

## Volume 3, Issue 2— August 31, 2018



Letter from the Pastor

Dear Parents and Friends of St Mark's,

As a priest and your pastor, I find the recent news from the Pennsylvania Grand Jury Report and that of former Cardinal Theodore McCarrick, sickening, disheartening and demoralizing.

I feel it is important to remind you, as parents who entrust your children to the Catholic Church, that there are strict requirements which clergy and laity who work with minors must adhere to. Regularly issued background checks and Safe Environment Workshops are just two of those requirements. The protection and care of those who are most vulnerable is foremost our work as the Church. At our parish and parish school, we haven't wavered in this commitment.

Prayer, acts of charity and speaking the truth in love (evangelizing) helps me through this, and it is how each of us will find our way through it. These are the times in which we are called to be faithful in our daily prayer, in gathering as faith filled Christians at Sunday Mass and in caring for those who are most in need.

In this past Sunday's Gospel (Jn 6.60-69), after Jesus speaks of giving those who believe in Him, His flesh to eat (Eucharist), many of the would-be-disciples left. Jesus asks a pertinent question to those who remain, 'Do



Letter from the Principal

Dear St. Mark's Families,

Thank you so much for making me feel so special on my momentous birthday. The cards, gifts, well wishes, Facebook post and video were beyond anything I could have imagined. I do love being a part of the St. Mark's family.

It is with great sadness that I have to announce that our facility manager, Andy Williams, has had to leave his position here for health reasons. Managing this facility is a tremendously demanding job and Andy did a great job caring for our school. He was truly dedicated to our school and will be greatly missed. Please keep him and his family in your prayers. I hope to see you all at our **Back-to-School Night on September 4<sup>th</sup>**. We have a lot of exciting topics to cover and we will begin promptly at 6:30 in the auditorium. After our group meeting there will be two, 20 minute sessions for you to meet your child(ren)'s teachers. If you happen to have children in both the middle school and the elementary school, having one person attend the middle school session and one attend the

you also want to leave?’ St Peter responds, ‘to whom shall we go?’

Where will we go? Hopefully we’ll gather at Sunday Mass, pray as a family daily, help those who are in most need and speak the truth in love.

It’s easy to walk away and to go where we are comforted but sometimes we are called to weather the storm and to fight injustice exactly where we find ourselves. We are always called to pray, particularly as a community, and as Catholics with our Lord in the Eucharist.

Please take a few moments to view Bishop Robert Barron’s comments:

[https://www.youtube.com/watch?v=-ani\\_hnN8Fs](https://www.youtube.com/watch?v=-ani_hnN8Fs)

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

May God Bless You,  
Father Ben Uhlenkott, Pastor

elementary session is recommended, if at all possible.

One of our goals as part of our **WCEA Accreditation action plan** and **Strategic Plan** was to clarify our **school-wide learning expectations (SLEs)** for our students. I am happy to announce that after receiving input from the entire St. Mark’s Community and a year of hard work by our incredible faculty and staff, we are ready to introduce our newly revised SLEs. On September 4<sup>th</sup>, we will begin our Tuesday morning in the auditorium with a student assembly to introduce our SLEs to the student body. This will be in place of starting our week on the playground with morning prayer. We will then introduce these SLEs to the larger community at Back-to-School Night.

I would like to sincerely thank you for your supportive emails after receiving word of the school lock down on Thursday. We are blessed to have a secure campus with all exterior doors locked throughout the day, security cameras, a fully fenced and locked playground space, trained staff and students who practice what to do in these situations and the Boise Police Department who make sure to inform us when a lock down is necessary.

Have a blessed long weekend and I pray to see you all Tuesday evening.

God bless,  
Donna Gordon

## **Student Spotlight**

**by Mary Cate Hankel**

About 2 years ago I saw some girls with short hair and I wanted to cut mine short too. After I did I wanted it even shorter. As I was getting my hair cut short I was thinking about it and I thought of the kids with cancer. I told my mom that I wanted to shave all of my hair off. My mom said to start with the longest shave guard, so I started with a #8. When my dad shaved my hair, I looked in the mirror and

said "I love it." Now I want to keep it like that.



