

## FROM THE PRINCIPAL'S DESK...



Hello SME Families,

I wanted to share some upcoming event dates, times and locations:

<b>Immaculate Conception Mass</b>	Thursday, December 8 @ 8:30 in the church
<b>Breakfast wit Santa</b>	Saturday, December 10 @ 9:00 in the parish center
<b>Pre-K Sing-a-long</b>	Monday, December 12 @ 1:00 - <b>PK families only</b>
<b>Christian Witness Mass: Joy</b>	Friday, December 16 @ 8:30 in the church
<b>Living Nativity</b>	Friday, December 16 @ 7:00 in the school gym

We hope to see you throughout the holiday season!

Mr. Olejniczak



## RAISERIGHT - TIME IS RUNNING OUT

We have just TWO more order dates (Mondays) to ensure your Gift Cards arrive in time for Christmas!  
Safe yourself the time and hassle of going from store to store by submitting your RaiseRight order TODAY!  
*While you're at it, you'll be earning credits on your tuition account!*  
There is an order form attached today, and they're always available on our website.

There are **WALK-IN** Hours on: **Tuesdays:** 9-12  
**Wednesday:** 12:30-2:30 (for parents who pick up their children)  
**Fridays:** 8-12

## BY THE NUMBERS

**RaiseRight:**  
Sales office open for walk-ins every:  
**NEW!** Tuesday 9:00-12:00  
Wednesday 12:30-2:30  
Friday 8:00am-12:00pm  
The office is located within the Faith Formation office in the school building. Please come to our main door #1 to be buzzed in.


**Little Caesars (HSA):**  
Profit: \$1542.00

**Heart & Home (HSA):**  
Profit: \$2029.80

**Year round ways to help:**  
◇ Boxtops 4 Education  
◇ Amazon Smile (search for St. Mary of the Assumption) November Deposit: \$86.05  
◇ RaiseRight Program



## PARENT T-SHIRTS

SME Parent T-Shirts are available for purchase anytime!  
  
Shirts are \$10.00 and can be ordered here:  
<https://forms.gle/ozf8ihiapbUkd2Lw5>  
Also available anytime:  
Car Magnets & Shirt Patches for \$1 each.  
Please send payments Attn: Mrs. Kuhn  
**Orders will be distributed upon receipt of payment.**



## LIVING NATIVITY

### Save the Date!

On Friday, December 16th, 2022 at 7:00 pm, Saint Mary's Elementary School students will present **JOY TO THE WORLD! – a Living Nativity Christmas Celebration.**

*This will be the only Christmas production taking place this year.*

This beautiful depiction of our Lord's birth will take place in the SME school gymnasium. **ALL STUDENTS IN GRADES PK - 8** will be a part of this production! Students will be singing and acting with a backdrop of the manger just as it was on that busy day in Bethlehem.

Students should dress up and are more than welcome to dress as Christ-massy and festive as they like.

All students need to be in the Parish Center by 6:45 on this evening.  
We are looking forward to presenting our annual Christmas production to share with our families!



## HOME SCHOOL ASSOCIATION



*Thank you to Mrs. Sparmo & her team of elves who helped to make Merry Moose magnificent for our students!*

**Save The Date!**  
Breakfast with Santa is this  
Saturday, December 10th, 9-11am!

**RSVP:**  
<https://forms.gle/zk5U1egwuKskiF4t8>

Those interested in **helping** can sign up here:  
<https://docs.google.com/forms/d/1FAIpQLSd4SLyQ9HWec3v9-tRKbAkl0nmqfsVJufzYLwU3vHytCRk-jQ/viewform>



## UPCOMING EVENTS:

- 12/8 - Immaculate Conception Mass, 8:30
- 12/9 - No Mass today, **NO AFTERSCHOOL CARE AVAILABLE**
- 12/10 - Breakfast with Santa
- 12/15 - Bills Dress Down for \$1
- 12/16 - Christian Witness Mass, 8:30 (November recipients), **Living Nativity** 7:00pm in the Gym, **NO AFTERSCHOOL CARE AVAILABLE**
- 12/26 - 1/2 - **NO SCHOOL**, Christmas Recess
- 1/5 - Bills Dress Down for \$1
- 1/6 - Christian Witness Mass, 8:30 (December recipients)
- 1/13 - **10:45 Early Dismissal, Staff PD**
- 1/16 - **NO SCHOOL**, MLK Jr. Day

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## ST. MARY'S ELEMENTARY SCHOOL

2 St. Mary's Hill  
Lancaster, NY 14086

Phone: 716-683-2112  
Fax: 716-683-2134  
www.smeschool.com



UPON THIS HILL,  
WE DO GOD'S WILL



## COVID TEST KITS

While we have not seen an uptick in Covid cases here at SME, we do have a surplus supply of Covid-19 test kits.

