

Volume 5, Issue 21— January 29, 2021



Letter from our Pastor

Dear Parents and Friends of St. Mark's,

Catholic Schools Week kicks off this Sunday, at our 8:30 AM Mass, hosted by our young disciples! I hope to see you there. Thank you for choosing Catholic education and thank you for making St. Mark's your home. I am looking forward to the special exuberance of this week's celebration.

Also, this Sunday at the 11:00 AM Mass we will be celebrating "**The Rite of Acceptance**," for those who are discerning to become Catholic this year at the Easter Vigil. For those who don't already know, this is the first public rite that those who are looking to join the Catholic Church go through in order to come into full communion with the Church Christ founded. Here are some interesting facts and links to pique your interest about this age old tradition:

- **Catechumens** are those who are not yet baptized and will be seeking official entrance into both Christianity and the Catholic Church. **Candidates** are those who have already been validly baptized in other Christian traditions and are discerning to become Catholic. We will have people from both groups joining us.
- There will be a **loud knocking** at the door at the beginning of Mass. This symbolizes their first public entrance into the Church for all to witness. Although it is not the case anymore, those seeking to become Christian in the early Church were not allowed into many parts of the Mass (particularly the Eucharist) until they had been fully initiated through baptism and confirmation.
- **Please introduce yourself** and offer them a warm welcome! Breaking into a new group can be difficult, so we want to do everything we can to connect them to our community as organically as possible.

Hearing stories about those who have become Catholic can be very inspiring. In addition to asking the people at our parish about how they've ended up here, here are some videos with which you can edify yourself:

- A Protestant Evangelical minister [tells his story](#) of how he came to look into Catholicism (3 minutes)
- A woman [explains](#) how she overcame her misconceptions about Catholic Marian devotion (3.5 minutes)
- A religious sister [gives her story](#) from Catholic to Atheist back to Catholic again (9.5 minutes)

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

Father Ben

Letter from our Principal

Dear St. Mark's Families,

We are all excited to kick off Catholic Schools' Week on Sunday! Every year, Catholic schools across the nation join together to celebrate what it means to be a Catholic school. This year's theme is Faith, Excellence, Service. Our student council has planned this beautiful week with special prayers each day, a service project, and fun activities.



To kick off this special week, our students will be hosting the 8:30 am Mass on Sunday, January 31. The Mass will be streamed on both the school and church websites. If students arrive in their Mass dress uniform, they will earn a Free Dress Pass. It would be wonderful to see you there.

For our service project, we will be collecting gently used and new clothing for **The Wardrobe**. This non-profit organization works with foster care children to provide them with basic clothing essentials. Students may bring in their donations to the auditorium, where collection bins will be placed.

I invite you to pray a special novena to our patron St. Mark beginning on Sunday, January 31st and ending on February 8th.

Have a blessed weekend,

Donna Gordon

NOVENA TO SAINT MARK (The Evangelist)

Repeat the following Novena prayers every day for nine consecutive days.

Prayer to St. Mark

O glorious St Mark,
through the grace of God our Father,
you became a great Evangelist,
preaching the Good News of Christ.

May you help us to know Him well
so that we may faithfully live our lives
as followers of Christ.

Obtain for me I pray you,
lively faith, firm hope and burning love;
patience in adversity, humility in prosperity,
recollection in prayer, purity of heart,
a right intention in all my works,
diligence in fulfilling the duties of my state of life,
constancy in my resolutions,
resignation to the will of God
and perseverance in the grace of God even unto death,
and, by your intercession and your glorious merits
I entrust to you this special favor I now ask...

[Mention your request here...]

I ask this through Christ our Lord,
who lives and reigns with God the Father
and the Holy Spirit, one God forever and ever.

Amen

THIS NEWSLETTER CONTAINS A LOT OF INFORMATION, AND THE LENGTH OF THE NEWSLETTER CAUSES IT TO BE TRUNCATED.

LOOK FOR THE LINK AT THE BOTTOM OF THE EMAIL THAT SAYS "VIEW ENTIRE MESSAGE" TO EXPAND THE EMAIL, OR **CLICK HERE** TO VIEW NEWSLETTER ON OUR WEBSITE.

COVID News

St. Mark's Catholic School is working diligently to ensure the safety of all our students, by minimizing the opportunity for any potential spread of the COVID-19 virus within our school system. We are continuing to partner with the Central District Health to provide free COVID-19 testing for all of our students, faculty and staff.