**Has your student done something amazing that you'd like to share with the School Community? Send an email to [schooloffice@stmarksboise.org](mailto:schooloffice@stmarksboise.org) with a picture and a description and we'll feature them in our newsletter.**

### **Weekly Calendar**

#### **Monday, September 3**

Labor Day - No School

#### **Tuesday, September 4**

6:30 p.m. Back to School Night (Parents Only) in Auditorium

#### **Wednesday, September 5**

8:30 a.m. Student Body Mass presented by Mrs. Wolbach's 7th grade class

#### **Friday, September 7**

8:30 a.m. Late Start Friday  
Spirit Day

### **Upcoming Events**

#### **Sunday, September 9**

Grandparents Day

#### **Monday, September 10**

Fall MAP Testing  
5:30 p.m. School Board Meeting  
7:00 p.m. H&S Meeting

#### **Tuesday, September 11**

Fall MAP Testing

#### **Wednesday, September 12**

8:30 a.m. Student Body Mass (Grandparents Welcome Mass) presented by Mrs. Judy's 6th grade class  
Fall MAP Testing

#### **Friday, September 14**

8:30 a.m. Late Start Friday  
Fall MAP Testing

### **Home and School**

[Need to order Spirit Wear, Middle School polos or sweatshirts, go online to our Spirit Store.](#) Link is open through the end of September for delivery to the school mid-October.

Please join us for our first St. Mark's School Community Night Out of this school year.

# LA CREME

## Frozen Yogurt

Is proud to support  
**St. Mark's Catholic School**

Please show your support on  
**Sep 18, 2018 6:00pm-8:00pm**

**At La Crème**



3319 N Eagle Road,  
Meridian, Idaho



**Please present this flyer at time of purchase.**



Watch this space for important information about the 2018 Dinner Auction coming your way on Saturday, October 27.

**Donations:**

We are also looking for donations for plane tickets/airline miles and wines from local wineries.

**Early Bird Special for Dinner Auction Tickets at Back to School Night**

- Table for \$650
- Individual Tickets \$70
- Rates good through September 18

**After September 18**

- Tables for \$750
- Individual Tickets \$75

Visit our Dinner Auction website at [www.stmarksauction.com](http://www.stmarksauction.com) to find out all the fun things that will be happening at the event and volunteer opportunities.

## Volunteer Opportunities



Do you have a green thumb? We are looking for someone to take over and organize the Garden Ministry to help keep our school grounds looking beautiful. Inquiry in the school Office if interested.

We are looking for a volunteer to vacuum the main hallway of the school Monday-Friday after 3:00 p.m. Contact the School Office if you are interested.



## Lunch Room Volunteers

### NEXT WEEK'S LUNCH HELPERS

Tuesday (4)—Schwehr, Irvine, Urban

Wednesday (5)—Urban, Anderson, Cox

Thursday (6)—Urban, Cox, Pavlis

Friday (7)—Urban, Cox, Pavlis

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

### **St. Mark's Music Department**

*"Providing the gift of Music"*



#### **Honor String Orchestra**

Grades 6-8

***Previous experience required***

7:20am-8:10am Tuesdays

7:20am-8:10am Thursdays

**Starting Sept.4th**

*St. Mark's Music Room*

*"Please enter through back of music room"*

#### **Choir**

Grades 5-8

***No experience required***

2:50pm-3:30pm





**BACK TO SCHOOL NIGHT** (PARENTS ONLY PLEASE) IS TUESDAY, September 4 @ 6:30 p.m. The evening will begin with a general assembly in the Auditorium and then 2 presentations by classroom teachers.

The Nurse's Office could use donations of children's liquid and chewable ibuprofen and acetaminophen. Please send your donations to the School Office.

Did you know that Plusportals has a Staff Directory and a Family Directory? You can log into your account, click on the "Directory" tab on the black banner on the top of the page and the next page shows "Staff Directory" and "Parent Directory". **Please do not use this information for any form of soliciting.** If you would like to opt out of the Directory, log into your account, click on the arrow beside your name at the top right of the screen, click on Directory List from the drop down menu, then unclick "list my info in the school directory".

#### Daily Schedule

7:30 a.m. Students may be dropped off for supervision in Auditorium  
7:45 a.m. Playground is supervised  
8:00 a.m. Bell rings for students to enter school  
8:05 a.m. Tardy bell rings (students not in their classroom at this time must report to office for tardy slip)  
9:45 a.m. Kindergarten recess  
10:00 a.m. Grades 1-5 recess  
10:20 a.m. Grades 6-8 recess  
11:00 - 11:40 a.m. K-2 recess then lunch  
11:20 a.m. - 12:00 p.m. Grades 3-5 recess then lunch  
12:00 - 12:40 p.m. Grades 6-8 lunch then recess  
1:30 p.m. K-3 recess  
3:00 p.m. Dismissal  
3:15 p.m. Student supervision ends and students not picked up are sent to Homework Club  
3:30 p.m. Homework Club fees begin  
5:30 p.m. Homework Club ends

An updated [September calendar](#) is attached.

