



FRIDAY FACTS

Volume 2, Issue 12—November 10, 2017

Weekly Calendar

Monday, November 13

5:30 p.m. School Board Meeting
7:00 p.m. Home & School Meeting

Wednesday, November 15

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

Thursday, November 16

Catholic School Principal Appreciation Day
Thanksgiving Lunch for all Students & Parents in Preschool-3

Friday, November 17

8:30 a.m. Late Start Friday
\$1.00 Optional Spirit Day

Saturday, November 18

11:00 a.m. First Reconciliation @ Church

Upcoming Events

Wednesday, November 22

Thanksgiving Break—No School

Thursday, November 23

Happy Thanksgiving

Friday, November 24

Thanksgiving Break—No School

A Letter From Our Pastor

Dear Parents and Friends of St Marks,

Recently, while dining with a parish family, I asked one of their children (after he had asked and answered MANY religious questions) "what's your favorite subject in school?" The child responded with, "Science". I asked him what his second favorite subject was and he answered, "Math." Finally, I inquired where Religion might fall on his list of school subjects and he said, without missing a beat: "nowhere! Religion isn't so much of a subject to study as it is something to be lived!"

We can look at the times we live in and complain and wonder what happened; or as the archbishop of Philadelphia, Charles Chaput, said: "we are the times and if we desire a change in the times we live in (to be more value oriented, Christian, loving, giving and forgiving, etc) then it has to begin with us." (Strangers in a Strange Land, Archbishop Charles Chaput)

As the young child and the archbishop both said: may we make our faith a way of life.

May the light of faith continue to shine into our future through our children.

Father Ben

A Letter From Our Principal

Dear St. Mark's Families,

Thank you so much for the wonderful turn out at **parent-teacher conferences**. They truly illustrate everyone's willingness to work together to best meet the needs our children. #St. Mark's Village.

It may be hard to believe, but I was really looking forward to being **slimed** today. Forty-four eager students really let me have it! Thank you to all the students and their families for selling so many raffle tickets to support our school. Our amazing auction chairs, Kathy Webster and Kelly Thiel, will be presenting the financial report from our Superhero Dinner Auction on Monday night at the HSA meeting. I will include the report in next week's Friday Facts.

Season of Giving - Advent is upon us as is the season of giving to those less fortunate than ourselves.

This year, the school has many opportunities to give to several worthy causes. Please don't feel obligated to contribute to all of these causes. I just want to present them to our community, and if you feel called to participate we would greatly appreciate your generosity.

Annual 6th grade Canned Food Drive will benefit St. Mark's Food bank.

Cristo Rey Hats, Gloves and Scarves Drive - Middle school students are competing in the Cristo Rey Cup at the upcoming Junior High Rally on December 1st. The school that collects the most items will win the Cup that is kept at their school until the next Rally.

Compassion Bag Project - As part of our **Advent retreat (12/6)** we will be putting together compassion bags, also called blessing bags, for members of our community who are homeless. You may have heard of the parish's efforts to create and distribute these bags as an opportunity for us to be Christ for others. Our goal is to have each student make one bag complete with a personalized prayer card. The bags will be blessed and then students could take a bag home to their families. This bag could then be given to a homeless person you encounter while driving through the Treasure Valley, brought to a homeless shelter, or brought to the parish for others to distribute to those in need.

We are kindly asking each grade level to bring in a specific item to help fill our bags during our retreat on December 6th. This service project connects very well to the feast of St. Nicolas who was known for his extreme generosity.

| | |
|--------------------------|---|
| Kindergarten & 1st grade | Granola Bars |
| 2nd Grade | Individual packages of nuts, trail mix or raisins |
| 3rd & 4th Grade | Individual packs of wipes |
| 5th Grade | Bottled Water (8 oz) |
| 6th Grade | Toothbrushes and toothpaste (travel-size) |
| 7th Grade | Deodorant (travel-size) |
| 8th Grade - Ms. Enrico | Tissue (travel-size) |
| 8th Grade - Mrs. Souza | Fruit Snacks |

Have a blessed weekend! I am looking forward to raking leaves with over 20 St. Mark's families.

