Letter from the Pastor

Dear Parents and Friends of St. Mark's,

What a joy it was to Celebrate Mass with 2,000 Catholic School students, faculty, family and friends this morning! Bishop Peter, our visiting clergy and I were discussing our young disciples after Mass. The formation happening at the parish schools in our community was plainly evident today, by the reverent behavior of each and every student in the Sanctuary. It is a blessing and an honor to host the All School’s Mass, thank you to all who participated to make it possible.

After each morning Mass this Sunday, February 3rd, the Knights of Columbus are hosting a pancake breakfast and ‘meet and greet’ for our new parochial vicar, Fr. Vitalis. Please join me in welcoming him to our community by stopping by!

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

Father Ben, Pastor

Letter from the Principal

Dear St. Mark’s Families;

What a fantastic week of celebrating National Catholic Schools Week!! We started the week with a very successful Open House; several tours were given by our students and a lot of interest for next school year was generated. Thanks to all of your generosity, over 200 lunches were made for Corpus Christi House and our St. Mark’s Food Bank. We all enjoyed 6th grades’ living humanitarian museum and our annual religion bowl crowned victors in 3rd grade and 7th grade.

We ended our week with my favorite day of the school year, the All Schools Mass. Over 1800 students came to St. Mark’s to celebrate Mass with Bishop Peter. Words can’t express how powerful it is to see so many of our youth come together to celebrate the greatness of God.

Next week will begin early bird registration for the 2019-2020 school year! Please check your email accounts for a link to registration information and forms. There is a $25 discount on the registration fee if you enroll your child before Spring Break.
I would like to sincerely thank you for choosing St. Mark’s and giving the gift of Catholic education to your children. Have a blessed weekend.

God bless,
Donna Gordon

Student Spotlight

Lion Pride Recognition

Congratulations to this week’s winners:

Julia Baerlocher, Miryana Trana, Nate Claiborne, Madelyn Burkey, Aspen Newman, Anna Stroschein, LJ Rowles, Logan McCarthy and Zach Jacobs

Weekly Calendar

Monday, February 4
School Counselor Day

Wednesday, February 6
8:30 a.m. Student Body Mass presented by Mrs. Baker’s 3rd grade

Friday, February 8
8:30 a.m. Late Start Friday
**Upcoming Events**

**Monday, February 11**
- 5:30 p.m. School Board Meeting
- 7:00 p.m. H&S Meeting

**Tuesday, February 12**
- 1:30 p.m. Child Safe Environment Workshop in the Small Lab

**Wednesday, February 13**
- 8:30 a.m. Student Body Mass presented by Mr. Boesiger’s 3rd grade

**Thursday, February 14**
- Valentine’s Day

**Friday, February 15**
- Teacher Inservice - No School

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**Home and School**

**Need volunteer hours? Want to help make the Mother-Son Bowling Event the best one yet?** We are currently looking for volunteers to help plan the Mother-Son Bowling Event, which is scheduled to take place on **Saturday, April 6**. If you are interested or would like more information, please contact Amanda LaMott at amandalamott@gmail.com.

Dinner Auction $10 Free Dress Day is set for Friday, February 8. If you paid for this item on the Online Auction, you are able to participate and wear Free Dress.

Camp Lions is Friday, February 8 from 4:00-7:00 p.m.

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**Volunteer Opportunities**

The Garden Ministry is meeting this Saturday, February 2 from Noon-2:00 to work to spruce up our grounds for Spring. We will be working on general outside cleanup, weeding, raking and clearing of flowerbeds, etc. Please bring your garden tools and plan to meet at the main entrance of the school.

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**Lunch Room Volunteers**

**NEXT WEEK’S LUNCH HELPERS**
- Monday (4)—Glodowski, Gerrety
- Tuesday (5)—Schwehr, Irvine
- Wednesday (6)—LaMott, Schindele, Baltazar
- Thursday (7)—Gerrety, Fagerson
WE ARE SEEING A LARGE INCREASE IN UNEXCUSED TARDIES. If your family is having trouble getting to school on time, PLEASE leave home earlier or take a different route to school to get here on time. "Timeliness is next to Godliness!" and a Life Lesson/Skill so please make getting to school on time a priority in your home.

Child Safe Environment Workshop in the Small Lab on Tuesday, February 12 @ 1:30 p.m. Go to https://boise.cmgconnect.org/ to create an account and register for this class.

Do you have a child (sibling of current student) who will be attending Preschool, Kindergarten or an upper grade at St. Mark's School next year? Click here to complete the Sibling form.