An updated [September Lunch calender](#) is attached.

Grandparent's Club is starting! The relationship between a child and his/her grandparents is one of the most special things. The St. Mark's School Grandparent's Club is an exciting opportunity for grandparents to support our young disciples of Christ. Being a member means you they will receive approximately five newsletters throughout the school-year with information on events, Masses, service projects, fundraisers, stories about what the students are doing and updates on what's happening at school. They are not obligated to do anything but will enjoy receiving our notes, photos and videos about all the great things going on at our school. Even if grandparents are not local, Grandparent's Club is

a great way to stay connected to St. Mark's School Community. To join this group and receive more information, [click here](#) to get the form then return it to the School Office or email it to [Kathy\\_Webster05@msn.com](mailto:Kathy_Webster05@msn.com).

Miss Isla is accepting new piano students for the fall! Students receive quality, one-on-one instruction, tailored to their individual learning style. Piano lessons are conveniently offered at school, once a week during the school day. If interested or have questions, please contact Miss Isla (208) 602-0635.

If your student arrives to school @ 8:05 a.m. or later (or 8:30 or later on Fridays), they must check in at the School Office before heading to class. This is for ALL GRADE LEVELS. The Middle School gate will be locked promptly @ 8:05 a.m.

[Idaho Catholic Women's Conference](#) will hold it's annual event on Saturday, October 13 at St. Mark's Parish from 8:00 a.m.-4:00 p.m. Click on the link for details of the event.

[Grandparent Recognition at Student Body Mass on September 12](#) - In honor of National Grandparent's Day in September, grandparents are invited to sit with your grandchild/children during Mass on Wednesday, September 12th. Students will be returning to the school with their class immediately following Mass but light refreshments will be available for grandparents in the church courtyard following Mass. Students make sure you invite your grandparents to this Mass.

Bus information - St. Mark's will once again be offering bus transportation to students who live south and west of the school's location. The current route serves families/students in the area of Overland Road and Five Mile, and McMillan and Eagle Road (specific location to be determined). Pick up and drop off of students occurs at both locations. There are seats for approximately 55 students on the bus. Priority is given to full time riders but students needing a ride only one way can also be accommodated.

### **St. Mark's Route for 2018-2019**

#### **Morning Route**

1st Stop – Fred Meyer at Overland and Five Mile. Bus arrives at 7:00 a.m. and departs at 7:10 a.m. from the west end of the parking lot.

2nd Stop – McMillan and Eagle Road (specific location to be determined). Arrives at 7:25 a.m. and departs at 7:30 a.m. Bus arrives at St. Mark's at 7:45 a.m.

#### **Afternoon Route**

Departs St. Mark's at 3:05 p.m.

1st Stop – Fred Meyer at Overland and Five Mile. Drop off at 3:25 p.m.

2nd Stop – McMillan and Eagle Road (specific location to be determined). Drop off at 3:55 p.m.

[Young Rembrandts](#) is an after school program for students who love to draw and paint and who want to learn. Check out the link to learn more about the classes held here at St. Mark's School.

## **Monday, September 3 is Labor Day, a day off from school.**



**Kudos to St. Mark's students and parishioners! You supported the RESPECT LIFE baby bottle drive last fall so generously, that we are able to keep our promise to you and bring a national speaker to this valley: Chet McDoniel was born without arms and shortened legs -- his family friendly story is a walking testimony to the DIGNITY of ALL LIFE and our AWESOME GOD!! TICKETS (\$5/adults - \$2.50/students) are available to purchase after September MASSES at St. Mark's. Let's fill these 950 seats!!! Get your ticket stamped at the "CHET event" and get a FREE DRESS PASS for St. Mark's School!**

