



Letter from the Pastor

Dear Parents and Friends of St. Mark's,

THANK YOU! I am amazed and humbled by the outpouring of support this past Tuesday for our iGiveCatholic campaign. Our parents, grandparents, faculty, clergy, friends and students (way to go Ava!) raised the largest amount of money throughout the entire Diocese on Tuesday for iGiveCatholic. Our school and parish family came together, rallied around our school and the national initiative to support the Catholic mission in typical St. Mark's Lion fashion, with passion and purpose! A Catholic education, rooted in faith and academic excellence is a treasure; thank you St. Mark's, for continuing to be tremendous stewards of our treasure.

I hope to see many of you this Saturday at the evening Mass, followed by the Feast of St. Nicholas community dinner and the Ecumenical Advent Concert. It is the perfect kick start to our Advent Season. It is also a small, free way we can show dignity to some of our guests who are looking for a warm and delicious meal.

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,

Once again I am overwhelmed by this incredibly generous community. Thank you so much to everyone who was able to participate in Giving Tuesday and iGiveCatholic on the 27th. In just one day over \$16,000 was raised for the school!

Congratulations to the following five students for winning the monthly Lion Pride Ticket random drawing: Ethan Lipetzky, Talia Reynolds, Rose DiRocco, Read Schmidt and Miryana Trana. Over 200 tickets have been earned by our young disciples since the beginning of the year!

You are all invited to the St. Nicholas Feast and Advent concert at the parish following the 5:00 o'clock Mass tomorrow evening. Our School Choir, Alainn Amhran which is Gaelic for beautiful music, will be one of the many choirs from the Treasure Valley performing. This will be a beautiful way to start the Advent Season.

We will be celebrating Advent with our

annual retreat on Wednesday, December 5th at 12:45. The students will be learning about the season of Advent, creating Christmas cards for local veterans, making a special ornament, and spending time in prayer and adoration. You are welcome to attend this special, joyful retreat.

Have a blessed weekend,

Donna Gordon

Student Spotlight



Ava, Stella, Miryana, Chloe and Gavin performed at Festival of the Trees and represented St Mark's very well! Thank you Ladies & Gentleman!

Lion Pride Recognition



LionPRIDE

Practice
MAKES
Saints

	CLASSROOM	HALLWAYS	LUNCH ROOM	PLAYGROUND	BATHROOMS	CHURCH
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
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
INTEGRITY <i>Honesty is 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
DISCIPLESHIP <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
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 Versions of Yourself Follow Dress Code for Mass

SAINT MARK'S
-CATHOLIC SCHOOL-

Congratulations to this week's winners:

Ella Green (2)
Payton Hutchinson
Terese Stroschein
Chloe Czarnieck
Steven Behrend

Weekly Calendar

Sunday, December 2

1st Sunday of Advent

Wednesday, December 5

8:30 a.m. Student Body Mass presented by Mrs. Brady's 5th grade
St. Mark's School Advent Retreat

Friday, December 7

8:30 a.m. Late Start Friday
Spirit Day
7:00 p.m. Feast of the Immaculate Conception Mass

Saturday, December 8

8:00 a.m. Feast of the Immaculate Conception Mass

Upcoming Events

Sunday, December 9

2nd Sunday of Advent

Monday, December 10

5:30 p.m. School Board Meeting in Mrs. Souza's classroom
7:00 p.m. H&S Meeting in Mrs. Bernstein's classroom

Wednesday, December 12

8:30 a.m. Our Lady of Guadalupe Student Body Mass @ St. Mark's School presented by Mrs. Souza's 8th grade

Thursday, December 13

7:00 p.m. Christmas Music Program featuring K-5, St. Mark's School Choir and Orchestra

Friday, December 14

8:30 a.m. Late Start Friday

9:00 a.m. Student Reconciliation Service

Home and School

The Christmas Card Contest entry deadline is Monday, December 3. This is the last weekend to work on your artwork and turn it into the School Office on Monday.



Attention all St. Mark's Students!!!

The Home and School Association needs help creating their Christmas card. Three winning pieces of art will be featured on the Home and School Christmas cards to be sent to school patrons this Christmas. Please join in! Create your masterpiece and have a chance to see your artwork in print.

