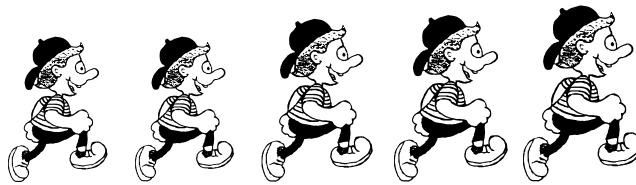


# Messages from the School Office



- School pictures were taken today. In a few days you will receive an email letting you know when photos are ready to view.
- School mass tomorrow at 9:00 am in church.
- PTA Beef and Beer/Basket auction tickets are on sale. The last day to purchase tickets is Friday, October 31<sup>st</sup>.
- Winter uniform begins Monday, November 3<sup>rd</sup>.
- SMS is proud to join our parish community in supporting families in need this Thanksgiving. We are collecting non-perishable Thanksgiving dinner items, and we invite our school families to donate by Friday, November 14<sup>th</sup>.



## **Race for Education 2025**

**Our 13<sup>th</sup> Annual Race for Education was a great success!**

**We EXCEEDED our goal—final total is \$41,955**

**We want to express a very big THANK YOU to the following:**

- Our principal and pastor for their support
- Mrs. Ortiz for her donation of popsicles
- Our PTA and SMS maintenance staff for help with set-up, clean up and help during the race
- Those who donated to Kelly's Kidz toy drive and the SMS PTA for helping to organize this
- Kari Janisse for her stilt walker entertainment
- Monroe Township Police Department
- Our faculty, staff and parish staff whole helped with race before, during and after
- All of our donors who generously helped support our school with their financial donations
- SWOOP and the Philadelphia cheerleaders
- Bob Kelly and Fox 29
- Those who will be pied or silly stringed for being a great sport!

### **UPDATES:**

- We will be pieing Mrs. Mancuso, Fr. Sanjai, Fr. Naveen, Mrs. Coffey, Mr. Wolf, Mrs. Shannon, Mr. C., Kari Janisse, Deacon Mike and Monroe Township police chief on Thursday, October 30 at 2 pm. We will be doing a Facebook LIVE of the pieing for our parents, families and friends to watch—spread the word. You can watch via our official St. Mary School Facebook page, found on the bottom front of our website, [www.smarys.org--just](http://www.smarys.org--just) click the Facebook icon!
- Our Preschool students will be pieing Miss Tiz, Miss A., Fr. Naveen, Fr. Sanjai and Deacon Mike on Monday, November 3 and Tuesday, November 4 at 9 am. We will also do a Facebook LIVE.
- Congratulations to 1B for winning the silly string
- NUT cards for raising \$100 are going home in today's communication folder.
- Preschool will be picking from the Treasure Box next week for those who raised \$100.
- We will be doing the drawings for our gift card winners and sending home the additional gift card winners in next Tuesday's communication folder.

**THANK YOU AGAIN!**



A very special thank you to our wonderful PTA for organizing this year's Trunk or Treat. All of your hard work and the time you put into this event is appreciated more than you know!

Thank you to all the parents, guardians and students who attended. We hope you had a wonderful time!



October 2025

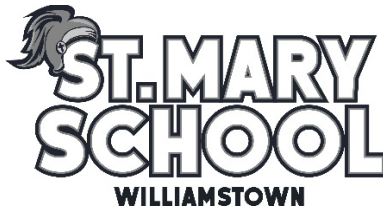
Dear Parents/Guardians,

For your planning and convenience, FACTS Tuition Assistance application is now available for the 2026-2027 school year. There is a \$45 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 2024 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 31<sup>st</sup>.** If you have any questions regarding FACTS Tuition Assistance procedures, please feel free to contact me.

Sincerely,  
Mrs. Patricia Mancuso  
Principal



## Exciting News from St. Mary School: A Simpler Way to Enroll and Manage Tuition

Dear St. Mary School Families,

We're excited to share some wonderful news! Beginning with enrollment for the **2026–2027 school year**, our school will transition to **Finalsite Enrollment and Billing**, a new platform that brings together enrollment and tuition management in one easy-to-use system.

This change will make things simpler and more convenient for families. With Finalsite, you'll experience:

- A unified process for enrollment and tuition management.
- A mobile-friendly parent portal that keeps everything, admissions & tuition related, in one place.
- Clear billing statements and flexible payment options.