If you would like test kits to be sent home with your child, please email Mrs. Kuhn.

## RAISERIGHT

RaiseRight walk-in office hours are Tuesday from 9-12, Wednesday from 12:30-2:30 & Friday from 8-12. The brown envelope that you received in September is what you can use to send your orders in to school with your child, and what your gift cards will be sent home to you in.

To expand our selling hours we could use a few more volunteers! If you are interested in learning more about that, please email raiseright@smeschool.com.

**To use the RaiseRight app on your mobile device, please email raiseright@smeschool.com to receive the enrollment code.**

If you have any questions, please email raiseright@smeschool.com.  
We thank you for your support of the RaiseRight Program!

## BILLS DRESS DOWN DAYS

The Athletics department will be hosting Bills themed dress down days on the following dates:

Thursday 12/15 & Thursday 1/5.

For a minimum donation of \$1/day students can be a part of the fandamonium! Funds raised will benefit the athletics program.

Students choosing not to participate are expected to be in their regular school uniform.



## ST. LUCY'S WHEAT



St. Lucy's wheat, also known as Christmas wheat, is an ancient Hungarian tradition. The wheat will grow into a grass-like plant and can be clipped and used as bedding in your manger set. Seed packets and instructions are available at our church entrances & school office. Seeds should be planted by December 13, the Feast Day of St. Lucy.

## 12 DAYS OF CHRISTMAS FUNDRAISER

Get your tickets for the 12 days of Christmas you sure don't want to miss this. We have lots of prizes which make fun surprises, but you've gotta be in it to win it!

Additional tickets are available by request in the school office.

Thank you & good luck!



## NURSE NOTES

A few reminders as we close out November...

- Physicals are required for students in PreK, K, 1, 3, 5 & 7. As well as annually for those wishing to participate in sports. I am still missing quite a few. Please remember to have physical forms sent in to the health office ASAP.
- Health Office updates will be sent home this week, these are to be completed annually for every student.
- Please send in extra clothes for your younger students. If your child has an accident at school and doesn't have extras we will provide them with some. Unfortunately, our stash of extra supplies is running low. So please remember to wash and return anything your student need borrows.
- Vision and hearing screenings have begun and are going well. You will be notified if a referral is needed. Please reach out with any questions/concerns.

## ST. MARY'S CHURCH: JESSE TREE SIGN-UP

Please click the link to sign up your children/teens to participate in our Jesse Tree Ornament procession & ornament hanging at our Masses during Advent. You can sign up your children/teens for multiple Masses if you wish.

We need 7 ornament hangers for each of the 4 Masses during the 4 weeks of Advent. **Please be advised that your children/teens will need to be at Mass 10 minutes early in order to participate. The ushers will find a replacement if you are not at church 10 minutes early.**

Thank you for your understanding and for your participation!  
<https://www.signupgenius.com/go/10C0F4DA8A72EA4F9C52-advent>

If you want to learn more about the Jesse Tree Advent tradition and to share this with your children click here: <https://www.loyolapress.com/catholic-resources/liturgical-year/advent/the-jesse-tree/>

## MEGA RAFFLE

The Mega Raffle will be held on Friday, June 9th and is LIVE & IN PERSON!! To ensure that the event is a success, and to welcome back our guests who have missed the live event the past 3 years, we are in need of additional committee members to help with the planning.

The next planning meeting will be via Zoom in January.

If you would like to be added to the meeting, or would like more information, please email [megaraffle@smeschool.com](mailto:megaraffle@smeschool.com).

Help is needed in the following areas:

- ♦ Bankers (2 ppl): sit in a secure room and handle the money
- ♦ Bar (4-8 ppl): reach out to vendors for donations, order the beer/wine/cups, brew coffee, serve drinks during the event
- ♦ Decorations (1-2 ppl): order & pick up balloons, assist with set-up the night before the event, wash tablecloths after the event
- ♦ Food/drinks (1-2 ppl): order pizza, pick up pop, make sure cups/plates/napkins are available/ordered
- ♦ Raffle baskets/donations (1-4 ppl): reach out to businesses for donations, assist with basket assembly for the event, sell tickets during the event

## SME GEAR ONLINE STORE

We expect to distribute orders from the SME Gear store the week of December 19th. If you have a special pick up request, please contact Mrs. Kuhn to arrange that, otherwise your order **will** go home with your child.