CONTEST RULES:

- ★ Artwork must be 8.5" x 11 (standard size sheet of white paper) and must be original (no tracing, copying or adult help).
- ★ Artwork should be religious in theme.
- ★ All flat artwork accepted, including crayons, markers, pencil and paints. (Hint: Bold colors or pictures with lots of contrast copy onto cards the best).
- ★ Include the artist's (student) name and grade **on the back.**
- ★ Each student may submit only one entry.
- ★ Artwork must be turned in to the School Office by 3:00 p.m. on Monday, December 3.
- ★ Entries will be judged on content and artistry by the Home & School Board.
- ★ A winner will be chosen from each of the following three age groups: K-2, 3rd-5th grade and 6th—8th grade.
- ★ Contest winners will be announced in December.
- ★ All artwork submitted will be displayed at school during December.
- ★ The three winners will receive 12 Christmas cards with their own artwork on it to send to their families this Christmas.

Students don't miss your chance to represent St. Mark's School with your artistic talents! Start on your Christmas card picture right away, and be sure to turn it in by December 3.

St. Mark's School Families:

Don't forget to support St Mark's school during your holiday shopping by buying your gift cards from our Scrip program. All gift card orders that are turned into the office by Fridays will be available the following Friday. To make sure you have your gift cards for Christmas, please remember to turn your orders in by 12/14. Please place your order online at shopwithscrip.com or turn the **Scrip Order Form** into the office with your payment.



St. Mark's School

Enrollment Code: 3F76DEEB22554

www.shopwithscrip.com

Do you want to get your child's teacher a gift card, but don't know what they want? We have \$10 and \$25 Scrip gift certificates in the office for purchase. Give one to your teacher to let them pick out what they want! If you have any questions, please contact Natosha Walsh at 515-360-6912 or stmarksschoolscrip@outlook.com.



Online Auction items still available - If you are interested in purchasing an item, please contact stmarksdonations@gmail.com

CAMP LIONS

Just \$50 per camp, great Christmas gifts!

Sand, Slime & Squish

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

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, 6 spaces

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, 3 spaces

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, 7 spaces

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, 8 spaces

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, 11 spaces
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, 9 spaces
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.

Auction items available for purchase, email StMarksDonations@gmail.com to place your bid:

- #110- Eagle Acupuncture- Initial visit + treatment with Tony Burris– Value \$195
- #137- Tree City Family Dental- Duston Connaughton- Dental Exam, Digital XRays and In-office Zoom Whitening Treatment- 7301 Emerald Street- value \$720
- #208- Boise Cities (BC) Krav Maga- 2 weeks of classes -Eagle, ID- Value \$200
- #245- ATA Martial Arts- 3 weeks of **Taekwondo** classes with uniform- value \$75
- #246- ATA Martial Arts- **3** weeks of **Taekwondo** classes with uniform- value \$75
- #247- ATA Martial Arts- **2** weeks of unlimited **Krav Maga** classes- value \$60
- #248- ATA Martial Arts- **2** weeks of unlimited **Krav Maga** classes- value \$60
- #249- ATA Martial Arts- **2** weeks of **Kickboxing** classes- value \$60
- #250- ATA Martial Arts- **2** weeks of **Kickboxing** classes- value \$60
- #279- Raptor Reef- 4 admission tickets to Raptor Reef Family Fun Park-Hayden, Idaho- expires April 30, 2019- value \$97
- German Breakfast with Fr. Ben - \$10, 15 available

Volunteer Opportunities

Click on the link below to view the volunteer opportunities for the Feast of St. Nicholas on December 1st.

<https://signup.com/client/invitation2/secure/2583596/true#/invitation>

The Feast of St. Nicholas is a free community dinner, all are welcome. The dinner will immediately follow the 5pm Mass, and will end at 7:30pm so that we can all attend the Ecumenical Advent Concert together at 7:30pm. Mike Harrington has agreed to be the responsible adult/contact for the student volunteers, please feel free to contact myself or Mike with any questions. Audrey, aweiss@stmarksboise.org or 208-375-6651 Mike, harringM@gojo.com

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (3)—Glodowski

Tuesday (4)—Newman, Irvine, Schwehr

Wednesday (5)—LaMott, Schindele

Thursday (6)—

Friday (7)—

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

For our School Advent Retreat this year, we will be making cards and collecting **Word Search Books** for Stockings for Veterans Nonprofit Association. The school will furnish the card making supplies and we are asking students to donate **Word Search Books** that we can include with our cards. Since the Retreat will be held on Wednesday, December 5, we ask that students begin bringing in the **Word Search Books** on Monday. There will be a collection bin outside the School Office that students may drop the **Word Search Books** into.