We will begin using Finalsite for **re-enrollment purposes** this school year. We will provide clear instructions and personalized support to guide you through each step of the process. Please note that **your 2025–2026 school year billing will continue to be available in the FACTS system** until the current academic year concludes.

For now, there's nothing you need to do, just stay tuned for additional details and next steps once our re-enrollment season begins in mid-November during Discover Catholic Schools Week!

**NEW ADMISSIONS:** We will also be using Finalsite for our new 2026-2027 admissions. We will have a firm start date for **new enrollment** using Finalsite over the next couple of weeks and we will let our families know, especially for those who plan to enroll any new students.

This transition reflects our ongoing commitment to providing families with an efficient, transparent, and faith-filled experience that supports the mission of Catholic education.

Thank you for your continued partnership and trust in St. Mary School.

With gratitude,

Mrs. Patricia Mancuso  
Principal



# Saint Mary School

## November 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Mass Schedule 4:00 p.m.
2 Mass Schedule 7:45 a.m. 9:30 a.m. 11:30 a.m. 6:00 p.m.	3 Band Winter Uniform Begins SCRIP Orders Due	4 Lab Week A 8 <sup>th</sup> Grade Graduation Pictures Science Explorers 2:45 – 4:00	5 School Choir Church 2:45-4:00	6 Chess Club 2:45-4:00	7 <b>12:15 Dismissal Faculty Mtg. Lunch Served Pep Rally 10:30</b>	8 Mass Schedule 4:00 p.m.
9 Mass Schedule 7:45 a.m. 9:30 a.m. 11:30 a.m. 6:00 p.m.	10 <b>No School Teacher In-Service</b>	11 Lab Week B  Science Explorers 2:45 – 4:00	12 Ministry of Student Leadership 2:45 – 4:00 Craft Club 2:45 - 4:00 Open House	13  Rosary Club 2:45-3:20	14	15 Mass Schedule 4:00 p.m.  PTA Beef and Beer/Basket Auction 7:00- 11:00 pm AH
16 Discover Catholic Schools Week	17 Band Scrip Orders Due	18 Absentee/Retake Individual & 8 <sup>th</sup> Grade Grad Pictures Report Cards Science Explorers 2:45 – 4:00 Grandparent Prayer Service 4:30 pm	19 Thanksgiving Luncheon  School Choir Church 2:45-4:00 Parent Conferences 5:00 pm–7:30 pm	20 <b>NO SCHOOL</b>  Parent Conferences 8:30 am–12:00 pm 12:50 pm–3:00 pm	21 Day of Service	22 Mass Schedule 4:00 p.m.
23 Mass Schedule 7:45 a.m. 9:30 a.m. 11:30 a.m. 6:00 p.m.	24 Band  No Scrip Orders this week	25	26 <b>12:15 Dismissal (No lunch/ No Aftercare)</b> School Mass 9:00 Academic Assembly following Mass	27 <b>NO SCHOOL</b> Happy Thanksgiving	28 <b>NO SCHOOL</b> Thanksgiving Holiday	29 Mass Schedule 4:00 p.m.