Orders placed as direct shipping should begin to ship on 12/16.

## AFTERSCHOOL CARE SCHEDULE UPDATES

Due to various Staff & School events there will be **NO AFTERSCHOOL CARE** available on the following dates:

**Friday 12/9 & Friday 12/16**

Please be sure to make arrangements for your children to be picked up or take the bus home that day.

We apologize for the inconvenience and appreciate your understanding.

## CALENDAR CLUB



We will once again run the Calendar Club fundraiser for the 2023 calendar year.

With 365 days of prizes there is over \$10,000 to be won!

Upon the receipt of your \$20 donation, your name and number will be registered for all drawings for the year 2023. Winning numbers will be physically drawn monthly at St. Mary's Rectory and will be published monthly on the parish & school websites.

Please see the order form on the NewsNote tab of the website to reserve yours today!



## NURSE NOTES

You can reach  
Nurse Dara Sirianni, RN at:

[nurse@smeschool.com](mailto:nurse@smeschool.com)  
716-683-2112 x128

Health Office Hours  
9:30am-1:00pm

## 8TH GRADE INFO

Our 8th grade class is inviting you to a family-friendly Christmas movie night experience on Saturday, December 17th.

The event will be in the Parish Center from 6:00pm to 8:00pm with doors opening at 5:45pm.

We will be showing a Christmas short plus our feature presentation of *The Polar Express*, having hot chocolate and snacks, and even raffling off a brand new smart Samsung T.V.!



Please read all of the information in the flyer contained in the NewsNote, and we look forward to seeing you there!

## STAY IN THE KNOW



**Save the Date :** 12/16

Living Nativity 7pm in the Church

**Make Note:** 12/9 No Afterschool Care

**Make Note:** 1/13 10:45 Early Dismissal, Staff Development

**Make Note:** 1/16 No School: MLK Jr. Day

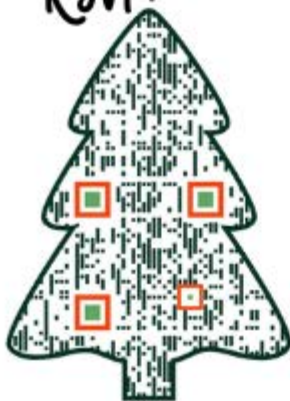
**Make Note:**





# **BREAKFAST WITH SANTA**

RSVP:



*Pancakes, Sausages &  
Beverages  
\$10 a person*



**Sat., Dec. 10th, 9-11am  
SME Parish Center**



# CHRISTMAS MOVIE NIGHT

6-8 PM, Saturday, December 17<sup>th</sup>

@St. Mary's Elementary Parish Center

Doors open at 5:45 PM.

Bring your own Blankets and Lawn Chairs!

Christmas Short and Feature Presentation:

**"THE POLAR EXPRESS"**



Tickets \$5 at the door,  
includes 1 drink & 1 snack



**SAMSUNG CRYSTAL UHD  
SMART TV 55 INCH  
\$400 VALUE**

**TV RAFFLE**

**DRAWN AFTER THE MOVIE**

**50/50 RAFFLE**



**EXTRA DRINKS AND  
SNACKS \$1 EACH**



*All proceeds will benefit the 8th grade class!*



FROM DECEMBER  
**19th TO 23rd**



St. Mary's Elementary School

# CHRISTMAS SPIRIT WEEK

MONDAY:	Dress in Grinch Green or as the Grinch
TUESDAY:	Wear your Christmas PJ's
WEDNESDAY:	Dress as an Elf, Reindeer or Santa
THURSDAY:	Ugly Sweater/Shirt Day
FRIDAY:	Dress in Christmas Colors

We hope everyone will participate in the special dress down days during this week. If you choose not to dress in the Christmas attire during this week, you must wear your school uniform.  
\*\*No rips or tears in clothing

