

Volume 2, Issue 23— February 23, 2018



Letter from the Pastor

Please continue to pray for the recovery of
Father Ben.



Letter from the Principal

Dear St. Mark's Families,

Congratulations to all of our amazing student athletes who participated in last weekend's Hallissey tournament! It was a pleasure to watch them all play and represent our school so well. I can't thank our coaches enough for their commitment to their teams, the Mullin family and the George family for hosting the beautiful team dinners on Thursday night and Todd little and Bobbi Rivas for coordinating everything! Go Lions!

Rob Hackenson, a nationally recognized speaker on **youth social media safety**, will be speaking to parents at Bishop Kelly on the **26th of February**. Mr. Hackenson will then be visiting us the following day to speak to our middle school students at 10:45am in the auditorium. St. Mary's and St. Paul's middle school students will be joining us for this important discussion. Please check the linked flyers to learn more about Mr. Hackensen, and to sign up for the parent presentation.

Registration for the 2018-2019 school



year will begin soon! We are working hard to have online registrations this year through Rediker. Please look for information next week.

This is the last weekend to order **Scrip cards** for a \$5.00 credit on your child's lunch account. This program is an easy way for our school to earn money by spending money on over 700 different Scrip cards. I would like to thank Jeff and Natosha Walsh for coordinating this effort to help raise funds for our school.

I am excited for Camp Lions tonight! We have 75 students who will enjoy spending time with their teachers and friends in a variety of fun-filled activities. Tomorrow evening is our annual Father-Daughter sweetheart Dance. Thank you to Tammy Green and our amazing Home and School Association for putting on this very special event. Let us pray for a safe, fun weekend.

God bless,
Donna Gordon

Student Spotlight



Congratulations to our 7th Grade girls who won the Hallsiey Tournament last weekend.



Our 8th Grade Girls team took 3rd place in the tournament.

Weekly Calendar

Saturday, February 24

6:30-9 p.m. Father Daughter Sweetheart Dance

Monday, February 26

6:30 p.m. Parent Education Night on Youth Social Media at BK Library

Tuesday, February 27

10:45-11:45 a.m. Middle School presentation on Social Media

Wednesday, February 28

8:30 a.m. Student Body Mass presented by Mrs. Risch's 2nd Grade

Friday, March 2

8:30 a.m. Late Start Friday

Spirit Day

Read Across America

Upcoming Events

Wednesday, March 7

8:30 a.m. Student Body Mass presented by 5Baker

10:00 a.m. Reconciliation Service

Friday, March 9

8:30 a.m. Late Start Friday

8th Grade Living Stations

Home and School

For Sale in the School Office



The Spirit Wear site is ready to accept orders!!!

Thank you everyone for your patience with us as we worked with a new vendor to set up an online store for ordering spirit wear. We are so excited about the products that we are providing for you to order.

Some things to note:

1. The team store is a unique site. It is set up to be open for a certain time period (for this order it will be open from 2/15-2/25) and then it will close and the orders will be processed.
2. Orders will take 2-3 weeks to process after the store is closed.
3. All orders can be delivered to the school at no charge to you. If you would like to have your items delivered to your house, you can select that at checkout for an additional charge.
4. All items are non-refundable, as they are custom orders. That being said, if there is

something wrong with your item, we will make sure that you are taken care of.

5. The light blue color is now Carolina blue and you will notice that is more in alignment with our school logo. The old blue shirts/sweatshirts are still acceptable.

6. With the color change from light blue to Carolina blue on the middle school polos, there are only adult sizes offered in that color. An adult XS should fit the smallest of our sixth graders. All sizes are available in the other two colors (white/Navy blue)

7. If you have any questions, please use the help box on the site. If that does not answer you questions, please reach out to me.

8. We are open to adding more items, so if there is something you would like to see please email me at laura.anderson.10@gmail.com

9. The team store will be open for longer time periods in the future and for this one we have asked for it to be open for a shorter run, so we can get orders to you as soon as possible. Thank you all for your help in making this a success. Happy shopping!!!

<http://gts.tuosystems.com/stores/smcs>

February St. Mark's School SCRIP Promotion—Get \$5 applied to your Family Lunch Account when you PURCHASE \$100 OF SCRIP in one transaction in the month of February. Click on the link to learn all about SCRIP—how to set up an account and place an order.