Blessings,
Donna Gordon

7503 Northview
Boise, ID 83704

Phone:(208) 375-6654

Fax: (208) 375-9471

Email: schooloffice@stmarksboise.org

NEXT WEEK'S LUNCH HELPERS

Monday (13)—Glodowski, Anderson, Gilman
Tuesday (14)—Smith, Burkey
Wednesday (15)—Johnson, Schindele
Thursday (16)—Smith, Irvine, Johnson, Godfrey, Glodowski, Schwehr, Kriete
Friday (17)—Golo

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); 11:45 (3-5); 12:00 (6-8)

VOLUNTEER OPPORTUNITIES

We will need 5 volunteers to help with Thanksgiving Lunch on Thursday, November 16. You must have taken SEW to volunteer. If your child is in Grades 4-8 and you have enjoyed the Feast in the past, please consider volunteering. Please sign up in the blue Volunteer Binder outside the School Office.

SEEKING COACHES FOR THE 2018 SCIENCE OLYMPIAD season beginning in January, consider helping out this year! There are a few perks to this year that I wanted to draw your attention to.

1. This year, the S.O. Committee has put the coaching info on the actual website complete with past projects, sample tests, etc. It is really helpful and much more useful in directing our teaching for that day.
2. We have the binders from last year ready to pass on to you so that is another resource ready!
3. The last perk is that we have 2 total teams – 1 competitive and one non-competitive meaning that the numbers for each event will be small and all the kids have opted in on a voluntary basis so their interest is high and they are excited to be on the team!

Email Mrs. Judy at mjudy@stmarksboise.org ASAP so your event can be reserved. Below is a list of the events. The info on each can be found on the official website at www.soinc.org. Click the Division B Events and when you click on the event it will give the info on it. This year the event will be held at BSU on April 7.

Events: (Blank events need coaches)

Life, Personal and Social Science Events--

Anatomy and Physiology – Jan Rehder
Disease Detectives – Mike Schuette

Ecology-

Herpetology

Microbe Mission – Mrs. Whipple

Earth and Space Science

Dynamic Planet

Meteorology

Road Scholar

Rocks and Minerals

Solar System

Physical Science and Chemistry

Crime Busters

Hovercraft

Optics

Potions and Poisons

Thermodynamics

Technology and Engineering

Battery Buggy

Roller Coaster

Towers – Chris Dunlap

Wright Stuff

Inquiry and Nature of Science

Experimental Design

Fast Facts

Mystery Architecture

Write It Do It – Nicole Schuette



Church Connection

Giving Tree—The Christmas tree cards will be posted on the bulletin board by Donoghue Hall next weekend, November 18/19. Do you know a parish family who could use our help this Christmas?

Please contact Sarah Kirkendall at 208-866-6200 prior to November 14th.



The 1st annual, Ecumenical, Feast of St. Nicholas.



Let's offer hope to those in need this Advent.

Please invite any friends, neighbors or community members you feel are in need of the joy our parish community offers.

Everyone is welcome to attend Mass at 5pm, dinner will be served at 6:00pm and everyone will be invited to join us for the Ecumenical Advent Choir Concert at 7:30pm.

Parishioners are asked to bring an item to share.

Last name starting with:

A-I, side dish J-Q, Salad R-Z, dessert

Those we invite, will only be asked to bring themselves and there is no charge.

Noel Boutique—The St Marks CCW Noel Boutique gives talented parishioners and community neighbors the opportunity to display and sell their handcrafted toys, jewelry, collectibles and baked goods. This year's event is November 18th and 19th.

THANK YOU VETERANS FOR YOUR SERVICE. ST. MARK'S SCHOOL STUDENTS AND STAFF KEEP YOU IN OUR PRAYERS!



