



Letter from the Pastor

Dear Parents and Friends of St. Mark's,

Welcome Back!

We begin the new year similarly to the kings who sought the Christ Child by following His star. As Pope Francis so beautifully stated it: The wisdom of the crucified Lord is a "sure compass," and His love like a "spiritual GPS" that "unfailingly guides us towards the inner life of God and the heart of neighbor." Is your spiritual GPS leading you in the right direction? Our parish will soon begin our recommitment period and preaching series; GPS (*Giving, Praying and Serving*). This might be a good time to take a look at our own giving, praying and serving. Are we following the Cross of Christ (our spiritual GPS) or is it time to recalculate?

I am praying for you and for all that the new year will bring. There is much to reflect upon, and perhaps even more to look forward to.

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

Father Ben



Letter from the Principal

Dear St. Mark's Families,

Happy New Year and welcome back! It was wonderful to reunite with the students on Tuesday and begin the third quarter. Today report cards are coming home with your children. If you have any questions or concerns, please be sure to contact your child's teacher.

We are so blessed to have so many families donating volunteer hours to our school. Please remember to **log these volunteer hours** in the blue book outside the front office. Next week, I will be sending home a summary of the volunteer hours your family has logged since the beginning of the school year. Thank you so much for your support.

A reminder that the **school opens at 7:30** in the morning. **PLEASE** do not drop your children off before this time. We do not have a staff member available to supervise students until this time, and we don't want students standing outside in the cold weather until the doors unlock.

Tomorrow at BSU, eight middle school students will be competing at the annual Future Cities competition at Boise State University. Mrs. Wolbach, Mrs. Behrend

and a community volunteer, Mr. Whitt, have been mentoring these students all school year for this amazing day. Please keep Jeff, Samuel, Jaxson, Nathan, Daniel, Dominik, Logan and Joseph in your prayers as they represent St. Mark's this weekend. Go Lions!

Have a blessed weekend!

Peace,
Dona Gordon

Student Spotlight



2nd Grade made Blessing Bags for the Corpus Christi House for the Season of Giving

Lion Pride Recognition



LionPRIDE

Practice
MAKES
Saints

	CLASSROOM	HALLWAYS	LUNCH ROOM	PLAYGROUND	BATHROOMS	CHURCH
P PERSEVERANCE <i>Every Day - Every Time</i>	Be Prepared Be On Time Be On Task Be Present	Be Timely Be Courteous Model Good Behavior Walk Slowly	Use Your Manners Be Patient Wait to be Excused	Be Safe Obey the Rules Play Fair Share Space & Equipment Be a Good Sport	Throw Away Trash Keep it Clean Flush Toilet Wash Hands	Be Engaged Pray, Not Play Behave Appropriately
R RESPECT <i>Others, Self & Property</i>	Be Positive Listen to Others Be Prompt Follow Dress Code Care for School Property	Be Quiet Keep Your Hands to Yourself Keep Clean	Clean up Messes Share Space Eat Only Your Food Keep Voices Low Keep your Hands to Yourself	Use Kind Words Use Equipment as Intended Keep Your Hands to Yourself	Give Others Privacy Use Appropriate Volume	Listen Attentively Enter and Leave Quietly Treat Church Materials with Care
I INTEGRITY <i>Honesty in All You Do</i>	Be Honest Be Accountable Do Your Own Work Set & Meet Goals Honor Due Dates	Do the Right Thing Respect Posters & Displays	Use Manners Don't Be Wasteful Pay for Purchases	Notify Staff if Problems Arise Follow Staff Directions	Return to Class Promptly & Quietly Report any Inappropriate Behavior Use at Appropriate Times	Be Kind Be on Time
D DISCIPLINE <i>Following Jesus' Example</i>	Support Others Cooperate with Others Be Honest Share Christ's Love	Help Others in Need Say Thank You to Our Custodians	Sit by Those Sitting Alone Engage in Appropriate Conversations	Encourage Others to be Kind Be Inclusive Lead by Example Help Others When Needed	Use Only as Needed Report Supply Shortages Clean Up After Yourself	Be Reverent Actively Participate Be Involved Show Appreciation
E EXCELLENCE <i>Strive for Success</i>	Do Your Very Best Work Challenge Yourself Learn Beyond the Classroom Ask Questions	Set a Good Example Greet People Politely	Follow Cafeteria Rules Use an Inside Voice	Solve Issues in a Peaceful Manner Line Up on Time Stay in Assigned Areas	Use During Non-Instructional Times Report Problems to an Adult	Be the Best Version of Yourself Follow Dress Code for Mass