# ST. MARY'S ELEMENTARY SCHOOL, LANCASTER, NY- "...visible examples of Gospel living."

# Dec, 2022

Student lunches are **\$3.50**, and adult lunches are **\$5.50**. During this time, we ask that all lunches be prepaid with either cash or check made out to SME, in the exact amount. Any overage will be kept on account. All lunches are comprised of five components; protein, whole grain, vegetables, fruit & milk. In addition to the main entrée, there are four alternate choices offered daily; Julienne Salad, Yogurt Parfait, Sunbutter/Jelly, and Ham/Cheese Sandwiches. Milk is **\$0.50**, and may be prepaid if your student buys milk regularly. **Snack will now be served to all grades during lunchtime. No snack is ever purchased on account. Snack money must be presented at point of sale. Snacks are \$0.25-\$0.75.** If you have any questions, please feel free to contact us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com). We appreciate your support. Tracy Hadsall, Liz Heerd & Jenny Fulcinitti

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch = \$3.50 2 Lunches = \$7.00 3 Lunches = \$10.50 4 Lunches = \$14.00 5 Lunches = \$17.50	6 Lunches = \$21.00 7 Lunches = \$24.50 8 Lunches = \$28.00 9 Lunches = \$31.50 10 Lunches = \$35.00	11 Lunches = \$38.50 12 Lunches = \$42.00 13 Lunches = \$45.50 14 Lunches = \$49.00 15 Lunches = \$52.50	16 Lunches = \$56.00 17 Lunches = \$59.50 18 Lunches = \$63.00 19 Lunches = \$66.50 Cash or Check to SME Change Will Go On Acct	No 'On Account' Snack Purchases Allowed  Birthday Snacks for the Class are Paid for Separately, Please!
			1 Sweet & Sour Chicken Rice Veggie, Fruit & Milk	2 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
5 Breakfast Pizza Potatoes Veggie, Fruit & Milk	6 Nachos Grande With Beans Veggies, Fruit & Milk	7 No Alt B Available Chicken Caesar Garlic Bread Veggie, Fruit & Milk	8 Chicken Incredi Bowl Corn, Mashed Potatoes Fruit & Milk	9 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
12 WafflePancakeFrenchToastStick Egg Patty Veggie Juice, Fruit & Milk	13 Cheeseburger Casserole Veggies Fruit & Milk	14 No Alt B Available Market Salad w/Muffin (apples, berries & bleu cheese) Veggie, Fruit & Milk	15 Italiano Incredi Bowl (pasta, meatballs, marinara) Veggies, Fruit & Milk	16 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
19 Chicken Patty on a Bun Baked Beans Veggie, Fruit & Milk	20 Shepherd's Pie Mashed Potatoes Veggies, Fruit & Milk	21 No Alt B Available Chicken Souvlaki Pita Bread Tomato Soup, Fruit & Milk	22 Mexi Incredi Bowl Veggies Fruit & Milk	23 Happy Holidays! Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
2 January, 2023 Happy New Year!  No School	3 Beef Crumble over Mashed Potatoes Veggies, Fruit & Milk	4 No Alt B Available Antipasto Salad Garlic Bread Veggies, Fruit & Milk	5 Ramen Bowl (chicken, noodles, veggies) Veggies, Fruit & Milk	6 Mozzarella Sticks Veggies, Fruit & Milk

Menu subject to change.

## Prepayment Guidelines for Student Lunches at St Mary's Elementary

1. The upcoming lunch menu is always posted on the SME Website by the last Wednesday of the month. Once you look over the menu, you may decide to prepay for as many or as few lunches as you wish.
2. A check or cash may be sent with your child/children in an envelope clearly labeled with 'Name, Amount Enclosed, and Number of Lunches Paying For.'
3. The Kitchen will then record how many Prepaid Lunches are available for your student(s), and will be marked accordingly. We will track your account(s) as the lunches are used and the account is depleted.
4. Even if the account balance is at zero, no child will ever go without a lunch. A Notice of Account will be sent via e-mail to indicate that the account needs to be replenished.
5. We also allow for ala carte milk to be prepaid. We will record and track daily milk purchases, just as we do for lunches. Simply send in a clearly marked envelope with your 'Name, Amount Enclosed, and Number of Milk Purchases Paying For.'
6. Any questions regarding the SME Lunch Program, contact us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com), or 683-2112 extension 119 during school business hours.