**SAT. SEPT 22<sup>ND</sup> 7PM**

**MOUNTAIN VIEW HS AUDITORIUM,  
2000 MILLENNIUM WAY, MERIDIAN**

**CHET MCDONIEL**

**YOU DON'T  
NEED ARMS!**

## Sports

### September

- |    |  |
|----|--|
| 4  | 7VB v. Nampa South<br>8VB @ Nampa South                                  |
| 5  | FB v. Lone Star Middle School  |
| 6  | 7VB v. Middleton<br>8VB @ Middleton<br>XC @ Quarry View Park (TVCS host) |
| 10 | 7VB @ Sage Valley<br>8VB v. Sage Valley                                  |
| 12 | 7VB v. Mt. Home<br>8VB @ Mt. Home<br>FB @ Nampa Middle School            |
| 13 | 7VB @ Kuna<br>8VB v. Kuna<br>XC @ Vallivue (Whittenberger Park)          |
| 17 | 7VB @ Fremont (Kuna)<br>8VB v. Fremont (Kuna)                            |
| 19 | 7VB v. Emmett<br>8VB @ Emmett<br>FB v. East Valley Middle School         |



- 20 XC @ Nampa South (Lakeview Park)
- 21 7/8 TVCS Dance @ St. Mary's
- 24 7VB @ Lone Star  
8VB v. Lone Star
- 26 7VB @ Nampa West  
8VB v. Nampa West @ BK  
FB @ Nampa West Middle School
- 27 XC @ Quarry View Park (TVCS host)

### October

- 1 7VB v. Vallivue  
8VB @ Vallivue
- 2 FB v. Kuna  
XC District Meet @ Mt. Home
- 6 7VB Tournament @ Lone Star  
8VB Tournament @ Middleton
- 10 FB Cross Over Game

6th - 8th graders are invited to join the first ever TVCS band! There are 2 nights where students will be able to try instruments to see what might work best for them and balance the ensemble.. Attend either September 10 or September 17, drop in sometime between 3:30 and 4:45 p.m. at Sacred Heart. Complete beginners are perfect for this ensemble, but be aware that we'll move faster than a typical school class. We'll rehearse Mondays and some Tuesdays at BK. We'll also perform at BK on Tuesday, December 11. Email interest and questions to Mrs. Kathy Bailey at [kbailey@sacredheartboise.com](mailto:kbailey@sacredheartboise.com)

### Preschool Happenings

Our Preschoolers visited the main school building on Thursday for Art Class



## Church Connection

If you would like to receive the Parish Newsletter  
**text** [BOISESTMARKSNEWS](https://www.boisestmarksnews.com) **to** 42828 to sign up

OR

[Click here](#) to sign up for Parish Newsletter

[Click here to upload the Parish Bulletin for September 2](#)

## FAQ for Fun Run

- Saturday, September 29<sup>th</sup> 9:00 am at Bishop Kelly
- Walkers are welcome
- Check in is at 8:30am
- Registration is required. Visit [www.stmarksboise.org/funrun](http://www.stmarksboise.org/funrun). Register and pay online.
- \$10.00 per person
- Proceeds benefit St. Mark's School Tuition Assistance Fund
- The route will be grass, dirt, pavement and track
- Yes, there will be paper registration forms in the front office. There will be a binder.
- Yes, they can pay in the office with paper registration.
- Race Bibs graciously sponsored by Bandanna Running and Walking. Their bib is also a coupon!
- Race Bib pick up will be at Parish Office from Wed, 9/26 through Fri 9/28, during office hours 8:30-4:00pm. I will most likely set up a station at our welcome table.

**St. Mark's**  
**OKTOBERFEST & Fit for Fall present**

# 5K FUN RUN

*walkers welcome*

Saturday, September 29, 2018  
9:00am (8:30am check-in) at Bishop Kelly  
Please register @ [www.stmarksboise.org/funrun](http://www.stmarksboise.org/funrun)  
\$10.00 per person **REGISTRATION REQUIRED**

Race proceeds benefit St. Mark's School Tuition Assistance Fund  
Race Bib pick up and waiver available in  
parish office 9/26 - 9/28, 8:30am-4:00pm

Join us back at St. Mark's Parish for Oktoberfest, 6:00pm!





- Waiver will be with the Race Bib. In order to receive their race bib, they must sign the waiver.
- Yes, race bib & waiver will also be at 8:30am check in on race day though PLEASE encourage pick up Wednesday-Friday.
- With the gracious cooperation of Mr. Shanahan at Bishop Kelly, Bandanna Running's sponsorship, St. Mark's Fit For Fall, ideas and help from many others, I anticipate this to be a wonderful community builder.