SAINT MARK'S -CATHOLIC SCHOOL-

Congratulations to this week's winners:

Lisa Ochoa
Dan Harrington

Weekly Calendar

Friday, January 11

7:00-9:00 p.m. 7/8 TVCS Dance @ St. Joe's

Saturday, January 12

Future Cities Competition @ BSU
St. Mark's School Community Night @ the Steelheads

Monday, January 14

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

Wednesday, January 16

8:30 a.m. Student Body Mass presented by Mrs. Judy's 6th grade

Friday, January 18

8:30 a.m. Late Start Friday

Saturday, January 19

8:30 a.m. - Noon Knights of Columbus Free Throw Contest in the School Gym

Upcoming Events

Monday, January 21

MLK Day - No School

Wednesday, January 23

8:30 a.m. Student Body Mass presented by Mrs. Jankowski's 1st grade

6:30-8:00 p.m. First Communion Parent Meeting

Thursday, January 24

8:30-11:00 a.m. 8th Grade Shadow Day @ BK

Friday, January 25

8:30 a.m. Late Start Friday

\$1 Optional Spirit Day

Home and School



**ST. MARK'S CATHOLIC SCHOOL & PARISH COMMUNITY
NIGHT OUT WITH THE STEELHEADS**

SATURDAY JANUARY 12TH 7PM

You are invited to attend as your Idaho Steelheads take on the Toledo
Walleye!

\$15 BUYS YOUR TICKET AND DINNER!

(hot dog, bag of chips and Pepsi product)

TO PLACE AN ORDER:

Go to WWW.IGROUPTIX.COM/IDAHOSTEELHEADS

ENTER USERNAME: **STMARKS** & PASSWORD: **STEELHEADS**

SELECT THE NUMBER OF TICKETS YOU WOULD LIKE TO PURCHASE AND CLICK "FIND SEATS"

YOU WILL BE GIVEN THE BEST AVAILABLE SEATS IN THE SECTION THAT HAS BEEN BLOCKED OFF

ENTER YOUR CREDIT CARD INFORMATION AND YOUR TRANSACTION IS COMPLETE

FINISH BY PRINTING THE TICKETS FROM HOME — SUPER EASY

If you prefer to place your order over the phone, please contact:

STEVEN ANDERSON 208 489 3722 STEVEN.ANDERSON@IDAHOSTEELHEADS.COM

The [Online Spirit Store](#) is open now through January 27. Delivery is scheduled for

CAMP LIONS

February 8

4:00-7:00 p.m.

Just \$50 per camp!

Sand, Slime & Squish

Mrs. Jankowski & Mrs. Jensen – Grades K-5

Have an oozy, squishy time playing with kinetic sand, different kinds of slime (yes, there are different kinds!), gel beads, cloud dough and other materials to delight your senses. Use molds, tools, or just your hands to squish, squoosh & squeeze to your heart's content. You'll get to take some stuff home with you, too.

Lego Camp

Mrs. Brady & Mrs. Russell – Grades K-6

Legos. Need we say more? It's pretty simple: There will be lots of Legos, and you get to build with them. Build by yourself or build with friends. Whatever you want. It's a Lego-lover's dream come true! Each camper will take home a little Lego kit.

Nerfed!

Coach Schaffeld and Mike A (parish Youth Minister) – Grades 6-8

Less than 10 minutes from St. Mark's is the awesomeness known as Nerfed Boise. It's an indoor Nerf arena where you and your fellow campers can fight a Nerf war where no one gets hurt but everyone has an amazing time. Students will be transported to and from Nerfed, back to St. Mark's.