***Please note our daily offerings and menu options are subject to change.*** Our menu has become somewhat more fluid, often changing to accommodate supply chain interruptions and shortages. We have had to make several changes as deliveries have not included what was requested at the beginning of the month, when the menu was created. We do not always know when a manufacturer stops production or drops a product from their line because of demand, or lack thereof. Although these substitutions are made after the menu has been created, the daily offerings are still in keeping with the National School Lunch Program, and adhere to all standards set forth. If you have any questions or concerns, please email us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com). Thank you for your support of our school lunch program! We love our Customers and appreciate their patience.



## From the Kitchen of St Mary's Elementary

### Families & Friends of SME,

We appreciate your support and patronage of our school lunch program. It is a program that we are proud of, and hope to see continue for years to come.

As parents of both current and former SME students ourselves, we have seen firsthand the changes the lunch program has endured. As we continue to improve and plan throughout the school year, we hope that you, the SME Family, buy with confidence and assurance, knowing we are committed to serving only the best, to the best! That's SME!

Daily selections range from freshly made sandwiches and soups, fresh fruits and vegetables and from-scratch entrees. We limit the amount of pre-packaged, pre-assembled items that we serve so that you can feel comfortable knowing that your student is eating healthier at lunchtime.



Daily lunches are just one of the many offerings available to you.

Your student can celebrate a birthday with his or her class by enjoying one of our many allergy friendly, baked, reduced fat or whole grain snacks.

Volunteering in the cafeteria? We would love to serve you a freshly-made Julienne salad, mixed berry yogurt parfait, or just a bowl of homemade soup. Email us your order and we will be happy to serve you, and your student!



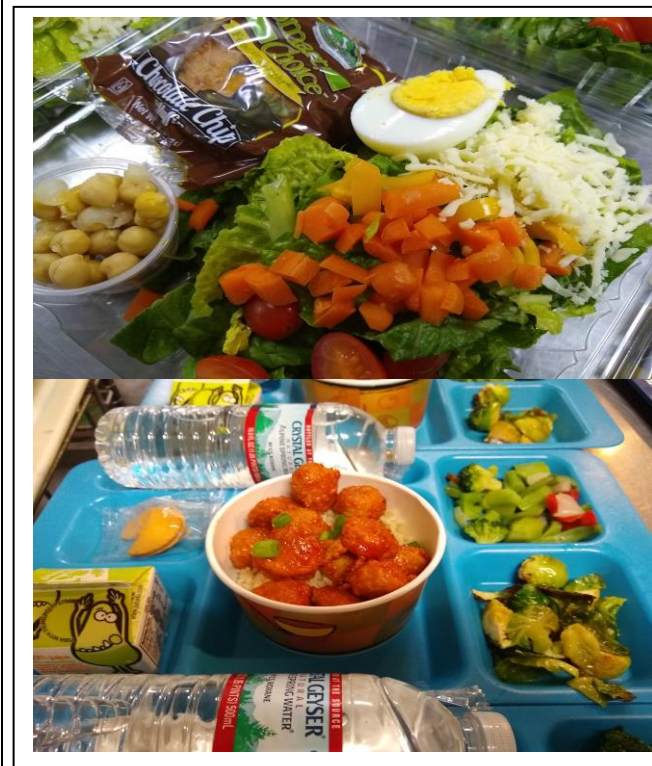
Our pre-pay plan allows for easy, breezy weekly planning. With a main entrée and five alternate choices offered daily, there are options for every student, every appetite. Lunches can be prepaid with cash or check made out to SME. Account balances are maintained, and notices will be sent out monthly to keep you up-to-date.

We wish our SME family a happy and healthy school year! We look forward to serving you in 2022-2023.

Tracy Hadsall, Liz Heerdts & Jenny Fulciniti

SME Kitchen

[kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com)