Volunteer Opportunities

The Father Daughter Sweetheart Dance committee is in need of help the day & night of the dance (this Saturday). All time worked counts toward VOLUNTEER HOURS. Contact Tammy Green at tgreenfamily54@gmail.com.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (26)—Gilman, Glodowski, Glasgow

Tuesday (27)—Valuet, Irvine, Schwehr

Wednesday (28)—Schindele

Thursday (1)—

Friday (2)—

St. Mark's offers a healthy, delicious hot lunch to students and staff EVERY FULL DAY OF SCHOOL!

3 LUNCHROOM HELPERS ARE NEEDED EACH DAY to make the lunchroom experience enjoyable for all. Volunteers work from 11:10-12:45 and are given a free lunch. SIGN UP in the BLUE BINDER in the School Office.

Daily Lunch Schedule: 11:20 (K-2); 11:40 (3-5); 12:00 (6-8)

News



Vote for OUR BELOVED ST. MARK'S SCHOOL as your favorite in the Idaho Business Review Reader Rankings 2018 survey. Voting ends March 5th, 2018!

Here is the link:

<https://www.surveymonkey.com/r/6HFKHC8>

YOU ARE ALLOWED TO VOTE ONCE Per IP address

TO EXPEDITE VOTING- YOU CAN FORWARD TO QUESTION 10

AND VOTE FOR ST. MARK'S. REMEMBER TO GO ALL THE WAY TO END THE OF THE SURVEY TO SUBMIT YOUR VOTE!

The [March Lunch Calendar](#) is now available.

The [March Monthly Calendar](#) is now available.

Knights of Columbus is sponsoring a contest at the school during Lent. **Forty Cans of Food** will help our Food Bank serve those in need. Bring your canned food items to school and the Knights will be picking them up each Monday.

St. Mark's is in need of a head coach to organize our T-Ball program this year. Training is available from last year's coach. Contact the School Office for details.

Bishop Kelly is inviting all parents to attend a [PARENT EDUCATION NIGHT ON YOUTH SOCIAL MEDIA SAFETY](#) on Monday, February 26 @ 6:30 p.m. in the Bishop Kelly Library. [Information](#) to be presented is included in the link. Our middle school students will be attending the youth presentation on Tuesday, February 27.

Congratulations! Amid all of the Olympic medal awards, St. Mark's School has been awarded our own Silver medal! Our "Miracles happen at St. Mark's School" radio ads were selected by The Boise Advertising Federation as an award winner for creative excellence! Notably, our ads were created by adults and children, actual members of our community, who told their own stories. They were authentic and beautiful! I am told that many times the winners of this type of award, generate advertising prepared by "paid talent". I am so proud of our community, and the genuine love that grows here! Thanks to each of you for your service to God through the people of our community. Our [letter of recognition from the Boise Advertising Federation](#) is linked. Lenten Blessings, Amy Wong-Little, Development Director

Sports

February

26 7BB v. Mountain Home
8BB @ Mountain Home
28 7BB @ Lonestar
8BB v. Lonestar

March

5-7 7BB Tournament @ East Valley
8BB Tournament @ Nampa West

Preschool Happenings

A huge THANK YOU to our buddies, Mrs. Brennan's 4th grade class! Not only do they sit with us and model appropriate Mass behavior, they have also taken time the past few months to come down to the preschool and do projects and play games (they made) with us! They are the best; WE LOVE OUR BUDDIES!

Church Connection



THE BIBLE AND THE SACRAMENTS—Two options for this 6 week study! Wednesday morning or evening beginning Feb 28th - March 4th

The Bible and the Virgin Mary will be offered on Sundays (4/8-4/29) between our two morning Masses! It will be led by Chris Privon.

FORTY CANS FOR LENT

The Knights of Columbus and the St. Mark's Food Bank would like to once again invite each family of St. Mark's to participate in the annual Lenten food drive. Last year the families of the parish donated over 12,000 pounds of food to the food bank and this year our goal is 15,000 pounds! Please consider contributing one can or package of food for each day of Lent. You may bring the food items to church each week during Lent and place them in the containers labeled "40 Can for Lent" which will be in the vestibule throughout Lent. We collected 320 pounds last week!

The Food Bank is in special need of the following items (please, no black, kidney, pinto beans or chili) :

Canned Spaghetti Sauce Tuna Fish Canned Soup Canned Fruit

Jam/Jelly (plastic container) Breakfast Cereal Canned Vegetables Macaroni & Cheese

Peanut Butter

We ask that your family's resolution for this Lent be to team up with the St. Mark's Food Bank to feed the hungry. The demand for food is greater than it has been in years, so your contributions are needed more than ever before. Thank you, for supporting this important ministry.