Mystery Dessert Party

Mrs. Judy, Mrs. Schuette, and Mrs. Wolbach – Grades 5-8

Don't be clueless! Join us for an evening of mystery, suspense and mayhem. We will dress in costumes, have dessert, and try to figure out who committed the crime. It will be a fun evening that will keep you guessing to the very end.

Cake Decorating 101

Mrs. Brinegar, Mrs. Rivas, Mrs. Van and Mrs. Gordon – Grades 2-8

This one involves cake so you know it's going to be good. Campers will learn how to frost and decorate a cake using several different tips. You'll get to take home an apron you've decorated, as well as your own set of tips to wow your family with your cake decorating skills.

Spa Night

Mrs. Bernstein, Mrs. Godfrey and the BK Cheerleaders - Grades 2-5

After a long week of school, don't we all need some relaxation? Get your hair styled, have your nails done, lay back and put some of those cool cucumber pads on your weary eyes. You'll also make a sugar body scrub and take home a swag-bag!

Mad Scientist

Mrs. Behrend and Mrs. Boesiger - Grades K-5

Potions, chemical reactions, and of course – DRY ICE! There's a Mad Scientist in all of us and yours can come out as we conduct experiments that are sure to have you dreaming of a Nobel Prize...or world domination (ha, ha). At the end of the evening you'll get some supplies to try your own experiments at home.

Make Mini Sculptures

Mrs. Czarniecki – Grades K-8

Using amazing polymer clay, you can make anything from bright and colorful beads to little faux “candies” and other food items, to miniature sculptures and décor. Kids of all ages can find a project that suits their preferences and abilities. And of course, you’ll get to take your creations home with you!

Home & School is looking for someone to be the Box Top Coordinator.

Roles and Responsibilities:

- Marketing Box Tops in hopes that the school parents will collect and submit them
- Coordinating volunteers to help cut and organize the Box Tops
- Submitting the Box Tops on or before the deadline twice a year.
- Training will be provided and a contact person will be available to ask when any questions arise throughout the year.

Contact Brooke Smith at brookecsmith2010@gmail.com.

Volunteer Opportunities

We can use help in the lunchroom, specifically on Thursdays and Fridays. Check out the lunch calendar in Volunteer Binder outside the School Office for openings.

Lunch Room Volunteers

NEXT WEEK’S LUNCH HELPERS

Monday (14)—Glodowski, Huskinson

Tuesday (15)—Schwehr, Irvine

Wednesday (16)—LaMott, Schindele

Thursday (17)—

Friday (18)—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); 11:40 (3-5); 12:00 (6-8)

News



TVCS Dance
St. Joseph's School Cafeteria
Friday, January 11
7-9pm

Theme: Black and White
Honestly, how easy is that??

All TVCS dress code guidelines still hold
(please see TVCS guidelines on the 2nd page of this flyer.)

Admission is \$5.00, a can of food and
your student ID card

Open to all TVCS students in the 7th and 8th
grades

TVCS Dance Guidelines

Knights of the Week

Congratulations to these St. Mark's graduates who received recognition @ Bishop Kelly:



Sydney Tverdy - Safe and Caring Place

Sydney is a delight in class. Always positive and especially encouraging to other students. She demonstrates generosity, community and caring.

Sydney is an aide in our Homework Club.

Bailey Cunningham - Safe and Caring Place

Bailey is an extremely kind and personable person. He sets a great example of how to treat others and truly exemplifies the BK Way attribute of "Safe and Caring Place."



Helen Brady (Mrs. Brady's daughter & Sacred Heart graduate) - Academic Excellence
 Helen is an incredibly hard working student and a pleasure to have in class. She is very friendly to students and teachers. She is a model BK student!

**NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
 NAWIC BOISE CHAPTER #245**



SATURDAY, JANUARY 19, 2019

8:30AM - 12:00PM

Location:

Boise State University - College of Engineering
 1375 University Drive
 Boise, Idaho 83706

COME & SHARE IN ALL THE FUN BUILDING A CONSTRUCTION PROJECT WITH INTERLOCKING BLOCKS!