RAKE UP BOISE IS SATURDAY. PLEASE BE @ SCHOOL BY 8:30 A.M. FOR DOUGHNUTS, JUICE AND COFFEE AND GET YOUR RAKING ASSIGNMENTS. WE WILL BE HEADING OUT TO OUR YARDS PROMPTLY @ 9:00 A.M.

Our 2nd Graders and parents will be attending a First Reconciliation Retreat on Saturday from 9 am – Noon @ the Church. Please keep them in your prayers.

Anser Charter School's 6th grade class is collecting **gently used furniture & home furnishings** (no mattresses, pillows or clothes) to be donated to catchprogram.org to help homeless families. Collection is November 13-17 @ 202 E. 42nd St, Garden City.

Home & School Happenings

The Dinner Auction Raffle Trike Race between Mrs. Gordon and Fr. Ben has been postponed until Wednesday, November 15 after Student Body Mass in the Church parking lot.

⇒1 Hour Private Volleyball Lesson @ Club Idaho Volleyball & 2 T-Shirts (value \$55)

⇒4 Raptor Reef Water Park Passes @ Raptor Reef Indoor Waterpark, Hayden, ID (exp. 4/30/2018, value \$97)

⇒Family or Group Outdoor Photo Session Jim Peterson Flashpoint Photography (value \$250)

⇒Cheer Camp basket – two (2) insulated double walled tumblers with straws, Idaho Cheer fanny pack, cobalt blue dri-fit Idaho Cheer shirt, ⇒Idaho Cheer Hat and \$100 gift certificate to Idaho Cheer (value \$150)

⇒One (1) month of Cello Lessons with instructor (and St. Mark's parent) Rita Soltesz. Each lesson is 30 minutes and once a week (value \$80).

BID AT STMARKSAUCTION@YAHOO.COM.

PICK UP YOUR PAID AUCTION ITEMS IN THE OFFICE. 5 X 7 Superhero pictures of your children are on sale for \$5 in the office.

Seeking two brave and incredible leaders to take on next year's Dinner Auction. This is a great time to join the incredible Home & School Association. Learn from and work with this year's pros: Kelly Thiel and Kathy Webster!

Thanksgiving Feast on Thursday, November 16

For Parents AND student in Preschool-3

Modified Lunch Schedule: Preschool @ 11:00, Kindergarten @ 11:10, 1st grade @ 11:15, 2nd grade @ 11:20 and 3rd grade @ 11:30

Reservations are now closed, food has been ordered so no additional lunches are available.

Because of space limitations, students in Grades 4-8 will not be able to join younger siblings for this lunch but parents are welcome to stay for their older student's lunch period.

7th & 8th grade TVCS Dance Friday, November 10 from 7:00-9:00 P.M. @ Sacred Heart. Cost is \$5. a can of food and student ID.



5TH AND 6TH GRADE SKI FREE PASSPORT PROGRAM—VISIT [HTTP://SKIIDAHO.US/PROGRAMS/PASSPORT](http://SKIIDAHO.US/PROGRAMS/PASSPORT). CLICK ON THE APPLICATION LINK TO SUBMIT YOUR INFO ALONG WITH THE ONE-TIME \$15 PROCESSING FEE. AN E-MAIL WILL BE SENT TO YOU WITH A PASSPORT THAT GIVES YOUR 5TH GRADER THREE FREE DAYS AT 18 LOCATIONS, AND YOUR 6TH GRADER TWO FREE DAYS AT 16 PARTICIPATING LOCATIONS. **THIS IS A SEPARATE PROGRAM FROM THE SKI SCHOOL PROGRAM AND IS ONLY AVAILABLE FOR 5TH & 6TH GRADERS.** TO ENROLL CLICK ON THE LINK.

Do you have a few scraps of fabric at your home? We are looking for donations for an Advent project. Please send your donations to the School Office.