Meet Your Nutritious Friend:  
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Cheeseburger on a Bun General Tso Chicken over Rice Autumn Harvest Salad</p> <p><b>Baby Carrots w/ Ranch</b> Glazed Carrots Applesauce Cup</p>	<p><b>4</b></p> <p>Chicken Quesadilla w/ Sour Cream and Salsa Buffalo Chicken Nachos</p> <p><b>Celery Sticks</b> Baked Beans 100% Apple Juice</p>	<p><b>5</b></p> <p>Chicken and Waffles w/Syrup and Bacon French Toast Sticks w/ Bacon Autumn Harvest Salad</p> <p><b>Pepper Slices</b> Tri Patty Taters Strawberry Cups</p>	<p><b>6</b></p> <p>Cheesesteak on a Roll Mac &amp; Cheese</p> <p><b>Cucumber Coins</b> Green Beans 100% Apple Juice</p>	<p><b>7</b></p> <p>12:15 Dismissal Cheeseburger on a Bun</p> <p><b>Lays Chips</b> 100% Apple Juice</p>
<p><b>10</b></p> <p>NO SCHOOL TEACHERS IN SERVICE</p>	<p><b>11</b></p> <p>Beef Tacos on Soft Tortillas Nachos Grande with Tortilla Chips</p> <p><b>Celery Sticks</b> Buttered Corn 100% Apple Juice</p>	<p><b>12</b></p> <p>Sausage, Egg, and Cheese on an English Muffin Mini Pancakes with Sausage Patty Chicken Ceaser Salad</p> <p><b>Pepper Slices</b> Hash Brown Potato Fresh Cucumber Slices</p>	<p><b>13</b></p> <p>Chicken Patty on a Bun Pasta w/ Meat Sauce</p> <p><b>Cucumber Coins</b> Poppin Peas 100% Apple Juice</p>	<p><b>14</b></p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Chicken Ceaser Salad</p> <p><b>Veggie Patch</b> Side Salad Fruit Cup</p>
<p><b>17</b></p> <p>Italian Dunkers Ribeque on a Roll Garden Salad w/ Cheese</p> <p><b>Baby Carrots w/ Ranch</b> Oven Fries Applesauce Cup</p>	<p><b>18</b></p> <p>Cheeseburger Fries Walking Taco w/ Fixings</p> <p><b>Celery Sticks</b> Green Beans 100% Apple Juice</p>	<p><b>19</b></p> <p>PTA THANKSGIVING LUNCHEON</p>	<p><b>20</b></p> <p>NO SCHOOL TEACHERS CONFERENCES</p>	<p><b>21</b></p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p><b>Veggie Patch</b> Side Salad Fruit Cup</p>
<p><b>24</b></p> <p>Hot Turkey Sandwich Chicken &amp; Mashed Potato Bowl with Roll Crispy Chicken Salad</p> <p><b>Baby Carrots w/ Ranch</b> Mashed Potatoes Peach Cup</p>	<p><b>25</b></p> <p>Chicken &amp; Cheese Quesadilla Bacon Cheeseburger on a Roll</p> <p><b>Celery Sticks</b> Steamed Corn 100% Apple Juice</p>	<p><b>26</b></p> <p>12:15 EARLY DISMISSAL NO LUNCH SERVED</p>	<p><b>27</b></p> <p>NO SCHOOL HAPPY THANKSGIVING</p>	<p><b>28</b></p> <p>NO SCHOOL HAPPY THANKSGIVING</p>

### What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

**Choice of Vegetable**  
Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, chocolate, and strawberry

**Daily Alternates**  
Pizza Crunchers  
Chicken Nuggets w/ Goldfish  
Bagel w/ Yogurt, and Cheese Stick  
Cereal w/ Yogurt, and Cheese Stick

**(V) Vegetarian**  
*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

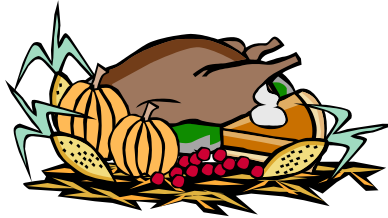
**(VG) Vegan**  
*These items do not contain any animal products*

**Your Team**  
Donna Daly, Food Service Manager  
856-629-6419 ext. 317  
ma1572@metzcorp.com

**Meal Prices**

Student Lunch	\$3.40
Reduced Lunch	\$0.00
Faculty Lunch	\$4.10





## At SMS we have a **GRATITUDE ATTITUDE!**

Dear Parents/Guardians:

In an effort to reinforce the true spirit of Thanksgiving and to reenact the first Thanksgiving, we are asking that each child contribute to the Thanksgiving lunch in a small way. We have planned a menu that we feel the children will enjoy and celebrate as a school family. This special luncheon will be celebrated on Wednesday, November 19<sup>th</sup>. The day promises to be truly a joyous occasion.

We ask that each child contribute to the feast in the following manner:

**Please bring into school by Friday, November 14<sup>th</sup>, the following (except for Kings Hawaiian rolls which will be brought in to school on Wednesday, November 19<sup>th</sup>):**

- K1 and K2** We ask that each child contribute one (1) pound of butter
- 1A and 1B** We ask each child to bring in one (1) 12 oz. canister of Flexible Stove Top Stuffing Mix (**Chicken Flavor only**)
- 2A and 2B** We ask each child to bring in three (3) boxes of Kraft Mac and Cheese (original flavor)
- 3A and 3B** We ask each child to bring in a (6) count of applesauce cups
- 4A** We ask each child to donate a \$2.00 monetary donation for milk
- 5A and 5B** We ask each child to bring in one (1) large box of Hungry Jack Instant Mashed Potatoes.
- 6A and 6B** We ask each child to bring in a dozen (12) Kings Hawaiian rolls  
**Please bring the rolls in on Wednesday morning, November 19<sup>th</sup>**
- 7A and 7B** We ask each child to bring in three (3) cans of turkey gravy
- 8A and 8B** We ask each child to bring in a (6) count of applesauce cups

We thank you in advance for your generosity in making this special luncheon truly “spirited” for your children.