FREE FOOD AND PRIZES FOR PARTICIPATING STUDENTS - GRADES K THROUGH 6

NAWIC "BLOCK KIDS" BUILDING CONTEST ENTRY FORM

NAME: _____ PHONE: _____

ADDRESS: _____

AGE: _____ GRADE: _____ SCHOOL: _____

PARENT/GUARDIAN'S NAME: _____ SIGNATURE: _____

RELEASE: I hereby consent to the use of my child's name/photography/entry/interview in promoting or publishing this contest or the NAWIC Education Foundation, now or at a future date. Further, I understand that this entry shall become the sole property of the NAWIC Education Foundation. All kids must be accompanied by an adult.

SUBMIT YOUR ENTRY FORM TODAY! ENROLLMENT IS LIMITED TO THE FIRST 100 ENTRIES!

MAIL, FAX, OR EMAIL YOUR ENTRY FORM TO:

Ashley Farmer
 NAWIC Boise Chapter #245
 PO Box 8451, Boise, Idaho 83707
 Phone: 208.658.9888
 Fax: 208.658.8626

afarmer@sletteninc.com / boisenawic@gmail.com

Online Enrollment: <https://nawicboise.org/block-kids-2019/>

Block Kid's is being held on January 19, 2019. Please see the attached registration form if you have a kiddo that would like to join in on the fun! Everyone can enroll online – just follow the link on our Website... <https://nawicboise.org/block-kids-2019/>

Cub Scouts: Space Derby January 18th at 6:30pm at St. Mark's gym. Make sure you've got your kit. Contact secretary Christen or your den leader. Christenrowles@gmail.com

Knights of Columbus Free Throw Contest is Saturday, January 19 from 8:30 a.m. – Noon in St. Mark's School Gym.




KNIGHTS OF COLUMBUS
FREE THROW CHAMPIONSHIP
ENTRY FORM AND SCORE SHEET

I wish to enter THE KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP in the category and age group checked below. My eligibility is to be determined by my age as of January 1. I also understand that I may only compete in one council level competition.

Secondary school athletes should check with the school athletic director about eligibility before participating. Birth Certificate for other proof of age is required to verify eligibility.

Boys Girls AGE: 9 10 11 12 13 14

Name of Entrant _____ Date of Birth _____
 Street Address _____
 City _____ State/Province _____ Postal Code _____
 Telephone _____ Signature of Entrant _____

2. This Section To Be Completed By Parent/Guardian: COUNCIL NO. _____

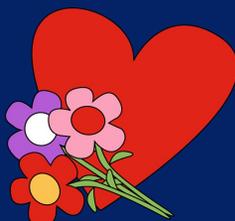
By signing below, the undersigned requests and approves of the entrant's registration and participation in the KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP ("The Contest"). In consideration for the entrant's participation in the Contest, the undersigned (1) acknowledges that the entrant's participation will be at the sole risk of the entrant and the undersigned and (2) agrees to release, indemnify and hold the Knights of Columbus Supreme Council, its subordinate units, officers, agents, members and employees harmless from any and all demands, claims or causes of action arising from or relating to the entrant's participation in the Contest. The undersigned also agree to allow representatives from the Knights of Columbus Supreme Council or any of its subordinate units to take and publish photographs or videos of the entrant during the Contest. **The entrant may compete in only one council level competition.**

Witness _____ Father/guardian _____ Date signed _____ Mother/guardian _____

SCORE SHEET **3. This Section To Be Completed By K of C Officials:**

SCORING INSTRUCTIONS: Each contestant will be allowed 15 consecutive free throws in council competition and 25 consecutive free throws in all other levels. Indicate number of free throws "made" in first column. Those tied for highest score will compete in successive rounds each being allowed 5 free throws until one contestant emerges as winner. Use other columns to indicate scores in "playoff" rounds.