- The COVID-19 test is comprised of a saliva-based PCR test supplied by **VAULT**.
- The testing will occur in the school's nurse's office by trained staff members.
- Tests will be administered to students who are believed to have had close contact with a person who has tested positive for COVID-19.
- Once a test is administered, the student must be picked up from school and remain at home until test results are received.
- Tests will be administered no earlier than five days from a close contact with an infected person.
- Parents will be notified of the results through their child's school Gmail account within 72 hours of test completion. Parents are asked to report test results to the school at **schooloffice@stmarksboise.org**.
- Any positive results will follow state reporting procedures and be reported to Central District Health by Vault.
- Parent permission will be requested to administer the test.
- Testing is not mandatory.

Please direct your questions to **schooloffice@stmarksboise.org**

We have created a spreadsheet with weekly updates of COVID information for St. Mark's School, which will be updated automatically with new information. **Click here** to view the spreadsheet. It is also available for viewing on our website under the COVID Updates/Resources tab.

Let's all continue to practice the 3 W's

wash your hands, watch your distance, and wear your mask

Avoid social gatherings because, as you have undoubtedly read in the media, the coronavirus is very active and case counts are growing once again in Idaho and Ada County.

Please make sure that your student brings a couple of masks to school each day in case the elastic breaks or one gets dirty. The extra mask should be in a ziploc bag and placed in their backpack. Due to recent generous donations, we have a stock of masks in case students break a mask during the day.



If your child is wearing a fabric mask, please make sure that you are washing it at least a couple of times per week to kill bacteria and germs that may be present.

Please check your children for COVID symptoms before bringing them to school in the morning. [Click here for Checklist.](#)

Decision Making Trees - What if I'm Exposed to COVID

Parents please read and become familiar with the links below to evaluate if you should send your child to school:

1. **Guidance on COVID Exposure** - For Schools
 2. **Illness Decision Tree for Students** - Newly Updated for Schools
-

Quarantine Guidelines

With support from Father Ben and our School Board, we will continue to require a 14 day quarantine for students who have close contact (less than 6 feet apart for more than 15 minutes) with someone who has tested positive for Covid-19.

When the number of cases in Ada county begin to trend downward, we will revisit this decision to determine if we will adopt a shorter quarantine time.

Attached is the **newly released quarantine information from CDH**. The 14 day quarantine is still considered the best practice and remains the safest way to avoid spreading this virus.

Student Spotlight



The Preschool class cleaned up their playground area after the windstorm blew the cans over. Thank you for caring about our school environment and taking action.

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 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
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 Revereant 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 Version of Yourself Follow Dress Code for Mass

SAINT MARK'S
CATHOLIC SCHOOLS

Congratulations to this week's winners:

Christopher U, Zachary H (2), Amaya P (2), Chloe C, Dominic S, Brynn K, Abel L, Lily G, Thomas D, Kate L, Hudson W, Bennett L, Frances C, Ethan Y, Jenny E, Adrean D, Noah A, Connor D, Henry W, Carter E, Liam D, Colby R

Weekly Calendar

Sunday, January 31

8:30 a.m. School Sponsored Mass @ Church in Celebration of Catholic Schools Week (CSW)

Monday, February 1 - Friday, February 5

Catholic Schools Week
National School Counselor Week

Friday, February 5

10:00 a.m. Virtual All Schools Mass for CSW
12:00 p.m. Friday Noon Dismissal

Upcoming Events

Monday, February 8

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

Wednesday, February 10

8:30 a.m. Student Body Mass

Friday, February 12

Home & School

In the past, St. Mark's Home and School has put on two fabulous events for the kids and parents. They are the Father/Daughter Dance (typically around Valentine's Day) and the Mother/Son Event (typically in May). Due to COVID and our need to continue to social distance ourselves and look out for the welfare of everyone, we need to come up with new ways to make these events happen. We are looking to move both of these events to either April or May. We are in need of ideas, volunteers and chairs for the events!

There will be an information meeting on Tuesday, February 2nd via Zoom at 6:30pm. Please let me know if you plan to attend.