Sincerely,

Mrs. Patricia Mancuso  
Principal

★ ST MARY SCHOOL ★  
BLACK FRIDAY BASKETBALL KICK-OFF SKILLS CLINIC

**PRESENTED BY:**

**SCAFIDI BASKETBALL**



OPEN TO ALL SKILL  
LEVELS:  
DRIBBLING,  
PASSING,  
SHOOTING, AND  
DEFENSE

**NOVEMBER 28, 2025**

**Grades 2<sup>nd</sup> to 5<sup>th</sup>: 9am to 12pm**

**Grades 6<sup>th</sup> to 8<sup>th</sup>: 1pm to 4pm**

Questions: Please reach out to Chuck Kummer at 856-952-3958

**TAKE YOUR  
BASKETBALL  
SKILLS TO THE  
NEXT LEVEL**

**REGISTRATION**

**\$40 PER  
PLAYER**

Please detach and return with payment by 11/15/25

Child's Name: \_\_\_\_\_ Classroom: \_\_\_\_\_



*St. Mary School PTA*  
*Beef & Beer Basket Auction*  
*Featuring the band*  
*High Noone*

When: Saturday November 15<sup>th</sup>

7pm-11pm

Where: St. Mary School Assumption Hall

\$30 per ticket

\*Must be 21+ to attend\*

Please fill out the form below and send in with payment for tickets!

Please send in ticket form by 10/31

Any questions please reach out to [pta@smarys.org](mailto:pta@smarys.org)

---

Name: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Request a table? Yes or No

Childs Grade: \_\_\_\_\_ A or B



SAINT MARY'S CRUSADERS

# INTRAMURAL BASKETBALL

KINDERGARTEN TO 3RD GRADE

**SUNDAYS ONLY!**

January 4th to February 8th

 1:00 PM - 2:00 PM  
Kindergarten &  
1st Grade

 2:15 PM - 3:00 PM  
2ND & 3RD  
GRADE

**SIGN UPS/REGISTRATION:**  
October 22nd to November 21st



# HALLOWEEN AT SMS



October 14, 2025

Dear Parents/Guardians,

On Friday, October 31st we will celebrate Halloween at St. Mary School. The specifics for the day are as follows:

- Any student, who wishes, may wear a costume to school for the day. The costume must reflect the philosophy and atmosphere of our school. Large costumes, face coverings and blow up costumes are not permitted.
- If the costume chosen has accessories such as guns, swords, knives, etc., please leave these accessories home.
- You should consider that the costume will need to travel on the school bus and spend the early morning in the usual academic schedule. This costume does not have to be the one that is used for Trick-or-Treating, but one that is more appropriate for a school day.

**The schedule for the day includes:**

**AM** – Regular schedule of classes

**1:30 PM** Total school **Halloween Parade** outside on our side parking lot. Parents/grandparents are welcome to come and watch the parade. Younger students will be teamed up with their “buddies” to insure the safety of our students. ***Please park in the large parking lot when you come to the parade. If we have inclement weather, students will parade in the gym.***

After the parade, the classroom celebrations will begin. ***Only Homeroom Parents helping with the celebrations will be permitted in the building.***

***Early dismissals will only be allowed before 1:00 PM on this day. If you are in the school and helping with the celebrations your student(s) will not be dismissed early but may be dismissed with cars riders at 2:45 if a note is sent in to the teacher. No exceptions will be made.***

Thank you,

Mrs. Patricia Mancuso  
Principal

# It's Turkey Feather Time!



Each year the St. Mary Ministry of Student Leadership sponsors a “friendly competition” among homerooms to see who sells the most feathers and earns the most money toward Thanksgiving baskets for parishioners in need.

It is a win-win situation. The Our Lady of Peace Social Concerns committee gets the much needed help for this huge undertaking, and the homeroom that raises the most money will get the much coveted Turkey Feather champion bragging rights for the year! In addition, the students from the homeroom selling the most feathers will get a dress down day and a pizza party.