COMPETITION LEVEL	SCORING: <input checked="" type="checkbox"/> BASKET MADE <input checked="" type="checkbox"/> BASKET MISSED				TOTAL BASKETS MADE	
COUNCIL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DISTRICT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REGIONAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



We are excited to announce the **2019 Father Daughter Dance** will take place on Saturday, February 23rd from 6:30pm to 9pm! The theme this year will be Wonderland. Come join us Down the Rabbit Hole for an evening of fun and lasting memories. Visit the Mad Hatters Tea Party for some yummy treats, and if you need a dancing break, the Kingdom of the Queen of Hearts for a fun game of corn hole. There will be several prizes to be raffled off and lots of fun to be had by all! 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)!

We are in need of donations for our raffle! Without the generous donations of our St Marks families, we would not be able to continue this fun element of the event. This year we are especially looking for gift cards, movie tickets or things we can put in gift baskets, or cash donations to go towards a couple big ticket items (to be announced soon!) If you would like to contribute, or if you would like to volunteer to help with the dance, please contact Becky Sippy at Becky.sippy@yahoo.com

No School on Monday, January 21 in observance of Martin Luther King, Jr. Day.

Please remember that leggings/jeggings ARE NEVER ALLOWED on Spirit Days. Solid navy blue or white leggings (footless tights plain and without lace) are a part of our uniform when worn under a jumper or skirt, must reach the ankle and must be worn with matching color socks.



Bishop Kelly Parents' Association Presents...

Pasta Festa

**Sunday , January 13
4:00—7:00 pm**

Bishop Kelly High School

7009 Franklin Road in Boise

Enjoy a delicious Italian dinner with family and friends while supporting the many programs of Bishop Kelly High School.

Admission at the Door

We Accept Cash, Checks, Credit Cards

\$50 for Family (up to 6)

\$10 for Adults

\$8 for Seniors (Ages 65+)

\$6 for Children (Ages 6-10)

Free for Children 5 and Under

Soft Drinks, Beer, Wine & Dessert

Available for Purchase

Our Menu Prepared by B.K.'s Own Chef Vern Bauer:

*Garlic Bread * Garden Salad * Tri-Colored Tortellini Alfredo * Mini Penne Bolognese*

Raffle Drawings for Great Prizes * Dessert Silent Auction

To donate a dessert or raffle prize, please call Shelly at 208-890-4476!



Please join us for

New Student Information Knight

Monday January 28, 2019
6:30 p.m. in the Carley Athletic Center
at Bishop Kelly High School

New Student Information Knight is a fun and informative evening for families who are considering Bishop Kelly for the 2019/2020 school year. The night begins in the Carley Athletic Center with a brief presentation about our school. From there, prospective students and their parents will be introduced to current seniors, who lead small group tours of the school. On the tour, participants will have the opportunity to hear from teachers in each department. The evening concludes with an activity fair, where students can learn about the many ways to get involved at BK. Many of our activities and athletic teams will have sign-ups for spring and summer participation at the activity fair.

We hope you'll join us to learn more about BK! If you have questions about New Student Information Knight or the admissions process at BK, please contact our Admissions Director, Kelly Shockey at 375-6010 or kshockey@bk.org.



VISION MINISTRY COMMUNICATION

BISHOP KELLY **SP**IRIT **MI**ND **BO**DY

arts compassion SEVERANCE team

www.bk.org

"Signs of Suicide"

January 29, 2019

Dear St. Mark's Parents,

You are invited to come learn about the Signs of Suicide (SOS) Program. We will be implementing this evidenced-based suicide prevention program for middle school students. The goal of this program is to provide our students with the necessary strategies they need to identify signs and symptoms of depression, and suicidal behavior in themselves and others, and to increase help seeking behaviors. The Signs of Suicide (SOS) Prevention Program is an effective school-based program that teaches students, teachers and staff to identify the signs of suicidal thinking and how to respond appropriately to concerns. It is important to engage our parents as partners in our prevention efforts. At the parent night we will outline the SOS program and provide you with some information on the signs and symptoms of depression and suicidality. You will also have the opportunity to watch the video we will be showing the students and to ask questions and gain more information about the curriculum, goals of the program, and how we will implement this at our school.

When: Tuesday, January 29, 2019

Time: 6:30 - 7:30 p.m.

Place: Ms. Enrico's room (located in the Middle School)

Wednesday, January 23 from 6:30-8:00 p.m. is the First Communion Parent Meeting at the Church.