September 29, 2018 Celebration begins with the 5pm Mass Followed by: German meal, Hot dogs and chips for kids Beer, wine, and apple cider 1st Beer \$10 with commemorative stein, refills \$5 Live music by the Treasure Valley Musik Meisters Clowns, games, and inflatable fun for the kids Dinner is free, donations are appreciated \*\*New this year morning 5K Fun Run!\*\* Cost to enter is \$10.00, all proceeds will benefit the St. Mark's School's Angel

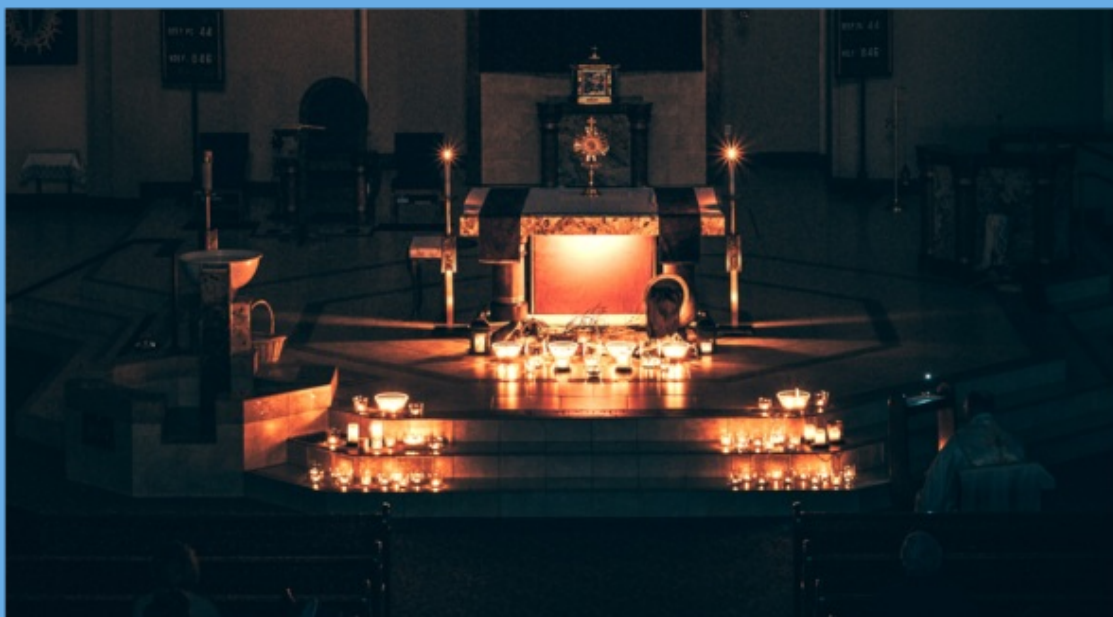
Assistance Tuition Fund Register at:

<https://stmarksboise.weshareonline.org/5kfunrunwalk>

Eucharistic Minister Training for both new and returning ministers: Sept. 15th, 3:30 pm, Sept. 16th, 9:45 am, Sept. 16th, 12:15 pm, Sept. 16th, 3:30 pm

We continue with our monthly Mass in Spanish and would like to invite everyone wishing to practice some Español to come and join us every SECOND SUNDAY of the month. Our next Mass in Spanish will be on Sunday September 9th at 1:00PM. We will have a gathering after Mass at the hall so please bring something to share. We thank Fr. Ben, Fr. Reggie, and the St. Mark's parish staff for their continued support.





*Mercy Night: September 15th, 6:30pm-8:30pm at St. Mark's Catholic Community*

*7960 W Northview Street, Boise, ID 83704*

*Mercy Night is a candlelight evening of quiet prayer and reflection, contemplative music, adoration, confession and healing prayer available. If you are tired, weary or just disquieted, this is an opportunity to seek calm and solace in the presence of the Lord.*

**YOU ARE WELCOME**  
**YOU'VE BEEN MISSED**  
**YOU ARE LOVED**

If you are Catholic, away from the Church and would like to come home, please join us on Thursday nights starting

**October 4<sup>th</sup> 6:30-8:00 p.m.**

**for six weeks**

**at St. Mark's Parish in the Resurrection Room.**

*Hear about the  
changes while  
you were away.*

**What do Catholics  
believe? And why?**



*And what does  
the Mass really  
mean?*

**Why confession?  
What is sin?**





## CHRISTIAN INITIATION FOR CHILDREN AND YOUTH (RCIC)

RCIC is for children in the following situations:

- Children/Youth, 7 – 17 years old, who are not baptized and want to be received into the Catholic Church.
- Children/Youth, 8 – 17 years old, who are baptized in another Christian faith and want to be received into the Catholic Church.
- Children/Youth, 8 – 17 years old, who are already baptized Catholic and have not yet received First Reconciliation and First Communion and who have had little or no faith formation.