The Bishop Kelly Spirit Store will be open on Saturday, December 8, 9am-2pm, for Christmas shopping!

Mark your calendar for Saturday, January 19 from 8:00 a.m. - Noon for the Knights Free Throw Contest. More information coming soon.

The Feast of Our Lady of Guadalupe



Wednesday, December 12, 2018

7:30am Please gather for pan pulce (Mexican sweet bread), coffee and hot chocolate at **St. Mark's School Auditorium** entrance

7:45am-8:30am Las Mañanitas

(Songs to Our Lady of Guadalupe in **St. Mark's School Auditorium**)

8:30am Mass at **St. Mark's School Auditorium**

There will not be a morning Mass at the Parish

6:00pm Bilingual Mass at Parish

7:00pm a colorful celebration of traditional dances
and a potluck dinner in Donoghue Hall

Please bring your favorite salsa, chips or dessert!

ST. MARK'S SCHOOL CHOIR

Friday, November 30th - 6:30

St. Marks Church -Advent Concert Rehearsal

Saturday, December 1st - 6:45 call

St. Marks Church - Advent Concert 7:00pm

Attire - Black choir shirt, dark nice pants (no jeans), nice shoes.

If your child ordered a shirt, please send me \$7.50 as soon as possible made payable to St. Mark's school.

Thursday, December 13th - 6:30 call

St. Mark's School - Christmas Concert 7:00pm

Attire - Black Choir shirt, dark nice pants (no jeans), nice shoes.

*Also, for our last number please get an ugly Christmas sweater *thrift stores have a plethora.**

Please go to ezschoolapps.com to check your child's hot lunch balance. We have many accounts in the negative, if that in you please make a payment to bring your

balance current.

Due to a low number of registrations for the middle school girls Beloved Retreat, we have made the decision to postpone the retreat and look for a date after the holidays that might better fit in with family schedules. If you have already paid the registration fee, you can go to the parish office for a refund or you can have those funds held for the rescheduled retreat.

BK will be holding a [Winter Baseball Camp](#) for boys in 6th, 7th & 8th grades.

Please send a warm coat, hat and gloves with your child everyday for recess and walking to Mass on Wednesdays. IT IS TOO COLD for students to only be wearing sweatshirts outside.

Ms. Jen, our school counselor, has requested 250 16 oz. empty water bottles for a project she will doing with our students. Please send them to school by December 10th.

TVCS DANCE!!!



When: Friday, November 30

Where: Sacred Heart

Time: 7-9 pm

Cost: \$5 and a can of canned food

St. Vincent DePaul's annual coat drive is going on now at the Church and they are in need of children's new and gently used coats. If you have coats to donate, the School will have a collection box across from the Office to place your donations in.

St. Mark's Christmas Music Program

featuring Grades K-5, choir & orchestra, will be held on Thursday, December 13 @ 7:00 p.m. Call time 6:45 p.m. in classrooms. Choir and advanced orchestra call time 6:30.

Choir - Black shirts, dark pants, nice shoes. Also, bring ugly Christmas Sweater, scarfs, gloves, etc. and any blinking lighted thing for our last number.

Advanced Orchestra - White long sleeve, dress shirt. black



pants, dress shoes, boys tie.

5th Grade - Nice Christmas Dress

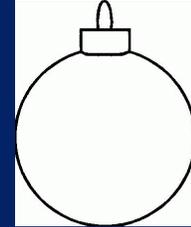
4th Grade - Either nice Christmas Dress or dress as a regal King. Song is We Three Kings

3rd Grade - White uniform shirt, and blue uniform pants, preferably dark shoes. We will be soldiers but other costume items will be provided.

2nd Grade - Boys - please provide own shepherd's outfit. No staffs. Girls are angels - costume provided.

1st & K - Nice Christmas dress.

Students in Grades K-5 are making 2 Christmas ornaments in Mrs. Czarniecki's art class to be sold at the St. Mark's School Christmas Program. The first ornament will be signed by the student and offered to their parents to purchase for \$5. The second ornament will not be signed and will be offered to anyone who would like to purchase it for \$5. Monies earned will benefit our art program.



