SAINT MARK'S CATHOLIC SCHOOL
FRIDAY FACTS

Volume 3, Issue 21— January 25, 2019

SAINT MARK'S CATHOLIC SCHOOL
EDUCATIONAL EXCELLENCE
ESTABLISHED 1967

Letter from the Pastor

Dear Parents and Friends of St. Marks,

I look forward to Catholic School's Week every year and all the special ways that we get to celebrate our school. This Sunday, January 27th, as we embark on Catholic School's Week with an open house/coffee hour at the school and a student hosted Mass (the 8:30am) we also launch our GPS (Give, Pray, Serve) campaign. One of the key elements which makes our Catholic School great is our service we give to the community. Our children serve the Lord and their neighbors with community service hours each year, beginning with our youngest disciples, our kindergartners. In the words of Pope Francis: "The Cross is like a spiritual GPS that guides us toward the inner life of God and the heart of our neighbor." Over the next few weeks, but perhaps especially this week, as we celebrate all our Catholic School contributes to not only our parish family, but our neighbors and community at large, let's prayerfully examine (and celebrate) our giving, praying and serving habits. Are we faithfully following our Spiritual GPS, the Cross, in our lives?

This will be our last weekend with Father Reggie at St. Mark's, as he will be moving to Priest Lake on Tuesday. Bishop Peter Christensen has announced who has been assigned as our new parochial vicar and we will share the information in our parish's

Letter from the Principal

Dear St. Mark's Families,

Please join me in welcoming our newest members to the St. Mark's community: the Dethman family, the Collins family, the Holtz family, the Surberg family, the Sardina Family, the Scott family, and the Milanowski family. We are so grateful to be able to grow our community and offer Catholic education to so many new families.

Next week begins our celebration of Catholic Schools Week. Please check this edition of Friday Facts to see our special dress-up days and our request for lunch supplies to provide meals to Corpus Christi House. Friday, February 1st is the All Schools Mass which will be held at St. Mark's church at 10:00 am. It has become a tradition to invite our friends from St. Paul's School in Nampa to have lunch with us after Mass. We are asking all of our students to bring a sack lunch on Friday, Milk and cookies will be provided for all students.

To kick off Catholic Schools Week we will host the 8:30 Mass on Sunday morning. We will be honoring Father Reggie at the end of Mass with gifts and songs. Coffee and donuts will be served at the school instead of at the parish to

electronic newsletter tomorrow. Do you subscribe? If not, click here: Parish Newsletter

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

Father Ben

encourage folks to come to our Open House. If you know any families that would like to learn more about our school, please invite them to the school between 9:00 and 1:00.

Have you cast your vote for St. Mark's Catholic School? For the third year in a row, we have been nominated by the Idaho Business Review for the best private elementary school. Please click (and share) the link to vote - **https://www.surveymonkey.com/r/KRSQVT2**.

Have a blessed weekend.

Peace,

Donna Gordon

Student Spotlight

Many of our 2nd grade girls have been spending their time after eating lunch to help wipe tables and clean up the lunchroom. Thank you to our Lunchroom Angels!

Lion Pride Recognition

SAINT MARK'S
CATHOLIC SCHOOL

Congratulations to this week's winners:

Lilian Brady
Addison Walsh
Chuck Bentancourt
Zach Schaffner
Dani Taugher
Ava Webster

Weekly Calendar

Sunday, January 27
Open House @ St. Mark's School from 9:00 a.m. - 1:00 p.m.

Monday, January 28 - Friday, February 1
See Catholic Schools Week Dress Up Days below

Wednesday, January 30
No Student Body Mass due to All Schools Mass on Friday

Friday, February 1
8:30 a.m. Late Start Friday
10:00 a.m. All Schools Mass @ St. Mark's Church
NO HOT LUNCH TODAY, BRING A SACK LUNCH

Upcoming Events

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
Progress Reports Issued on Rediker - Full Day of School
Camp Lions, 4:00-7:00 p.m.

Home and School

The **Online Spirit Store** is open now through January 27. Delivery is scheduled for February 18.

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.