Class sessions **begin Tuesday, September 11<sup>th</sup>, 7 – 8 pm**. For more information, or to register, contact Ginger Mortensen at [gmortensen@stmarksboise.org](mailto:gmortensen@stmarksboise.org).

## Notes from the Nurse

### School Year 2018-2019



Dear Parents/ Guardians and Families,

Welcome back to school! We would like to take this opportunity to introduce ourselves and explain our role in the schools. The Saint Alphonsus School Health Program provides health services to 7 Catholic schools in the Treasure Valley.

MaryLou Cunningham, RN [mcunningham@bk.org](mailto:mcunningham@bk.org)  
Linda Miller, RN [lmiller@rcdb.org](mailto:lmiller@rcdb.org)  
Kim O'Sullivan, RN [kosullivan@rcdb.org](mailto:kosullivan@rcdb.org)  
Sherry Placido, CNA [splacido@rcdb.org](mailto:splacido@rcdb.org)

Healthy children are better learners!

Our goal is to assist with achieving a healthy and safe learning environment. We provide:

- Health and wellness screenings - immunization status, hearing, vision, speech,
- scoliosis, kindergarten screenings
- Health education - basic CPR and first aid, dental health, nutrition and physical
- activity, puberty, personal hygiene, safety, transition to high school, mental health,
- hand washing and infection control, environmental health, health education and
- tips, support and referrals
- Case management for special needs
- Basic first aid and triage, medication administration
- Flu vaccines and some immunizations
- Staff education, training, and support

**HEALTH INFORMATION** - Please inform us of any health concern your child has, especially if it could be a concern during the school day (Health History Form). It helps us to effectively assist with problems - physical, emotional, psychiatric or behavioral - if we know that they exist.

**IMMUNIZATIONS** - Idaho State Law requires that your child be current on immunizations when entering school. State law now requires the following immunizations for children born after September 1, 2005: 5 DTaP, 2 MMR, 4 Polio, 3 Hepatitis B, 2 Varicella, and 2 Hepatitis A. Children entering the 7th grade must have Tdap booster and Meningococcal vaccine. A verified record must be provided. If your child has not received the required immunizations, you **MUST** sign a waiver **EVERY** year. **THIS IS STATE LAW AND THE STATE DOES CHECK!**

**ILLNESS** - Sometimes it can be hard to decide whether your child is too sick to attend school. Here are some guidelines:

- Fever: If your child has a fever of 100F or greater, or looks or acts sick, she/he should stay home. Call your doctor if your child has a fever with pain, rash, weakness,
- vomiting or diarrhea. \*\*\*May return to school after symptoms are gone for 24 hours and child is fever-free without the aid of fever-reducing medication.
- Vomiting and/ or diarrhea: Vomiting and/ or more than one event of watery

diarrhea

is a reason to keep your child at home. \*\*\*May return to school after symptoms are gone for 24 hours without the aid of anti-emetic or anti-diarrheal medication.

- Contagious Diseases: You should keep your child at home if she/he might spread a

contagious disease to other children (i.e. chicken pox). Please consult with Health care Provider.

- Head lice: Parent/Guardian may choose to pick child up from school. Confirmed cases of lice require treatment before returning to school. If treatment is started before the next day, the child may return to school. Most treatments are available over the counter. Families are encouraged to ask their child's health care provider for advice about which treatment to use. The school nurse/staff will also provide education regarding treatment and control of head lice as needed.

- Pinkeye/Conjunctivitis: Parent will be notified of suspected eye irritation/infection. Parent/Guardian will consult with the child's health care provider about diagnosis and treatment. Child will not be excluded from the school setting unless meets other exclusion criteria, i.e., fever, severely ill appearance. Antibiotics are NOT required to return to the school setting, as determined by child's health care provider.

- Sore Throat: If your child has a sore throat and fever, or a severe sore throat without fever, she/he should stay home.

- Cough: If your child's cough is worse than you would expect with a cold, keep her/him at home. If she/he has difficult time breathing or has a fever, call your doctor. Coughs can linger on for 2-3 weeks before resolving, but they should not interfere with most activities.