Lost & Found is overflowing. Please check your child's closet and if you are missing uniform items, it is likely there are hung up in our Lost & Found. Items left when we break for Christmas vacation will be donated to St. Vincent's.

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

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

December

- | | |
|-------|---|
| 3 | 5/6GBB (white) v. St. Paul's
7GBB v. Nampa West
8GBB @ Nampa West |
| 4 | 5/6GBB (white) v. Cole Valley (silver) |
| 5 | 7GBB @ Vallivue
8GBB v. Vallivue |
| 10-12 | 7GBB Tournament @ Emmett
8GBB Tournament @ East Valley |

Preschool Happenings



Our Preschool greeters helping on #IGiveCatholic Tuesday. With these smiling faces, the donations came flooding in.



Church Connection

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

OR

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

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

Come, Lord Jesus... Advent at St. Mark's, 2018

Reconciliation Opportunities: December 4th, 11th, and 18th at 8:30am and 5:00pm-7:00pm

The Immaculate Conception (A Holy Day of Obligation): December 8th Vigil Mass, December 7th at 7:00pm and December 8th at 8:00am

Our Lady of Guadalupe: December 12th Las Mañanitas, 7:30am, Mass at 8:30am (at St. Mark's School) Mass at 6:00pm, Fiesta to follow (at St. Mark's Parish)

Posadas: December 16th, 6:30pm

Communal Penance Service: December 19, 7:00pm

Encounter: (Adoration and Benediction) December 18th, 7:00pm

Christmas Giving Tree Gifts are due Sunday! Please drop off all gifts with the cards securely fastened. Please do not leave gifts in the vestibule at any other time. If you forgot your gift, you can bring them before/after any Masses this weekend. If you cannot bring your gift this weekend, please drop it off in the parish office during the

upcoming week or contact Sarah Kirkendall at 208-866-6200 to make arrangements for pick up.

CCW Holiday Bake Sale , December 15th and 16th Let the St. Mark's Council of Catholic Women help you with your holiday baking! The CCW holiday bake sale will be December 15th and 16th after the Saturday evening and Sunday morning masses. Delicious baked goods from the talented CCW members will be available to purchase. All proceeds will go to the CCW Scholarship Fund.

Notes from the Nurse

Boost Your Health With a Dose of Gratitude

If you want to get healthier, give thanks.



What would happen if we extended the tradition of giving thanks, typically celebrated just once a year during the holiday season, throughout the entire year? Such gratitude would be rewarded with better health, say researchers. No pill? No strict diet or exercise regimen? Can just a positive emotion such as gratitude guarantee better health? It may be a dramatic departure from what we've been taught about how to get healthier, but the connection between gratitude and health actually goes back a long way.

"Thousands of years of literature talk about the benefits of cultivating gratefulness as a virtue," says University of California Davis psychology professor Robert Emmons. Throughout history, philosophers and religious leaders have extolled gratitude as a virtue integral to health and well-being. Now, through a recent movement called positive psychology, mental health professionals are taking a close look at how virtues such as gratitude can benefit our health. And they're reaping some promising results.

Benefits of Gratitude

Grateful people -- those who perceive gratitude as a permanent trait rather than a temporary state of mind -- have an edge on the not-so-grateful when it comes to health, according to Emmons' research on gratitude. "Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise, a healthy diet, regular physical examinations," Emmons tells WebMD.

Stress Buster

It's no secret that stress can make us sick, particularly when we can't cope with it. It's linked to several leading causes of death, including heart disease and cancer, and claims responsibility for up to 90% of all doctor visits. Gratitude, it turns out, can help us better manage stress. "Gratitude research is beginning to suggest that feelings of thankfulness have tremendous positive value in helping people cope with daily problems, especially stress," Emmons says.

Immune Booster

Grateful people tend to be more optimistic, a characteristic that researchers say boosts the immune system. "There are some very interesting studies linking optimism to better immune function," says Lisa Aspinwall, PhD, a psychology professor at the University of Utah. In one, researchers comparing the immune systems of healthy, first-year law students under stress found that, by midterm, students characterized as optimistic (based on survey responses) maintained higher numbers of blood cells that protect the immune system, compared with their more pessimistic classmates.