Free Catholic parenting class offered by the Boise Diocese on Monday nights, Feb. 11th through Mar. 18th at Nazareth retreat center. This parenting class will incorporate Catholic theology, information on brain development, attachment, connection and correcting principles. It is based on a theory called Trust Based Relational Intervention (TBRI). It is also very beneficial for children who have sensory issues or trouble self-regulating their emotions. It is a whole family program. Parents will be in one room learning the parenting concepts and children 4 and up will be in a children's program learning the same concepts through play and activities. Daycare will be provided for children 3 and under and there will be an optional meal beforehand for a donation. The class will be taught by Jodi Fulford, Licensed Clinical Professional Counselor and Certified Parenting Educator. If your family is interested in participating in this class, please contact Jay Wonacott at jwonacott@rcdb.org or 208-350-7535.

Monday, February 4 is School Counselor Day. Thank you to Dr. Joe and Ms. Jen for being at St. Mark's School and for all you do for our students and families.

Homework Club is in need of craft supplies for projects. If you have lace, buttons, sequins, etc. please send them to the school office marked Homework Club.

Knights of the Week! Faculty and Staff can nominate any student they have witnessed demonstrating the BK Way attributes of Faith, Safe and Caring Place, Academic Excellence, Activities, Honor, Generosity, Community, and Partnership. Bishop Kelly Students can nominate Faculty and Staff who they feel demonstrate these qualities.

Alex Bloom (St. Mark's Graduate)- Academic Excellence
Alex Bloom does a great job in class everyday. He clearly shows he is thinking about the material by responding to prompts and asking lots of questions. He participates willingly in each activity. Alex’s maturity is a beacon for all the other students and his attitude changes the entire atmosphere of the class because it is clear by his confidence and effort he is here to learn and become a better person.

Eric Skyer (St. Mark's Graduate) - Honor
Erik is honest, hardworking and kind to everyone he meets. Even though he has a rigorous schedule, he takes the time to hold doors for people and greet them with a smile. He is not afraid to ask questions and speak up for himself and others. Erik definitely models the BK way on a daily basis. I am so proud of him.

The **2019 Father Daughter Dance** will take place on Saturday, February 23rd from 6:30pm to 9pm! The theme this year will be Wonderland. Admission will be $20 for Dads, FREE for Daughters. Raffle tickets will be sold for $1 each or 6 for $5. Professional photos will be available for purchase, $10 for 1, $15 for 2. Plan on joining us for an opportunity to make lasting memories with your precious girl(s)!

**As an added bonus, anyone who has purchased tickets to the dance by Friday February 8th, will receive 5 extra raffle tickets FREE!!**

We are in SERIOUS need of donations for our raffle! This year we will be raffling off several big baskets with themes including Daddy Daughter Date Night, Arts and Crafts, Spa Day, Family Game Night, Gone Fishing and more. The following items are being requested as donations:

- Gift cards (Dicks Sporting Goods, Sockeye Brewery, Edwards Theater, Big Al's, Dairy Queen, Wahooz, Walmart, are some ideas)
- Mrs. Gordon has generously allowed those who donate $20 in gift cards to mark off one hour of volunteer time!! (up to two total hours, or $40 in gift cards)

We ask that these cards be for Walmart, Target, or somewhere that we can purchase items for the raffle.

- Board games and card games
- Arts and crafts kits or supplies
- Hair accessories/bath bombs/face masks
- Fishing and camping gear
- Candy/beef jerky/snacks
- Blu Ray movies
- Anything unicorn themed

We are also looking for volunteers to bake treats for the event! If you would like to contribute, or if you would like to volunteer to help with the dance in any way, please contact Becky Sippy at Becky.sippy@yahoo.com

Congratulations to Brian Mullin, St. Mark's Graduate and BK Senior, for achieving the rank of Eagle Scout through St. Mark's Troop. Brian's Eagle Project was designing and building a pergola for the rose garden at the VA Home. New bark and rose bushes were also added to the garden. Brian has 2 siblings at BK and his youngest brother is a 4th grader at St. Mark's School.

Melissa Golo, St. Mark's Graduate and Freshman at Mount Mary University in Milwaukee, is a starter and in the pack of leading scorers for the women's basketball program. Melissa's younger brother Joseph, is a 6th grader at St. Mark's School.

Mark your calendar for the annual Engineering & Science Festival at Boise State on Saturday, February 2, 9am-4pm. This is a free event for the community, with over 75 hands-on activities, demonstrations, and presentations for families and K-12 students to enjoy! See attached flyer, and forward to friends and family.