- Stomachache: If your child complains of a stomachache, especially if she/he says it hurts to move and she/he does not want to eat, she/he should stay home and you should contact your Health Care Provider.

**MEDICATIONS and MEDICATION POLICY** - If your child will need medication at school anytime during the school year, the information will be added to the Health History/Medication Form. This includes prescription as well as non-prescription (over-the-counter) medications. **ANY TIME THE SCHOOL IS ASKED TO ADMINISTER MEDICATION, WE MUST HAVE THE HEALTH HISTORY/MEDICATION FORM FILLED OUT BY A PARENT/GUARDIAN.**

The school nurse authorizes all medications administered at school. Authorized personnel (ie school secretaries, front office staff) may administer medication under the direction of the school nurse, following appropriate training and instruction. All medications must be in the original, labeled container with child's name, and **MUST** be brought to the office.

- Medications, including over-the-counter, will **NOT** be kept in lockers, desks, backpacks, etc. This is for everyone's safety. (Under certain circumstances, students will be allowed to self-administer certain medications, but only with authorization by the school nurse.)

- Prescription medication must be in the prescription bottle with the correct label that includes the student's name, dose of the medication, directions for taking the medication, prescriber's name, pharmacy's name, and current date. (Most pharmacies will give you two bottles, one for home and one for school.) If/ when medication doses change, the current prescription bottle needs to reflect that new dose.

- Over-the-counter medication must be in the original container, FDA-approved and appropriate for age.

- No medication brought to school in a baggie will be administered.

- Most medications that are to be taken 3 times per day or less can be administered at times outside of school hours. Unless specifically directed by your healthcare provider, give it before school, as soon as the student arrives home, and at bedtime.

- If you would like your child to receive Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) at school, on an as-needed basis, you must sign the consent on the Health History/Medication form.

- Authorizations for medication administration must be renewed each school year. School personnel have permission to exchange information as needed.

- For your child's (and all students' and staff) health and safety please keep sick

kids  
home. With the cooperation of all of our families, we can help to keep our community healthy.

- Healthy children are better learners!

If you have questions or concerns, or if there is any way we can help your child, please contact us.

Linda Miller, RN  
Saint Alphonsus School Health Program

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

## Notes from the Counselor

### **Building Better Behavior**

Good behavior is a habit all parents can try to instill in their children, but it doesn't happen overnight. Use patience and the strategies listed below to help you lay a foundation for good behavior at home and at school.

**Give positive attention.** Try to set aside a little uninterrupted time with your child each day and let them take the lead in deciding how to spend it. They might want to have a special story time with you or take a walk throughout the neighborhood to talk about the day. They'll feel more important and secure – and less likely to misbehave in order to make you notice them. *TIP:* While you're enjoying each other's company be sure to give them your total attention. Turn off distractions like your cellphone or the television.

**Set ground rules.** Your child may be more likely to behave if they know exactly what you expect. Talk about the rules for behaving at home and in public. These might include things like keeping their hands to themselves and sitting quietly while others are speaking. Remember that you know your child best – choose rules that fit their age and as they get older you can update the rules. *TIP:* To help them remember the rules post them in a place where they can be seen and state them in a positive way. Instead of "Don't leave your stuff on the driveway," write, "Put your belongings away when you finish using them."

**Discuss consequences.** The best time to talk about consequences is before a rule is broken. Let your child know in advance what will happen if they misbehave or break a rule. For instance, you could say, "If you put your bike in the garage you will be able to ride it tomorrow." *TIP:* Involve your child in deciding fair punishments for breaking rules.

The following activity can help your child practice taking control of their own behavior.

**Step 1** – Help them draw a thermometer on paper and add horizontal lines to divide it into thirds. They can color the bottom third blue and label it "Keeping my cool." Have them color the middle section yellow and write, "Getting warmer." And they should color the top portion red and label it "Danger zone."

**Step 2** – Together, brainstorm a list of ideas they can use to control themselves when their "temperature" starts to rise. For instance, if they are starting to feel frustrated (perhaps their sibling make a face at them), they might close their eyes and take a deep breath. If they are entering the danger zone (say, they feel like hitting the sibling), they could walk away for a few minutes and cool down.

**Step 3** – Let them write the ideas on the paper. Then hang up the thermometer where it can remind them that they are in control of themselves.

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

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