sports and only 11% of those that occur during practices, lagging far behind the category of "strains/sprains", behind injuries to the ankle and comparable with those to the knee ([2023-2024 HS RIO Summary Report](#)). At the youth level, those percentages are likely even lower, with the spread of injuries more diverse across sports.



For coaches, the reality is that any number of different injuries can cause our athletes pain or keep them from playing the sports they love. So what can we do to mitigate risk and provide care for our athletes when injuries occur? Here are a few tips that can help coaches keep young athletes healthy during practice and competition:

- **Facilities and Equipment:** It's often not top-of-mind for coaches, but the environment in which you play and practice can present hazards. The same is true of equipment that isn't properly maintained. Moisture on a gym floor can lead to slipping, as can athletes wearing the same shoes outside in the snow and then to practice. Be aware of your surroundings and do a quick check for issues before practices or games. Talk to kids about proper equipment use and fix issues. If you have larger concerns, address them with school or league officials.
- **Avoid Overuse:** The *American Academy of Pediatrics* estimates that [50% of all sports-related injuries in kids result from overuse](#). That's a staggering figure. Coaches can help mitigate this risk by making sure the amount and type of practice and competition in a sport is age appropriate. Almost all national governing bodies have recommendations to this end. For example, USA Baseball offers a [Youth Baseball Skills Matrix](#) and USA Basketball has a [Player Development Curriculum](#). These are age appropriate development tools created by experts to help keep kids healthy. Note that these also encourage kids to play multiple sports to promote well-rounded physical development. Find the recommendations for your sport and avoid doing too much, too soon.
- **Trust the Experts:** With a few exceptions, coaches are not doctors or athletic trainers. If an athlete looks injured or complains of pain, hold them out of activities and direct them to someone who can identify the issue and provide the necessary care. Athletic Trainers are a tremendous resource. The majority of high schools and many youth leagues have access to athletic trainers for competition and possibly even practice. If you don't have access, consider advocating for the addition of athletic

trainers whenever possible.

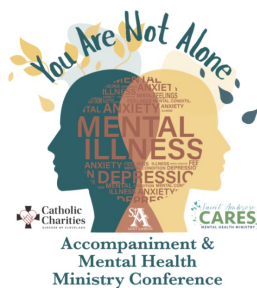
- **Promote Healthy Eating and Sleep:** Active kids need the right nutrition and more time to recover, whether they realize it or not. Use your platform as a coach to talk to athletes about the importance of eating the right foods and getting a healthy amount of sleep each night, which will help them be at their best both mentally and physically each day. This PDF includes an outline of healthy food options and [nutrition guidelines for young athletes](#) from the *American College of Sports Medicine*. The primary takeaway: eat plenty of good, whole foods (not junk) and drink enough water to fuel activity.

Consider the tips above and take a moment to consider how you can create an environment that keeps kids as healthy as possible so that they can enjoy the benefits of participating in sports. Coaches might not be able to eliminate the injuries that come from playing sports, but we can go a long way toward keeping kids healthier by taking thoughtful action.

**If you aren't yet subscribed to the Friday Morning Rally, you can fix that by [clicking here](#). The email newsletter arrives every other Friday with a look at the news and stories that coaches, administrators and sports parents should know.*

“My grace is sufficient for you, for my power is made perfect in weakness.” I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities; for when I am weak, then I am strong. ~ 2 Corinthians 12:9-10

Play Like a Champion Partner Hosts Mental Health Ministry Conference



Our friends in the Catholic Diocese of Cleveland are hosting the 2025 Accompaniment & Mental Health Ministry Conference on Friday, February 21st. The event will take place in-person for those in the area and will be live-streamed so that anyone interested can join. Among the speakers and organizers is Dobie Moser, former Director of the Cleveland CYO. The event will help attendees understand what the current mental health crisis looks like in families, churches and society while exploring how we accompany those struggling with mental health. Click the link below to learn more and register.

Learn More: Mental Health Ministry Conference

Baylor University Hosts Global Congress on Sport and Christianity

The Faith & Sports Institute at Baylor University will host the Fourth Global Congress on Sport and Christianity this summer, bringing an impressive group of thought leaders to Waco, TX to collaborate

and explore the intersection of sport and Christianity in a deeper way. Faith & Sport Institute Director Dr. Paul Putz will be among the keynote speakers at this summer's *Play Like a Champion* Conference as well. Event registration opens in March and you can learn more via the link below.



Learn More: Global Congress on Sport and Christianity

Prayers for the Injured Athlete

Prayer can be a powerful tool in recovery for injured athletes. Whether praying for healing or the grace to handle the anxiety or depression that can be caused by an injury, we can call upon God to be with us as coaches, athletes or teammates. [This PDF includes 3 "prayer cards"](#) inspired by St. Ignatius that can be useful in injury, including the prayer below.



Loving Father, via the prophet Jeremiah You reassured us, "For I know well the plans I have in mind for you, plans for your welfare and not for woe, so as to give you a future of hope." (29:11). While I did not want this injury, please give me the grace to know Your plan for my life through it. I also ask for the guidance and strength of St. Ignatius, who came to know, love, and serve you because of the injury he suffered. Find God in all things. Amen.

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

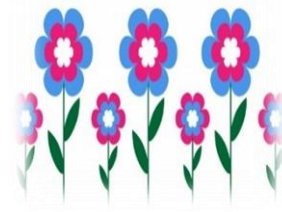
FOLLOW US ON SOCIAL MEDIA!





Goodbye Winter!

It's Time for Williamstown's Spring Tennis Programs!



14th Successful Year! Train With & Learn From the BEST

MITCH WINKLER, Coach

Premier SJ/Phila Professional Coach
 SJ Tennis Hall of Fame 2021
 Phila Inquirer HS Coach of the Year
 Haddonfield HS Developmental Coach
 Only SJ Girls Coach to Win Sectional
 Championships at 2 Different Schools

BRITTANY REEDMAN, Founder

#1 Singles Player The College of NJ
 NJAC Rookie of the Year
 ITA Northeast Regional Finalist
 4 Year WHS #1 Singles Player
 SJ Times Tennis Player of Year
 Winner SJ Times GC Tournament

And Our Wonderful Assistant Coaches!

Spring I Tennis Program, Williamstown Middle School Courts

7 Saturdays Starting March 15th, \$105**

*Elementary 3:15-4:15, Middle School 4:15-5:15, High School 5:15-6:15

Spring II Tennis Program, Williamstown Middle School Courts

7 Thursdays Starting May 15th, \$105

*High School 4:30-5:30, Middle School 5:30-6:30, Elementary 6:30-7:30

*Times/Grades/Groupings Tentative and Subject to Change Based on Final Enrollment. **No session on 4/19.

Questions? Contact TennisAce926@comcast.net, Office 856-307-1230

Payment Methods:

1. **Venmo Business** Mitch Winkler Tennis (@MWTennis)
2. **Zelle** Connie Reedman, 215-429-5170
3. **Check** Payable/Mailed to Connie Reedman, 1400 Woodland Ct, Williamstown, 08094

Following info required for new players via payment notes, mail, or email to TennisAce926@comcast.net

Player Name _____ Player Age _____

Player Grade _____ Player School _____

Parent Name _____ Parent Email _____

Parent Home Address _____ Parent Cell _____

Session: Spring I Elem Spring I Middle Spring I HS Spring II Elem Spring II Middle Spring II HS