## St Mary's Elementary Student Menu Favorites

<b>Bflo Chicken Sandwich</b>	Whole Grain Breaded Chicken Patty, Melted Provolone with a Side of Frank's Sauce and Blue Cheese Dressing
<b>Breakfast Sandwich</b>	Whole Grain English Muffin, Scrambled Egg Patty, Slice of American Cheese and Ham
<b>Breakfast Pizza</b>	Whole Grain Pizza Crust topped with Eggs, Cheddar & Mozzarella Cheeses and Real Bacon Crumbles
<b>Baked Pasta &amp; Meatballs</b>	Whole Grain Pasta Baked with Marinara Sauce, Mozzarella Cheese and Mini Meatballs
<b>Chicken Dinner</b>	Chicken pieces lightly battered and baked to a Tasty Crunch served with Mashed Potatoes, Gravy, Veggies and Fruit
<b>Chicken Parm</b>	Whole Grain Breaded Chicken Patty, baked with Low Fat Mozzarella Cheese and Marinara Sauce
<b>Chicken Alfredo</b>	Chicken tossed in a delicate Alfredo Sauce, served over Whole Grain Pasta
<b>Chicken Souvlaki</b>	Boneless, Skinless, marinated Chicken Breast grilled and served with fresh Vegetables (sweet peppers, onions, romaine), Feta Cheese and Greek Dressing; served as either an open salad, or stuffed into a Whole Grain Pita Pocket
<b>Calzones</b>	Whole Grain Pocket with Marinara Sauce and Ricotta & Mozzarella Cheeses
<b>Cheese Pizza</b>	Whole Grain Pizza Crust with Tomato Sauce and Low Fat Mozzarella
<b>Chicken Fajitas</b>	Marinated Chicken Breasts sliced and grilled with Sweet Peppers and Onions. Served on a Whole Grain Tortilla with toppings and Brown Rice
<b>Chicken Stir Fry</b>	Boneless, Skinless Chicken Breast marinated in a Teriyaki Sauce, sautéed with Fresh/Frozen Asian Vegetables, served with Brown Rice
<b>Chicken Caesar Salad</b>	Romaine Lettuce topped with lightly seasoned Grilled Chicken Breast, Real Crumbled Bacon, Whole Grain Croutons, Grated Parmesan Cheese and Caesar Dressing
<b>Chicken Incredi Bowl</b>	Chunks of Breaded Chicken and Corn on top of Mashed Potatoes, with Chicken Gravy and melted Cheddar Cheese
<b>Cheeseburger</b>	Hamburger Patty on Whole Grain Bun with Cheese, Condiments on Side
<b>Fish Sandwich</b>	Battered Cod served on a Whole Grain Bun with Cheese. Freshly made Coleslaw is served on the side
<b>French Toast Sticks</b>	Whole Grain French Toast Sticks baked and served with Warm Syrup, Sausage Links and Hash Brown Patty
<b>Grilled Cheese</b>	Whole Grain Bread and American Cheese grilled to a golden crisp, served with Tomato Soup
<b>Goulash</b>	Whole Grain Pasta Baked with Marinara Sauce, Sautéed Onions, Sweet Peppers and Ground Beef
<b>Italiano Incredi Bowl</b>	Risotto (Italian Arborio Rice), Mini Meatballs, Escarole & Northern Beans sprinkled with Parmesan Cheese
<b>Loaded Baked Potato</b>	Fresh, delivered weekly, Russet Potatoes, baked and topped with Steamed Broccoli, melted Cheese and Real Bacon Crumbles
<b>Mozzarella Sticks</b>	Whole Grain Breading over Mozzarella Cheese, baked and served with Marinara Sauce
<b>Mexi Incredi Bowl</b>	Brown Rice served in a Bowl covered with Taco Meat, Corn, Black Beans, Shredded Cheddar Cheese & Taco Sauce
<b>Nachos Grande</b>	Lean Ground Beef spiced with Taco Seasonings, served hot over Whole Grain Tortilla Chips, topped with melted Mild Cheddar Cheese Sauce, with Optional Salsa, Sour Cream and or Hot Sauce
<b>Popcorn Chicken</b>	Whole Grain Breaded Popcorn Chicken Bites baked to a tasty Crunch! Served with Optional BBQ Sauce
<b>Ramen Incredi Bowl</b>	Restaurant Grade Ramen Noodles and Broth, served with a variety of Fresh Veggies
<b>Sweet-n-Sour Chicken</b>	Crunchy Popcorn Chicken tossed in a Sweet Sour Sauce, served over a Bowl of Brown Rice
<b>Turkey Dinner</b>	Sliced Turkey, Gravy, Mashed Potatoes, Stuffing, Veggies & Cranberry Sauce, and even Fruit Pie! So Grateful are We!
<b>Taco-in-a-Bag</b>	Taco Meat scooped into a Bag of Whole Grain Tortilla Chips with Shredded Cheddar Cheese & Salsa

# Fainting (Syncope)

There are many reasons why people faint. Few are related to medical conditions but most commonly in young adults and children it is due to a malfunction of part of the nervous system that regulates blood pressure and heart rate.

This type of syncope is known as **Neurally Mediated Syncope** or **NMS**.