Lent at St. Mark's, a Two Week Glance

Tuesday, February 27th

Confession, 8:30am

Wednesday, February 28th

Lenten Lunch, 12:00pm

Confession, 5:00pm

Friday, March 2nd

Stations of the Cross

12:00pm (led by Deacon Terry Nelson)

6:00pm (Bilingual Service led by the

Wednesday, March 7th

Lenten Lunch, 12:00pm

Confession, 5:00pm

Friday, March 9th

Stations of the Cross (led by Deacon Joe)

12:00pm

Living Stations of the Cross (led by the St.

Mark's 8th grade classes), 1:00pm, 6:00pm

Saturday, March 10th

Confession, 3:00pm

Latino Ministry)

NO MEAGER MEAL (Evangelization Retreat)

Saturday, March 3rd

Confession, 3:00pm

Tuesday, March 6th

Confession, 8:00am

Communal Penance Service at St. John's Cathedral,
7:00pm

Mark Your Calendars

St. John's Communal Penance Service

March 6th, 7:00pm

St. Mark's Communal Penance Service

March 21st, 7:00pm

Prayer...Fasting...Almsgiving

Turn to page 4 of this bulletin for ideas on how to allow
St. Mark's to walk with you this Lent.

Notes from the Nurse

February is American Heart Month

Unfortunately, most of us know someone who has had

heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States. Here are a few things to note.

Heart Attack Warning Sign

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1.

Heart healthy TIP:

There is overwhelming evidence showing that atherosclerosis, or a buildup of plaque in the arteries starts in childhood, not when you're 50 or 60. Up to one-third of American children, from age 2 through the teenage years have high cholesterol. American children and adolescents also have higher blood cholesterol levels and higher intakes of saturated fatty



acids and cholesterol, than their counterparts in other countries, according to the American Academy of Pediatrics. And the American Heart Association reports that young children, even babies, can also have high levels of blood pressure. What can you do? Butter, margarine, cream and lots of oils found in prepared foods work against you. Try more broiled, baked or grilled foods. Trim the fat off of your meat, and take any skin off. Eating more fish, dry beans and poultry is a good way to go. So is cutting down on snacks like chocolate, ice cream and chips and fast foods.

Kim O'Sullivan, RN

Saint Alphonsus School Health Program

Through the St. Alphonsus School Health Program, Mrs. O'Sullivan, our school nurse, is at St. Mark's on Wednesdays and Mrs. Placido, CNA, SASHP Assistant is here on Tuesdays.



Thank you to Dr. Hitch and Dr. Gudmestad for coming to St. Mark's and sharing Dental Health with our Kindergarten students.

Notes from the Counselor

Here are the last 5 ways parents can put their kids on track to be successful students.

6. Teach Study Skills

Studying for a test can be scary for young kids. Introducing your child to study skills now will pay off with good learning habits throughout life.

Teach your child how to break down overall tasks into smaller, manageable chunks so preparing for a test isn't overwhelming. You also can introduce your child to tricks like mnemonic devices to help with recalling information. Remember that taking a break after a 45-minute study period is an important way to help kids process and remember information.

7. Know the Disciplinary Policies

It's important for your child to know what's expected at school and that you'll support the

school's consequences when expectations aren't met. It's easiest for students when school expectations match the ones at home, so kids see both environments as safe and caring places that work together as a team.

8. Get Involved

Whether kids are just starting kindergarten or entering their last year of elementary school, there are many good reasons for parents to volunteer at school. It's a great way for parents to show they're interested in their kids' education.

Parents can get involved by being a classroom helper or homeroom parent, organizing and/or working at fundraising activities and other special events, chaperoning field trips, planning class parties, etc.

9. Take Attendance Seriously

Sick kids should stay home from school. Otherwise, it's important that kids arrive at school on time every day, because having to catch up with class work and homework can be stressful and interfere with learning.

Also try to avoid late bedtimes, which can result in tardy and tired students. A consistent sleep schedule can help.

10. Make Time to Talk About School

Make time to talk with your child every day, so he or she knows that what goes on at school is important to you. When kids know parents are interested in their academic lives, they'll take school seriously as well.

These early years of schooling are an important time for parents to be informed and supportive about their child's education.

Joe Lipetzky Psy.D.

Ms. Jen Boehm. LCPC

Dr. Joe Lipetzky, our school psychologist, is at St. Mark's on Monday and Friday mornings.

Mrs. Jen Boehm, our school counselor, is at St. Mark's on Mondays, Wednesdays and Fridays.