STUDENT HIGHLIGHT

Congratulations to the following students who have received a Lion's Pride Ticket: Gabe L, LJ R, Braylon A, Sam W, Ryan B, Thomas U, Matt S, Armin B, Tj C

LION CUB REPORT—NEWS FROM PRESCHOOL

Thank you to all of our amazing preschool parents for such wonderful conferences! We are blessed beyond measure!



Our Home & School Association is sponsoring a [Christmas Card Art Contest](#). Click on the link to see all the contest rules. Submissions are due to the School Office by Monday, December 4th.

A big THANK YOU to all who helped in the Book Fair last week—Tina Hill, Cheryl Johnson, Lorraine Burkey, Frances Montgomery, Liz Binfet, Mandy Kuehmichel, Andrea and Greg Gilman, Clover Smith, Stacey Ray and Anne Martin. We earned over \$1,100 in new books for our St. Mark's School library.

Have you taken a live Child Safe Environment in the past and need to renew your certification online? Click on this [link for instructions](#) to create an account and take the online class. To volunteer in any capacity you must take this class.

It is time for our Food Drive! Our 6th graders will be collecting food from the classrooms each week until Christmas break. We will kick off our collection on Thursday, November 9th through the holiday season ending on Tuesday, December 19th. Our goal is to collect 1500 pounds for this year! Our 6th graders will gather, weigh and tally the food weekly on Tuesdays. We will email out the results as we go. Thank you for your efforts in stocking our St. Mark's Food Bank over the holiday season! Please let your kids know that they can start bringing food immediately for the drive to end hunger this holiday season.



ON FRIDAY, DECEMBER 1ST - All Treasure Valley Catholic School 6th, 7th, and 8th grade students will attend a junior high rally at Bishop Kelly High School. See the [Rally Poster](#) for details of the day. **ALL 6TH, 7TH & 8TH GRADE STUDENTS will need to be dropped off at BK by 8:00 a.m. on December 1 and picked up by 2:00 p.m. Each student will need a sack lunch.** WE ARE IN NEED OF 10 PARENT VOLUNTEERS (who have taken the Safe Environment Workshop) TO ACCOMPANY STUDENTS FOR THE DAY. Each student and chaperone must print the attached [Registration and Medical Release](#) and [Field Trip Permission Slip](#) and return it to school by Friday, November 10. **St. Mark's School is paying the \$15 fee for each student to attend.**

Our 6th, 7th & 8th graders are collecting new and gently used hats, gloves and scarves for Catholic Charities. This is in conjunction with the Jr High Rally. Please send your items to school through the end of November.



SPORTS NEWS

November

- 10 7/8 TVCS Dance @ Sacred Heart, 7:00-9:00 p.m.
- 13 7GB v. Nampa West
8GB @ Nampa West
- 15 7GB v. Kuna
8GB @ Kuna
- 27 7GB v. Sage Valley
8GB @ Sage Valley
- 29 7GB @ East Valley
8GB v. East Valley

December

- 4 7GB @ Mountain Home
8GB v. Mountain Home
- 6 7GB v. Lone Star
8GB @ Lone Star

NOTES FROM THE NURSE—Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. Your pancreas makes a hormone called insulin, which acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. There are 3 different types of diabetes; Type 1 (Juvenile), Type II (Adult) and Gestational. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, which over time can cause serious health problems, such as heart disease, vision loss, and kidney disease.

Diabetes by the numbers

- 30.3 million** US adults have diabetes, and 1 in 4 of them don't know they have it.
- Diabetes is the **seventh leading cause** of death in the US.
- Diabetes has increased **2-4%** per year in the last decade, 20% in the past 9 years!
- Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and adult-onset blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has more than **tripled** as the American population has aged and become more overweight or obese. The number of children with type II has increased dramatically as well.
- More than **84 million** US adults—over a third—have prediabetes(<https://www.cdc.gov/diabetes/basics/prediabetes.html>), and 90% of them don't know they have it.