Catholic Schools Week is coming up the last week of January. **We will not have Student Body Mass on Wednesday that week**, it will be held on Friday, February 1 @ 10:00 a.m. at St. Mark's Church. All Catholic Schools students from the valley will attend Mass together. **Hot Lunch WILL NOT be served on Friday, February 1** as we will be hosting students from St. Paul's in Nampa during the lunch hour. **ALL STUDENTS** will need to bring a **cold lunch** from home that day.

We will be hosting an **OPEN HOUSE ON SUNDAY, JANUARY 27 from 9:00 a.m. - Noon** at the School. Since our current families are our best source of advertising, please spread the word and invite your friends and families to attend the Open House and receive a tour and marketing materials.

Salt & Light Radio Presents
The Idaho Catholic Men's Conference

Boise State Jordan Ballroom

Saturday, January 26th, 2019

8:00am - 5:30pm

\$45 - Early Bird Registration

\$60 - Late Registration (after January 14th)



For more details and to register:
www.IdahoCatholicMen.com

[Parenting the Love & Logic Way Brochure](#)

Childcare will be provided

St. Mark School

Joe Lipetzky Psy.D.
Facilitator

Presents an Introduction to...

Parenting the Love and Logic Way®

Topics include:

- The Two Rules of Love and Logic®
- Delayed or "Anticipatory" Consequences
- Using empathy and Love and Logic one-liners to neutralize arguing
- How to get more information about Love and Logic

This parenting program is designed to give you practical skills that can be used immediately!

Dates: Thursdays

1/17/19 through 2/21/19

Time: 6:30 pm to 8:30 pm

Location: St. Mark Parish, 7960 Northview, Boise, ID

Cost: \$45 per family, includes workbook

Facilitators of the *Parenting the Love and Logic Way™* curriculum are independent and are not employees of the Love and Logic Institute.

Please register me for your upcoming *Parenting the Love and Logic Way®* introduction!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Number and ages of children: _____

Mail registration to:
St. Mark's School
c/o Dr. Joe
7503 Northview
Boise, ID 83704

Sports

January

23 7BB @ Caldwell

8BB v. Caldwell

24 7BB v. East Valley

8BB @ East Valley

28 7BB v. Nampa South

8BB @ Nampa South

30 7BB v. Middleton

8BB @ Middleton

February

4 7BB @ Sage Valley

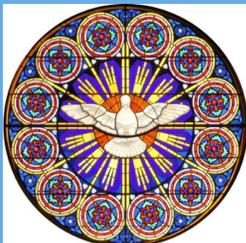
8BB v. Sage Valley
6 7BB v. Mt. Home
8BB @ Mt. Home
7 7BB @ Kuna
8BB v. Kuna
11 7BB @ Fremont
8BB v. Fremont
13 7BB v. Emmett
19 7BB @ Lone Star
8BB v. Lone Star
21 7BB @ Nampa West
8BB v. Nampa West
25 7BB v. Vallivue
8BB @ Vallivue

The BK affiliated 10u Golden Gloves girls softball team is looking for players ages 9 or 10 for their upcoming spring softball season. Winter workouts are taking place in January & February. Outdoor practice will begin in the Spring. We are looking for athletes that want to learn more about softball in a safe and encouraging environment. For more information, please contact Jeremy Gunther at jeremyhgunther@gmail.com

Preschool Happenings



Happy New Year! Preschool was blessed with the addition of two new little lions. We were very excited to learn about Advent and preparing our hearts for our sweet Jesus. Of course, our kiddos were all on the nice list! The students grew and learned so much this fall. We look forward to another semester of growing and learning together. God is good!



Church Connection

If you would like to receive the Parish Newsletter **text** [BOISESTMARKSNEWS](text:BOISESTMARKSNEWS) **to** [42828](text:42828) to sign up

OR

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

The parish needs safe environment trained adults to provide child care for parish events. If you are looking for a new way to engage in ministry at the parish, this might be the perfect opportunity! The ability to offer childcare at our bible studies, speaking engagements, retreats etc. is an important aspect of hospitality that St. Mark's is currently unable to provide consistently, for the lack of individuals ready to share their gifts! This is a great way for parents and children to minister together (one adult with middle school or high school helpers is ideal). We are happy to help with the safe environment training.