**Turkey feathers are being sold for 25 cents each or five for \$1.00.** Money can be put in a labeled envelope and given to homeroom teachers.

As always, thanks for your help!



# 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](mailto:pta@smarys.org)

September Birthdays & Summer Birthdays accepted as well!

---

Childs Name: \_\_\_\_\_

Date of message: \_\_\_\_\_

Message:

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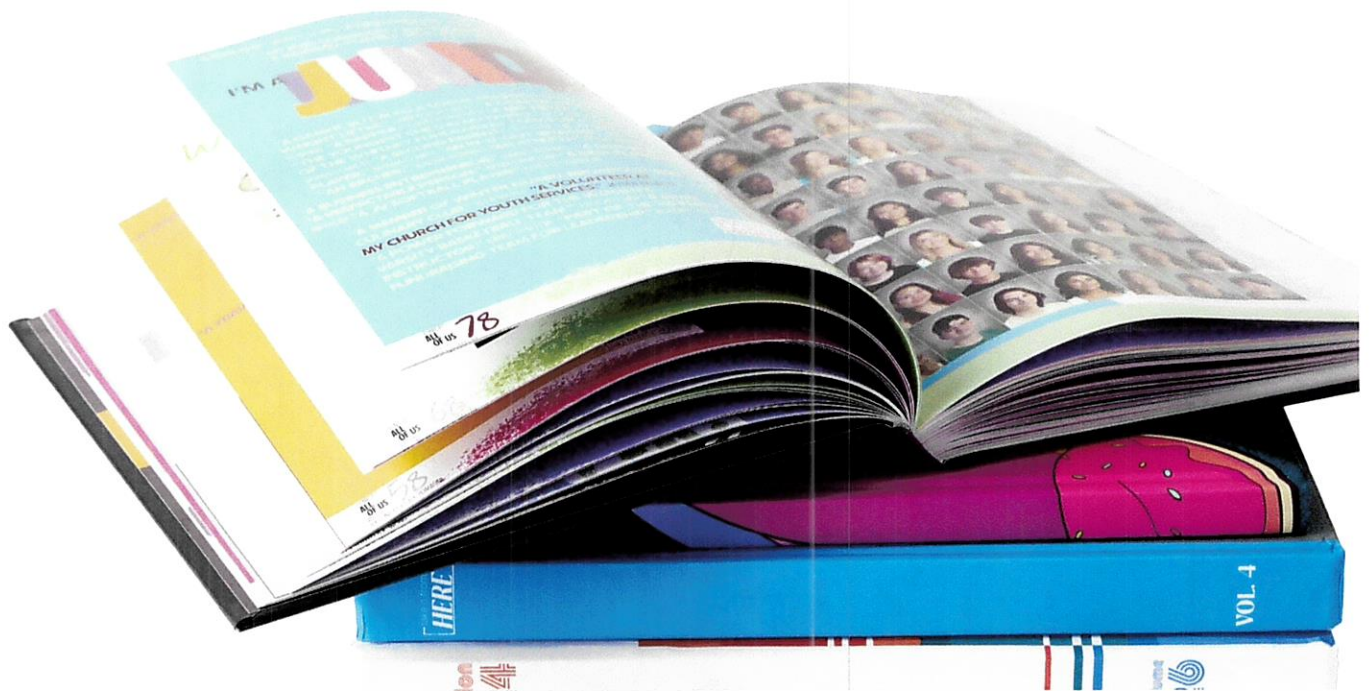
# COUNTLESS AMAZING MEMORIES. ONE ICONIC YEARBOOK.



## TO ORDER:

- Scan the QR Code
- [jostens.com/btsyrbk](https://jostens.com/btsyrbk)
- 1 (877) 767-5217

**NOW \$38.00**



Yearbook

\$38.00

**Share your student's photos with the yearbook staff to be featured in the yearbook more.**

1



Open your phone's camera and scan this code.

Or visit [photos.jostens.com/uploadspics](https://photos.jostens.com/uploadspics)

2

Upload your favorite photos from the year.

3

Tag students for the yearbook staff.

*Flexible Payment options are available at checkout.  
Taxes, service fees and delivery fees will be added, if applicable.*



# Champion Athlete Note

Forming Champion Athletes Since 2006

Volume 25, Issue 9 | October 28, 2025

## The Power of Breath

In the high-energy world of youth sports, agility, strength, and endurance take center stage. But one overlooked hero often goes unnoticed: *the breath*. Teaching young athletes the art of controlled breathing can be a game-changer physically, mentally, and emotionally.