Diabetes Risk

You're at risk for developing prediabetes or type 2 diabetes if you:

- Are overweight
- Are age 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes(<https://www.cdc.gov/diabetes/basics/gestational.html>) (diabetes while pregnant) or given birth to a baby weighing more than 9 pounds
- African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk for prediabetes and type 2 diabetes.
- American Indians/Alaska Natives are twice as likely as whites to have diabetes.
- During their lifetime, half of all Hispanic men and women and non-Hispanic black women are predicted to develop diabetes.

Diabetes Symptoms:

- If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:
 - Urinate (pee) a lot, often at night
 - Are very thirsty
 - Lose weight without trying
 - Are very hungry
 - Have blurry vision
 - Have numb or tingling hands or feet
 - Feel very tired
 - Have very dry skin
 - Have sores that heal slowly



People who have type 1 diabetes(<https://www.cdc.gov/diabetes/basics/type1.html>) may also have nausea, vomiting, or stomach pains. Type 1 diabetes symptoms can develop in just a few weeks or months and can be severe. Type 1 diabetes usually starts when you're a child, teen, or young adult but can happen at any age.

Type 2 diabetes(<https://www.cdc.gov/diabetes/basics/type2.html>) symptoms often develop over several years and can go on for a long time without being noticed (sometimes there aren't any noticeable symptoms at all). Type 2 diabetes usually starts when you're an adult, though more and more children, teens, and young adults are developing it. Because symptoms are hard to spot, it's important to know the risk factors(<https://www.cdc.gov/diabetes/basics/risk-factors.html>) for type 2 diabetes and visit your doctor if you have any of them.

Gestational diabetes(<https://www.cdc.gov/diabetes/basics/gestational.html>) (diabetes during pregnancy) usually shows up in the middle of the pregnancy and typically doesn't have any symptoms. If you're pregnant, you should be tested for gestational diabetes between 24 and 28 weeks of pregnancy so you can make changes if needed to protect your health and your baby's health.

Diabetes Prevention

There isn't a cure yet for diabetes, but healthy lifestyle habits (healthy weight, healthy food choices and regular exercise), education, taking medicine as needed, getting diabetes self-management education(<https://www.cdc.gov/diabetes/managing/education.html>), and keeping appointments with your health care team can greatly reduce its impact on your life.

Information from <http://cdc.gov/diabetes.gov>

More information <https://www.healthychildren.org/English/health-issues/conditions/chronic/Pages/Diabetes.aspx>

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

NOTES FROM THE COUNSELOR—This week we are going to pick up where we left off with steps 3 and 4 of friendship making skills.

STEP THREE: Provide Practice

Just telling your child about the skill is not enough. Your child needs to try out the skill with other children. Without the practice session your child will never be able to feel comfortable using the new friendship making skill out there in the real world.

Ways to Help Kids Practice a New Skill:

Look for a younger cousin, the kid next door, the kid at the park. (Once your child practices (and practices and practices) he will be better able to use the skill with his own peer group).

Keep the practice session short. Don't overwhelm your child.

Keep the session fun—this isn't meant to be a tutoring session like learning math facts!

Stand back at a comfortable distance to give your child comfort.

If your child is having problems in the group, offer suggestions, but only privately—never in front of other kids. Preserve his dignity!

Make sure you practice the sessions at home. Repetition is crucial for learning.

Get other family members involved so they can model the skill to your child.

STEP FOUR: Review Practice Session and Offer Feedback

Don't criticize what your child didn't do, instead praise what your child did right or any new attempt. Change is difficult! Acknowledge success, the little efforts and the small gains.

If your child wasn't successful, talk through what didn't go well, so she can try it differently the next time. As soon as your child feels comfortable with the skill, you're ready to teach another one.

Remember: one friendship skill at a time. Gradually your child's social competence will grow.

Don't Give Up!

Studies show that it takes a minimum of 21 days for children—and adults!—to learn a new skill. Continue helping your child rehearse the skill until she can transfer (or use) the skill in real life with peers.

This concludes the 4 steps to learning friendship making skills.

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.