

St. Mary's Academy
 "Where Faith and Knowledge Meet"

Smabville.org

From the
 Principal's
 Desk

As we begin this Advent season, I wish you the gift of patience. I wish you patience with the crowds, patience with the busy-ness of the season, patience with each other and patience with yourselves. It is with patience that we await the birth of the Christ child. I wish you the time to prepare your hearts and your home for all the rich gifts of the season.

I am ever grateful for the students, families, staff and the entire community that make St. Mary's Academy what it is. This is truly a wonderful place to be. May God bless you and your families this Christmas and throughout the New Year.

Mrs. Henderson



BITS AND PIECES

~ St. Mary's Parent's Club will be hosting their annual Spaghetti Supper this Saturday, December 3rd from 5:00-7:00. The cost is \$7.00 per adult and \$4.00 for children and seniors. Tickets at the door will be \$8.00 per adult and \$5.00 for children and seniors. Children under 5 eat free! Take a break from cooking and join us for this fun event!

~On Thursday, December 8th, we will be celebrating the Feast of the Immaculate Conception. Our 3rd graders will lead us in this very important Holy Day Mass at 9:00 AM.

~ 6th grade will hold a cupcake sale 12/8 during all lunches. Cupcakes will be .50 with proceeds going toward the 6th grade Boston trip in June.

~There will be no PTA meeting this month. The next meeting is scheduled for Wednesday, January 11th at 7:00 P.M.

~Plans are underway for our Catholic Schools Week Celebration. We will open with Mass on Sunday, January 29th. More information on the week's events will follow.

Save the Date!

Christmas Movie
 Friday, Dec. 9th

6-7 PM "Veggie Tales
 Christmas"

7:30 -9 "How the Grinch
 Stole Christmas

Christmas Concert
 Thursday, Dec. 15

Concert is at 7:00
 PM in the church
 followed by cookies
 in the cafeteria.

Light the Way Dinner
 Friday, Jan. 27

Event will be held
 at the On-Center

St. Mary's Chorus
 performing at 6:05



Nurse's Notes

Vision/Hearing screenings mandated by New York State have been started for this school year. If there is a concern with the findings, parents will be contacted promptly, otherwise, you will not hear from us.

As a reminder, ALL prescription and non-prescription medication (over the counter) will require a physician request. We will not be able to administer ANY medication without orders.

BITS AND PIECES (con't)

~ There are many field trips to look forward to this month:

12/2 Chorus members will go to Syracuse Home

12/7 Grades Kindergarten and 3 will go to the civic center to see "The Adventures of Rudolph". Lunch will be when they return.

12/13 Grades 1 and 2 will go to the Landmark to see "Seussical". Lunch will be when they return.

~ Class parties are scheduled for December 20th. (snow date of the 21st) The 20th will be an end of the month dress down day. Students should wear red and green.

~ St. Mary's Academy spirit wear is available for purchase! Please contact the office for purchasing information.

~ Our Christmas Concert will be held in the church this year. Please be patient with us as we try this new and more beautiful location to highlight your children's beautiful voices!

~ Please remember to send your children in with appropriate clothing to go outside to play. We have been blessed with unseasonably warm weather, but winter is on its way. Also, please label your child's clothing so we may return them if they get misplaced.

~Remember to check our website frequently for e-updates and information particular to your child's class!
Smabville.org



PARENT ADVICE

From Parent Magazine 12/99

10 TIPS FOR A STRESS FREE HOLIDAY

Sleigh bells are ringing, the candles are lit, everyone is awash in holiday cheer. But you're not feeling at all like one of Santa's little helpers. In fact, you're starting to feel like the Grinch. Your life has become an endless round of obligations: cards to send, presents to buy, entertaining, decorating. . . . But don't despair. Herein, some tips to help you simplify so you can get back to the spiritual heart of the **holidays**.

1. Ask for your family's input.

Ask each person to take a moment to list his or her three favorite holiday activities. Then ask for three things they could do without. This will help you create a holiday that's guaranteed to contain at least one of everyone's favorites, along with ideas for streamlining the celebration.

2. Spend the holidays at home this year.

You have a **newborn**. Or a job deadline. Right now, the last thing you can deal with is the pressure of making travel plans for the busiest time of the year. "Explain to your parents, 'Mom, Dad, I would love to visit, but it would just be too much for me -- the kids are too little to travel, and I have only a few days off,'" Be honest. Your relationship should be able to withstand the disappointment."

3. Limit the optional events.

There are the things you absolutely must do, such as attend your daughter's holiday recital or the **preschool** class party. Add to those the adult-oriented festivities -- office get-togethers, carol sing-alongs, New Year's Day open houses -- and you barely have a minute to breathe. To whittle down the list, set limits. Decide in advance just how many parties or other events you can handle, and give the green light to the first four invitations to arrive. Then politely but firmly refuse the rest.

4. Resist the urge to be Martha Stewart.

5. Get choosy about Christmas cards.

"No one has to send cards if she doesn't wish to," Post advises. "It's a personal choice." Check your greeting-card pulse. If you love sending cards, there are some ways to make it more manageable.

Start by asking yourself what holiday cards mean to you. The key to making your life easier is to cross guilt off your list. If you've got hundreds of cards to send, consider preprinted ones. Next, automate. Hire your own children or a neighborhood **teen** to help out. Have them address envelopes and stick on stamps. Time elapsed: one night.

6. Stress the spiritual.

What parents need to focus on, given that they can't do it all, is activities that create meaning and memories.

7. Winnow the Wish list.

It's not the great American novel. It's little Joshua's letter to Santa, and he's been scribbling since June. Is he getting everything he wants? No way. Generosity may be one of the hallmarks of the season, but that doesn't mean giving free rein to materialism.

8. Don't shop till you drop.

Start early. And invite a friend along. You'll have more fun, and you can stop for a snack and a chat. "Give yourself frequent breaks while **shopping**," suggests Jeff Davidson, author of *The Joy of Simple Living* (Rodale, 1999). "It's not a marathon. Stop and enjoy the seasonal decor.

9. Hire some of Santa's helpers.

"Ask your local supermarket about holiday platters, catering for dinner parties, and home deliveries," Davidson says. And don't be shy. "When guests ask what they can bring," he advises, "tell them." Pay a helpful teen to assist you in the kitchen, and consider hiring a cleaning service so you're not left scrubbing the bathroom tiles the night before. That way, you can truly relax.

10. Give yourself a time-out.

Right now, before you have a nervous breakdown. Stop roasting those chestnuts. Stop burning that midnight oil. And don't even think about answering the phone. "Give a gift to yourself -- and not just the kind that you wrap with a bow," Bodger says. "Take an invigorating walk or spring for a sitter and take an afternoon off. You'll appreciate it, and so will your kids. There's a good reason why flight attendants advise us to place the oxygen mask on ourselves first, before we help others. If we're not okay, there's no way we can take care of anyone else."