Volunteer Opportunities

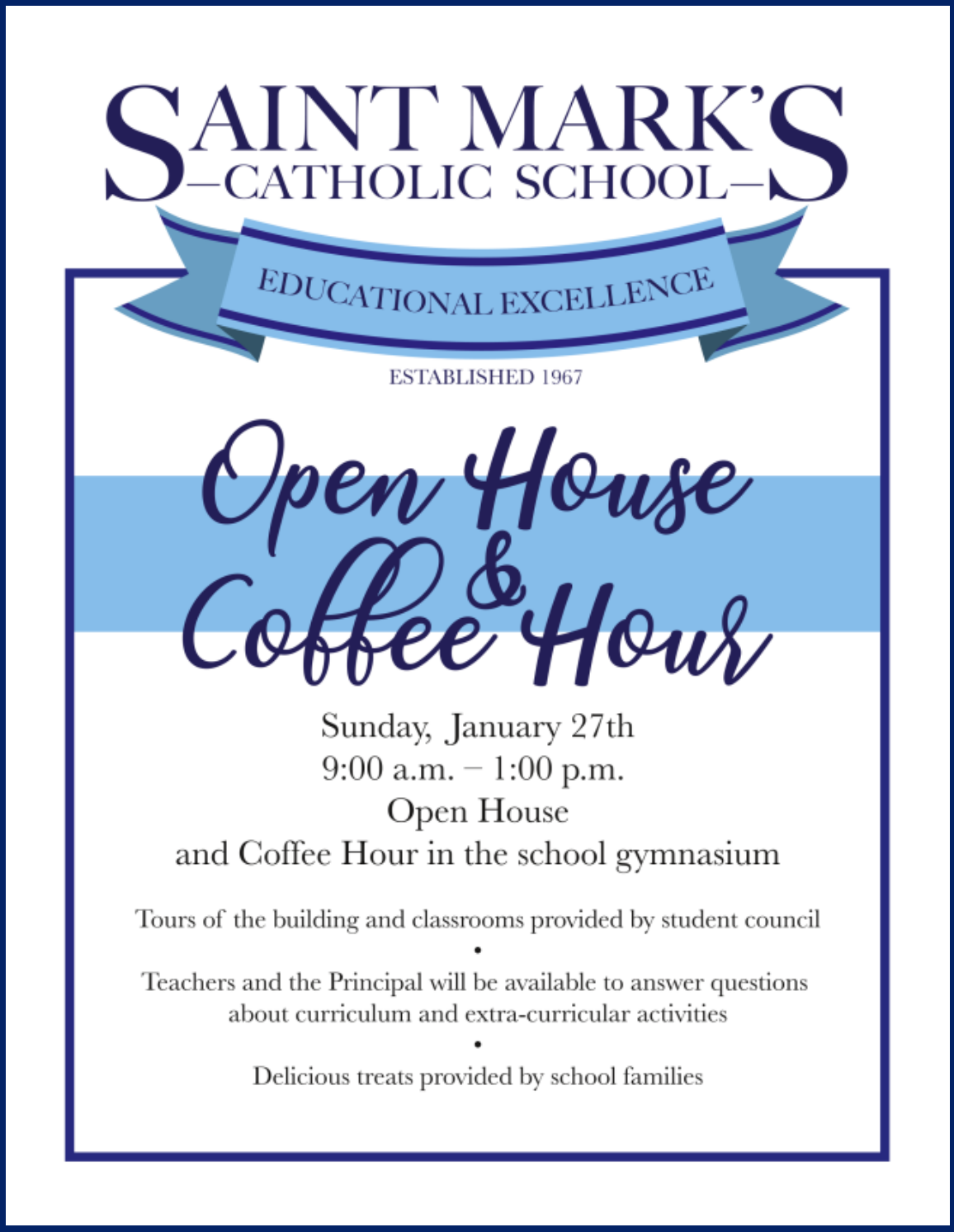
Community Service Hours Opportunity for 7th & 8th graders—St. Mark's CCW Annual Benefit Luncheon is looking for middle school volunteers to serve lunch and bus tables on Saturday, February 23, 2019 from 10:30AM – 2:00PM. And clean-up help from 2:00pm – 4:00pm; in Donoghue Hall. We also need middle school volunteers to help wash tables and chairs on Thursday February 21, 2019 from 3:15pm – 5:15pm. A permission slip will be sent home with your child. Please use the link below to sign up.
http://signup.com/go/ywqQmcW
For questions please call or email Angie Bloom (208) 866-2944 **abloomer73@outlook.com**.
This **Permission Slip** must also be completed and returned to school.