NMS typically is triggered after standing for a long period of time with our knees in a locked position. This position prevents blood from being adequately pumped back to the heart. In some cases prior to fainting the individual will experience a feeling of warmth, nausea, tunnel vision, or a ringing in the ears. NMS can many times be prevented by being aware of the causes as well as recognizing the symptoms that occur prior.

Prevention teaching should include:

- Getting plenty of rest prior to shows or prolonged time on stage
- Eating breakfast
- Drinking water before going on stage
- If asked to stand for a period of time, DO NOT lock knees, knees should be slightly bent and slight movement of the legs should be encouraged.

Education of the warning signs should be reviewed prior to events, if any of the above warning signs are present, the individual is encouraged to sit down and raise their hand for assistance.

For instances when fainting occurs the individual should be placed flat on their back with legs elevated above the level of their heart. Loosen clothing that may be too tight if needed. The person should regain consciousness quickly and be responsive, keep the person calm and resting as long as needed. Call 911 for assistance if needed. It is better to have them and not need them, than to need them and not have them! \*we always recommend following up with your doctor or at the emergency room following any episode of syncope\*

<https://mainlinehealth.org>





# Girl Scouts Join-A-Thon

girlscouts  
of western new york

Wednesday,  
December 7th, 2022  
8 a.m. to 8 p.m.

Register online or by phone:  
[gswny.org/join](https://gswny.org/join)  
1-888-837-6410

A Season of Magic - Joining Girl Scouts is Magical!

## Join us at one of our Magical Events below

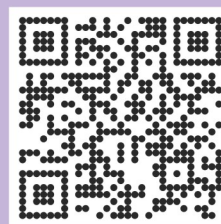
All girls who attend an evening in-person or virtual event and register for Girl Scouts of WNY have an opportunity to win one of six Magic Mixies Misting Crystal Balls!

Evening events will take place December 7th from 6:00-7:00PM at the following locations:

- Webster Recreation Center  
1350 Chiyoda Drive, Webster, NY 14580
- North Park Branch Library  
975 Hertel Ave, Buffalo, NY 14216
- Gates Public Library  
902 Elmgrove Rd, Rochester, NY 14624
- Lancaster Library  
5466 Broadway St, Lancaster, NY 14086
- Harlem Road Community Center  
4255 Harlem Rd. Buffalo, NY 14226
- Virtual Session- Zoom information sent upon RSVP

Want to learn more about Girl Scouts?  
Join our Girl Scouts 101 Session from 12:00-12:30pm  
Zoom link sent upon Registration

## Event Details and RSVP Here!



[gswny.wufoo.com/forms/gswny-season-of-magic/](https://gswny.wufoo.com/forms/gswny-season-of-magic/)



Cost of membership is \$25 and financial aid is available. If you have questions, text Ashley at 716-310-8250

girlscouts  
of western new york

**Questions?** Contact Customer Care:  
[customercare@gswny.org](mailto:customercare@gswny.org) or 1-888-837-6410

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1-888-837-6410

A Season of Magic - Joining Girl Scouts is Magical!

## PRIZES FOR THE DAY

All girls who register for Girl Scouts of Western New York on December 7th have an opportunity to win one of the following prizes:

- A One-Year Supply of Girl Scout Cookies
- \$100.00 Amazon Gift Card
- Magic Mixies Misting Crystal Ball

Additionally, all girls who register as new Girl Scout members on December 7th will receive an exclusive Join-a-Thon patch!



girl scouts  
of western new york

**Questions?** Contact Customer Care:  
[customercare@gswny.org](mailto:customercare@gswny.org) or 1-888-837-6410





# Online registration opens Jan. 1

Walk-up registration will be held from 8 a.m. to noon on Saturday, Jan. 21, and Saturday, Feb 4, at the LDB Indoor Training Facility, 175 Pavement Road, Lancaster.

## **Lancaster-Depew Baseball offers:**

- A 12-game regular season for all age groups with playoffs starting at the Pitching Machine Division (age 7). All T-Ball and IPM players (ages 4-6) receive a trophy in lieu of playoffs.
- All athletes receive a MLB cap and jersey, as well as indoor and outdoor practices.
- Access to our 16,000-square-foot indoor training facility (turf field, batting cages, instructional sessions).

**"Come play with us!"**



**SCAN ME**

**[www.Lancaster-DepewBaseball.org](http://www.Lancaster-DepewBaseball.org)**