Please contact Audrey in the parish office for more information, 208-375-6651 or aweiss@stmarksboise.org



Sneak Preview, ENCOUNTER Financial Peace,
January 15th at 7:00pm

Planning for the future is hard when you're still paying for the past! There's a better way! We'll learn how to beat debt and make a plan for the future, together! Join us for the free sneak preview January 15th.

The Financial Peace course at St. Mark's:
Financial Peace University, beginning January 22nd. The cost is \$109.00 which includes the resources for the course, and the follow up materials/information/support.
Sign up at: <https://fpu.com/1076654>

46 years after Roe v. Wade, we gather to honor the sanctity of life and pray for an end to abortion on Saturday, January 19, 2019:

- ★ ***LIFE MASS, 11:00 am, @ St. John's Cathedral,***
Bishop Peter F. Christensen, celebrant
(sponsored by St. John's Social Justice & Idaho Catholics Respect Life)
- ★ ***MARCH for LIFE, 1:00 pm, gathering @ Julia Davis Park***
(sponsored by Right to Life of Idaho)
- ★ ***MARCH for LIFE RALLY, immediately following the March***
hosted by Right to Life of Idaho
- ★ ***RECEPTION @ St. John's Parish Hall after the March for Life Rally***
(hosted by Right to Life of Idaho and St. John's Knights of Columbus)



Questions? Contact Joni at 208-860-6992 or joni_krakau@msn.com

With each new year, it is important to evaluate and set new goals and good intentions. We will be sharing health-related resolutions over the next many weeks.



1. Check your **whole family's** immunization

status. Adults still need immunizations and boosters, and the newer recommendations for middle schoolers include HPV, Tdap (Tetanus/diphtheria/acellular pertussis) boosters, and Meningococcal boosters. If you would like more information, check with the school nurse, your Health Care Provider, Central District Health Department, or CDC (Center for Disease Control).

.....
...And some general immunization information:

Flu: The influenza season is just starting and it is very present in Idaho. It is not too late to get this year's flu shot!

HPV: The HPV vaccine (recommended age 11-12) provides protection from several different forms of adult cancers.

Tdap and Pertussis: ALL adults and children need periodic tetanus and pertussis (whooping cough) boosters. (Immunity wanes with time)

Meningococcal: Teens and young adults are at increased risk to contract meningitis, so they need meningococcal boosters.

Here's a start to a healthy 2019!

Linda Miller, RN
Saint Alphonse School Health Program

Through the St. Alphonse 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

Behavior Modification

Have you ever wished you had a magic wand to make your child behave just the way you want them to? Many parents feel that way from time to time. While there is no magical answer to changing your child's behavior, there are some strategies that can be helpful.

One strategy is having family rules. You are probably thinking that is nothing new, we have rules at our house. I am sure that is true, but do you have those rules posted? From my experience working with families, I can tell you that unless your rules are posted their existence is questionable. During family counseling, parents and children will share their family rules, but they rarely matched perfectly.

Tip: Have two to four household rules, discuss them with your children, explain the consequences for not following the rules and then post them some place that you can refer to them when needed. A quick reminder is always good. "What are the rules in this house?"

A second strategy is having consequences for your child's behavior. Don't forget that consequences are both positive and negative. If your child's behavior is negative, the consequence is negative. If your child's behavior is positive then the consequence is positive. Parents often wonder why they need to use positive consequences. The main reason to using positive consequences is to encourage your child to continue to do that behavior. After all, if your boss tells you how they appreciate you staying late to help finish a project, you are more likely to do it again.

Tip: Use things your child enjoys as positive consequences. Play a game with him/her, let her/him chose what you will have for dinner. Spending time with your child is a great positive consequence. Negative consequences also work best if you take away something that is meaningful to your child, such as a favorite toy or a cell phone.

Tip: Be consistent. It is important to try to be as consistent as possible when giving consequences. The more consistent you are the faster you can shape your child's behavior.

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.