The Diaper Bank Community Service Hours for Students is looking for an adult to help with the monthly project. This is a once a month project for Middle School student to help the Food Bank sort and package diapers and to earn their Community Service hours. The event takes place the 3rd Wednesday after school in the auditorium. Contact Meredith Dean-Dickson at **marydean1307@hotmail.com** with questions.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS
Monday (28)—McCarthy
Tuesday (29)—Schwehr, Irvine
Wednesday (30)—LaMott, Schindele
Thursday (31)—Gerrety
Friday (1)—NO HOT LUNCH SERVED, bring a cold lunch from home
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



We will be hosting an **OPEN HOUSE AT ST. MARK'S SCHOOL ON SUNDAY, JANUARY 27 from 9:00 a.m. - 1:00 p.m.** 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. Coffee & pastries will be served in the gym and Home & School will have a table set up to share all the wonderful events they sponsor for our families and how new families can get involved in activities in our school.

Sunday School Mass – Sunday, January 27th at 8:30am – Kickoff to Catholic School Week

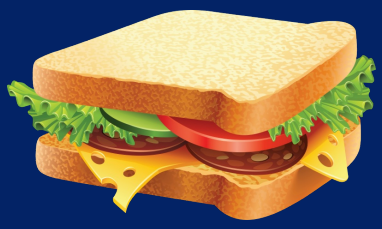
Our students have the opportunity to host the Mass on Sunday, January 27th at 8:30 Mass. This is the Sunday that will kick off Catholic Schools Week. The students will be serving, reading, greeting and

singing a song for Father Reggie at this Mass so there are many opportunities for them to be involved. We will be asking the whole student body to come sing a special tribute to Father Reggie at this Mass. Students should plan on wearing their school uniform.

Catholic School Week – January 28–February 1

Monday: Crazy Day – mix match clothes and socks, hats, shoes, etc. (no sweat pants or shorts of any kind)
Tuesday: Crayola Day – Wear all one color, any color (colors not assigned)
Wednesday: Sports Day (sweats ok, shorts only with tights)
Thursday: Pajama Day
Friday: Mass Dress
As the service portion of Catholic Schools Week, we will be making lunches to deliver to Corpus Christi House. We are asking each grade to please bring in a portion of the food.

PLEASE BRING IN YOUR FOOD DONATIONS BEGINNING ON MONDAY, JANUARY 28.
K-1 – bread
2-3 – cheese
4-5 – meat
6 – fruit (apples or oranges)
7 – chips
8 – cookies or brownies



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.

The February Monthly Calendar is now available.

The February Lunch Calendar is now available.

This week's Middle School Newsletter is available for reading.

Congratulations to the following students who won the Knights of Columbus Free Throw contest last Saturday. The winners will be awarded a plaque at the Hallissey Assembly in March and they will move on to compete at the State level:
9 year olds - Addison Walsh & Benjamin Green
10 year olds - Ella Green and Bridgier Gilman
11 year olds - Brooke Hutchinson
12 year olds - Ava Achabal
14 year olds - Madison Hutchinson
Thank you to the 14 students who participated in the competition.

Join the Mass Choir!
The Mass Choir is welcoming new members for the second semester. If your child is interested in joining the choir, please contact Katie Stroschein for more information kstroschein@stmarksboise.org

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.

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 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) *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

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.

BISHOP KELLY SPIRIT - MIND - BODY
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)

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.

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.

Sports

January

28	5/6BB @ St. Ignatius @ 4:30
	7BB v. Nampa South
	8BB @ Nampa South
30	5/6BB @ Sacred Heart @ 4:30
	7BB v. Middleton
	8BB @ Middleton

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
	7BB v. Emmett
19	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

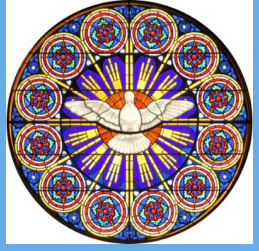
7	5/6BB v. St. Joes @ 4:30

Preschool Happenings

We welcomed two more new students, Peter and Stella, this week. Our preschool group is growing, discovering and learning so much!
Due to lots of coughs and sniffles, we have been practicing our good handwashing skills again. Don't be surprised if you hear a little one singing their ABC's in the bathroom!

Church Connection

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



OR

Click here to sign up for Parish Newsletter

Click here to upload the Parish Bulletin for January 27

NEW Altar Server Training- There will be two altar server training sessions in February for NEW altar servers! February 1st at 6:00pm and February 10th at 9:30 (in between the Sunday morning Masses) Please RSVP to Audrey, aweiss@stmarksboise.org, space is limited

Notes from the Nurse

Saint Alphonsus SCHOOL HEALTH PROGRAM

Dear parents,

The Idaho Immunization Program is alerting Idaho healthcare providers that Clark County Public Health in Washington State continues to investigate an expanding measles outbreak, with 22 confirmed cases of measles reports as of January 22, 2019. For information on this outbreak and possible exposure locations in Washington and Oregon, see **https://www.clark.wa.gov/public-health/measles-investigation**. No measles cases have yet been reported in Idaho, however, healthcare providers are being encouraged to check the immunization status of their clientele. School nurses also have this information on file.