Optimism also has a positive health impact on people with compromised health. In separate studies, patients confronting AIDS, as well as those preparing to undergo surgery, had better health outcomes when they maintained attitudes of optimism.

Gratitude in the Face of Loss

Even in the face of tremendous loss or tragedy, it's possible to feel gratitude. In fact, adversity can boost gratitude, recent findings show. In a web-based survey tracking the personal strengths of more than 3,000 American respondents, researchers noted an immediate surge in feelings of gratitude after Sept. 11, 2001. Why would such a tragic

event provoke gratitude, and what is its impact? Christopher Peterson, PhD, the University of Michigan psychologist who posted the survey, attributes this surge in gratitude among Americans post 9/11 to a sense of increased belonging. These feelings offered more than community building. Gratitude in the aftermath of 9/11 helped buffer people against the negative effects of stress, making them less likely to suffer from post-traumatic stress disorder, explains Emmons.

Who Feels Gratitude?

How is it that some people manage to feel grateful in the face of challenging life circumstances, while others sink into despair? "So much of gratitude is about one's perspective and framework for looking at the world and at self. People who tend to be more mindful of the benefits they've received tend to focus their attention outward," Emmons explains.

You don't need to have a lot to be mindful of what you've got, according to Edward Diener, PhD, a psychology professor at the University of Illinois at Champaign-Urbana, who has studied extensively life satisfaction of people from various cultures. He found that people in India living in poverty report low levels of life satisfaction. However, a high percentage of people in affluent Japan do, too. Diener suggests that an emphasis on materialism is to blame.

Who, then, has a high level of life satisfaction, if not the very poor or the very rich? The middle class do, according to Diener's findings -- particularly those who have risen from poverty. Moreover, he reports that the people of Ireland, a country boasting a "count your blessings" culture, report high levels of life satisfaction. As for a group of multimillionaires from the Forbes 400 list? They weren't much happier than the average suburbanite.

Cultivating Gratitude

Income level is by no means the only measure of satisfaction with one's lot in life. "There tends to be higher levels of optimism among people who have faced losses early in life, suggesting that adversity can promote personal growth over time," Aspinwall tells WebMD. But you don't have to wait for a tragedy to grow your feelings of gratitude. You Maintain a gratitude journal. Emmons' research showed that people who keep gratitude journals on a weekly basis exercise more regularly, report fewer physical symptoms, feel better about their lives as a whole, and maintain greater optimism about the future.

- Create a list of benefits in your life and ask yourself, "To what extent do I take these for granted?" Some people need such concrete visual reminders to maintain mindfulness of their gratitude, explains Emmons.
- Talk to yourself in a creative, optimistic, and appreciate manner, suggests Sam Quick, PhD, of the University of Kentucky. This could entail simply reflecting on things for which you're grateful or, if you're facing a challenging situation, seeing how it can ultimately be beneficial. For instance, having to cope with particularly difficult people in your job or neighborhood can improve your patience and understanding.
- Reframe a situation by looking at it with a different, more positive attitude, offers Quick. He provides this example: Rather than seeing his 6-year-old daughter as cranky, irritable, and troublesome, a father might reach the conclusion that the youngster is tired and needs rest.

Not convinced these simple gratitude-enhancing strategies can improve your overall health and well-being? "Try it out for yourself. What's the alternative? I think gratitude is the best approach to life," Emmons says. Adapted from article by Elizabeth Heubeck, from WebMD

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

Take advantage of opportunities to strengthen thinking skills

To develop your child's thinking skills, challenge them to apply concepts they've learned to various situations. A child who has learned to count, for example, can get out the correct number of plates when setting the table.

Help your child strengthen their thinking skills in common elementary school subjects, such as:

- Language arts. Before, during and after reading, encourage your child to ask and answer questions that start with What, Why and What if. "What do you think the character will do?" "Why is the character doing that?" "What if the character had made a different decision?"
- Math. Challenge your child to catch mistakes. For example, you might count by twos and say, "2, 4, 6, 7." Can they figure out what's wrong? Do activities together that involve building and sorting. "Let's build a tiny model of our car." "Can you help me reorganize this shelf of canned food?"
- Science. Watch nature programs and read books about nature. Encourage your child to use what they learn. "The leaves are falling off that tree. What's that type of tree called?" "The flowers we planted last year grew back. Are they annuals or perennials?" "Look at that fly. Do flies have four wings or two?"

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.