**Feature Presentation:**
Spacewalking 101 by Retired NASA Astronaut, Boise State University, All Ages, 10:00am in the Simplot Ballroom (60 minutes) (I) – NASA’s retired astronaut has flown 2 shuttle flights, STS-117 in 2007 and STS-119 in 2009, and launched to the International Space Station as a member of
Expedition in 2014. Swanson will talk about the ins and outs of spacewalking.

Saturday February 2, 2019
9am-4pm • Boise State University

Here are just a few examples of activities designed for grades K-12:

- Meet Astronaut, Steve Swanson
- Build a BristleBot
- Design within Constraints using LEGO bricks
- World’s Fastest Juggler
- Chemistry with Dr. Picklestein
- Liquid Nitrogen Volcano
- Exploration of the Rock Cycle
- Physics and Astronomy Demos
- Weather Jeopardy
- Build an Edible Aquifer
- FIRST Robotics in Action
- Ride a Segway
- Rocketry Fun
- Build Snap Circuits
- Bugs under a Microscope
- Computer Programming with Scratch
- Jelly Bean Binary
- 3D Printing
- Tie Dye Chromatography
- Discover the MakerLab
- Drones
- Experience Virtual Reality

Thank you to our sponsors:

FREE parking available at the Lincoln Parking Garage, on the corner of University and Lincoln. Pre-register online, and plan your day in advance by visiting https://stem.boisestate.edu/STEMExploration or contact Leandra Aburuse-Lele at laburuse@boisestate.edu or (208) 426-4432.

Sports

February

4    7BB @ Sage Valley
     8BB v. Sage Valley
5    5/6BB v. St. Paul’s @ 5:15
6    7BB v. Mt. Home
     8BB @ Mt. Home
7    7BB @ Kuna
     8BB v. Kuna
11   7BB @ Fremont
     8BB v. Fremont
13   5/6BB v. St. Ignatius @ 4:30
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| 19   | 7BB v. Emmett  
5/6BB v. St. Mary’s @ 4:30  
7BB @ Lone Star  
8BB v. Lone Star |
| 21   | 5/6BB @ Cole Valley @ 4:30  
7BB @ Nampa West  
8BB v. Nampa West |
| 25   | 5/6BB @ Cole Valley @ 5:15  
7BB v. Vallivue  
8BB @ Vallivue |
| 28   | 5/6BB v. Sacred Heart @ 4:30 |
| **March** | **5/6BB v. St. Joes @ 4:30** |

**Preschool Happenings**

We had a visitor at our park!

**Church Connection**

If you would like to receive the Parish Newsletter **text BOIESTMARKSNEWS to 42828** to sign up

OR

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

[Click here to upload the Parish Bulletin for February 3](#)
Notes from the Nurse

Top 5 threats to your children, a note from Officer Gomez, Boise Police School Resource Officer

5 threats to your children

In dealing with thousands of kids on a daily basis I thought I would share my opinion of what I think the top five challenges your child will have in 2018-2019. These consist of items that will be detrimental to your child’s health, well being, and future success. 

https://m.facebook.com/story.php?story_fbid=894921257377291&id=100005782740186

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.

Teaching your student study skills is an important part of their academic success. There are some simple tips to help your student get the most out of their study time without taking all night to get their homework done. We will be looking at several tips this month.

The 10 commandments of studying:
1. Pick a time to do homework and be consistent each night. A routine makes for good habits.
2. Gather all the material you need prior to starting homework.
3. Do homework with a straight back chair and table. Don’t be laying on your bed or the couch.
4. Have a timer / stop watch to keep track of how much time it actually takes you to do your homework in each subject. (This stopwatch helps a child focus on the task. It can help reduce 3 hours of homework to 30 minutes of actual on task work.)
5. If you get distracted from your work stop the timer. You can restart the timer when you are back on task.
6. Don’t have the TV, or radio, or other media device on during homework.
7. No phone calls or texts while doing homework.
8. When your student gets an assignment that is not due for several days or a few weeks, work on it for 15 minutes every night from the day you get it, until it is complete. (This gets out of the crisis at the last minute mode.)

9. When you have finished studying, take some time to overlearn what you studied. It is stressful and harder to remember what you learned when you are being tested. There is no such thing as no homework, so spend time learning about a topic you are interested in if you are caught up.

10. When you are done with your homework, then you can enjoy some guilt free play time.

Give these tips a try daily for the next month and look at how homework time can be less hassle for everyone. It is ok to take two nights a week off from homework if you do these steps consistently the other five nights.

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 Thursdays.