Healthcare providers should consider measles in any child presenting with febrile rash illness and compatible measles symptoms, especially if the patient recently traveled internationally or to locales experiencing a measles outbreak.

If your child has not been immunized for the MMR vaccine, please be watchful for measles symptoms and report illness to your healthcare provider and your school nurse.

Saint Alphonsus School Health Nurses

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JUULing: What Pediatricians and Families Need to Know

What is a JUUL?

JUUL (pronounced "jewel") is a brand of e-cigarette made by JUUL Labs Inc.

JUUL has grown quickly in popularity since introduction to the market in 2015, fueled by a serious following among youth and young adults.

JUUL's popularity among youth raises significant concerns for pediatric health.

JUUL Characteristics:

JUUL is a sleek, small e-cigarette that resembles a flash drive. Unlike other types of e-cigarettes, JUUL does not look like a traditional cigarette and thus may not be immediately identifiable as a vaping device. Due to their size, JUUL devices are discrete and can be easily concealed in a fist or a pocket.

JUUL operates by heating a "pod" of e-liquid containing nicotine, flavorings and other substances. When heated, the e-liquid creates an aerosol which is inhaled by the user.

JUUL has spawned its own terminology: use of these devices is called "juuling."

Public Health Concerns:

JUUL comes in youth-friendly flavors, including mango, mint and fruit-medley. For decades, the tobacco industry has used flavors to attract youth to their products.[1] Youth cite flavors as a common reason for e-cigarette use.[2]

JUUL is highly addictive. The concentration of nicotine in JUUL is more than double the concentration found in other e-cigarettes. This high concentration is a serious concern for youth, who are already uniquely susceptible to nicotine addiction. The addictive potential is so high that the US Surgeon General has declared that youth use of nicotine in any form is unsafe.[3]

JUUL users have a significant risk of becoming cigarette smokers. Youth who use e-cigarettes are more likely to progress to smoking traditional cigarettes.[3,4]

JUULing is increasingly common in high school and college campuses. Educators report that youth are using JUUL in classrooms, hallways and restrooms, and are sharing devices with their peers. This social use encourages non-users to try JUUL, and enables students who are too young to purchase these products, or who could not otherwise afford them, to access them through peers.

References:

1. *U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta (GA): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012.*
2. *Tsai J, Walton K, Coleman BN, et al. Reasons for Electronic Cigarette Use Among Middle and High School Students—National Youth Tobacco Survey, United States, 2016. MMWR 2018;67:196-200.*
3. *U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.*
4. *National Academies of Sciences, Engineering and Medicine. 2018. Public Health Consequences of E-Cigarettes. Washington, DC: The National Academies Press.*

AMERICAN ACADEMY OF PEDIATRICS
Julius B. Richmond Center of Excellence

AMERICAN ACADEMY OF PEDIATRICS
SECTION ON TOBACCO CONTROL

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

Helping Your Child Make New Friends

"Friendships are very important when it comes to emotional health," explains Julia Cook, a former teacher and school counselor who authored "Making Friends Is an ART!" Continues Cook, "To a child, even having just one good friend can make a huge difference." While some children make friends with ease, others may need encouragement.

Here are some ways you can help your child make lasting friendships without putting too much pressure on them:

Talk About It

Talk about or brainstorm a list of "friend qualities" with your child. Cook suggests using concepts such as: being friendly, being honest, laughing and having fun, willingness to share, being kind, and learning how to place others' needs ahead of their own.

Connecting Through Conversations

Since being able to share thoughts and ideas is so important to any friendship, you can help your child understand how to build and maintain a conversation. "Remind kids to look for connections between what was just said and what they will say next," shares Barbara Boroson.

Organize Play Dates or Activities

If a child continues to struggle or feel less than confident in their friend-making skills, be proactive in organizing play dates for kids.

Be Realistic

At the same time, be sure to not have unrealistic expectations of your shy or socially reserved child. Some children are more outgoing than others. It's just their personality.

Lastly, Cook advises, "Remember to be patient. Teaching friendship skills will never be as easy as it sounds, and we are all at different levels of learning."

In the end, children will continue to grow socially as they progress through school. With the support of parental love and coaching, children will better enjoy the journey toward meaningful friendships.

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.