### Physical Performance: Breath as Fuel

Harnessing controlled breathing isn't just about staying calm - it's about *optimizing oxygen intake*, which enhances stamina and speeds up recovery. When young athletes learn to regulate their breathing during activity, they:

- Maintain steadier heart rates,
- Delay the onset of fatigue,
- Improve coordination and focus under pressure.

Techniques like diaphragmatic breathing or rhythmic breathing matched to movement (such as inhale for three steps, exhale for two in running) can elevate an athlete's game with surprisingly simple adjustments.

### Mental Clarity: Focus Under Fire

Sports are often intense. Whether it's pre-game jitters or a last-second free throw, anxiety can sabotage performance. Under pressure, our self-talk (referred to as "chatter") tends to become very negative. According to Professor Ethan Kross, director of the Emotions and Self-Control Lab at the University of Michigan, and author of *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*, "When chatter consumes our attention, it leaves little left over to do other things, including managing our feelings."

Controlled breathing activates the parasympathetic nervous system—the body's natural "calm down" response. Athletes who practice breath work regularly report feeling more centered and focused, giving them an edge not just physically, but mentally. The key, though, is regular practice!

### Emotional Resilience: Learning to Reset

Perhaps most importantly, teaching young athletes to use their breath as a reset button builds emotional resilience. It becomes a lifelong tool to:

- Manage stress,
- Bounce back from setbacks,

- Approach challenges with a clear mind.

We've prepared a list of [ten different breathing exercises](#) that can be used by athletes, both young and not-so-young. Click the link above or the image to the right to download.

#### 10 Simple Breathing Techniques to Enhance Your Well-being

Breathing is an automatic process that most of us take for granted. However, intentionally focusing on our breath can have profound effects on our overall well-being. Research shows that controlled breathing techniques can reduce stress, improve concentration, and promote emotional stability. This article explores ten simple breathing techniques that you can easily incorporate into your daily routine to enhance your well-being.

##### 1. Diaphragmatic Breathing

Diaphragmatic breathing, also known as abdominal or belly breathing, involves engaging the diaphragm fully while inhaling and exhaling. This technique encourages deeper breaths and increases oxygen intake.

##### What It Is

Diaphragmatic breathing, also known as abdominal or belly breathing, involves engaging the diaphragm fully while inhaling and exhaling. This technique encourages deeper breaths and increases oxygen intake.

##### How to Do It

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your abdomen.
- Inhale deeply through your nose, ensuring that your abdomen rises while your chest remains relatively still.
- Exhale slowly through your mouth, allowing your abdomen to fall.
- Repeat this for 5-10 minutes.

##### Benefits

Diaphragmatic breathing can lower your heart rate, reduce stress hormones, and promote a state of relaxation.

##### 2. 4-7-8 Breathing

The 4-7-8 breathing technique, created by Dr. Andrew Weil, promotes relaxation through a simple pattern of inhalation, holding the breath, and exhalation.

##### How to Do It

- Sit comfortably with your back straight.
- Inhale quietly through your nose for a count of 4.
- Hold the breath for a count of 7.

---

***“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” ~ Aristotle***

---

**Breathing exercises before games or during practice** can serve as rituals that ground and soothe the body and mind, subtle, powerful ways to bolster confidence. Training muscles and mastering technique are crucial to sports success, but when youth athletes learn to *breathe with intention*, they unlock a deeper level of performance and personal growth. It's not just air - it's empowerment.

*Today's note was contributed by Bill Matthews, MA, LPC. Thanks to Bill for his tireless work on behalf of young athletes and for sharing his knowledge with our community!*

***"The spirit of God has made me, and the breath of the Almighty gives me life." ~ Job 33:4***

## A Prayer for Athletes



Heavenly Father, through St. Paul you admonish us to "run so as to win" in our athletic pursuits, while keeping our eyes on the eternal glory of heaven. May we always take the lessons we learn in sports and use them to help us grow in faith, hope and love. Help us to follow the example of your saints, who showed great courage and proclaimed your glory no matter the cost. We lift our prayers to you and ask that you bless our teammates and coaches during this practice and in the week to come. Help us to

strive to use our talents to the best of our abilities and to glorify you in doing so. We all these things through Christ, our Lord, Amen.

---

**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)