Thanks,
Andrea Dunlap
St. Mark's Catholic School – Home & School President
208-871-3896

Zoom Meeting Information:

Topic: St. Mark's School - Mother/Son and Father/Daughter Events
Time: Feb 2, 2021 06:30 PM Mountain Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/91094173467?pwd=bGZ0ZW1iITJk2NURKWmdqWGFmSDF0UT09>

Meeting ID: 910 9417 3467
Passcode: 2AG8JV

It has been a rough year having a lot of our fun social events cancelled due to COVID. We didn't get to meet the new families at the Back to School BBQ. The Auction was a success, but virtual instead of in person. When you see parents at school, you may not know who they are! Or who their kids are!!

Home and School is hosting **"Masks Off Meet and Greet" via Zoom** for each grade. Below are the dates for each event. An email will be sent out closer to the date with the Zoom meeting information. Hope you can make it!

Pre-School – Thursday, February 4th – 6:30pm
Kindergarten – Tuesday, February 9th – 6:30pm
1st grade – Wednesday, February 10th – 6:30pm
2nd grade – Thursday, February 11th – 6:30pm
3rd grade – Monday, February 15th – 6:30pm
4th grade – Thursday, February 18th – 6:30pm
5th grade – Monday, February 22nd – 6:30pm
6th grade – Tuesday, February 23rd – 6:30pm
7th grade – Wednesday, February 24th – 6:30pm
8th grade – Thursday, February 25th – 6:30pm

Volunteer Opportunities

Do you need Dinner Auction Volunteer hours?? Here is your chance!!

<https://www.signupgenius.com/go/60B044EACA62BAAFD0-dinner>

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (1)—Rivas, Furioso

Tuesday (2)—Furioso

Wednesday (3)—Rivas, Esparza, Paz, Anderson

Thursday (4)—Dunlap, Boroff, George

St. Mark's offers a healthy, delicious hot lunch to students and staff EVERY FULL DAY OF SCHOOL!

4 LUNCHROOM HELPERS ARE NEEDED EACH DAY from 10:45-12:30 to load lunches on to trays and deliver the trays to the classrooms. Volunteers are given a free lunch.

Please call (208) 375-6654 or email the School Office to volunteer.

Daily Lunch Schedule: 11:15 a.m. (PS-2); 11:35 a.m. (3-5); 12:00 p.m. (6-8)

Early Release Homework Club SignUp

Homework Club on Early Release Fridays

- We have the capacity to have 65 students each Friday. This should meet the needs determined by the survey.
- A Sign Up Genius link will be included each week in the Friday Facts to sign up for the next Friday. The link will be available on our website.
- Spots must be reserved by the Thursday morning before the early release date to determine the number of staff needed. **IF YOU NEED TO CANCEL YOUR RESERVATION, PLEASE CONTACT THE SCHOOL OFFICE @ 208-375-6654 BY THURSDAY AFTERNOON.**
- The 12:00 pm to 3:00 pm time slots will be offered free of charge.
- Regular rates will apply for extended school hours as usual.
- Students attending Early Release Fridays Homework Club **must bring a sack lunch (HOT LUNCH WILL NOT BE SERVED)** and a 2:00 afternoon snack (if needed).

Click here to sign up for Early Release Homework Club.

News

Morning Drop Off Zones for Next Week After 7:45 a.m.

7th - Auditorium

1st and 2nd - Gymnasium

K, 3rd, 4th, 5th, 6th & 8th - Playground

On Fridays after 8:00 a.m. when Mass Choir is practicing in Auditorium, Grade assigned to Auditorium will report to Zone 7 on the playground.

Sunday School Mass – Sunday, January 31st at 8:30 am

Dear Parents,

Our students have the opportunity to host the Mass next Sunday, January 31st at 8:30am. The students will be reading, greeting, ushering (8th grade)

and serving at this Mass so there are many opportunities for them to be involved. We are just beginning to incorporate servers into the Mass. If your child has served as an altar server in the past and would like to serve at this Mass, we will have a special training for them to tell them about the changes they need to know in light of COVID. We need 4 readers, 6 greeters, 4 ushers and 2 servers. Students who have assigned parts in the Mass (reading, greeting, ushering & serving) should plan to be at the church at 8:00am on Sunday morning and wear their uniform. Please email Katie Stroschein at kstroschein@stmarksschoolboise.com to volunteer for these positions. Thank you!

Catholic Schools Week Activities

Monday, February 1

Theme: Rise and shine and give God your glory

Dress Up: Pajama Day

Tuesday, February 2

Theme: Strive for future excellence

Dress Up: Dress like your future self (teachers dress like students)

Wednesday, February 3

Theme: Go back in time

Dress Up: Dress as a historical character who made a positive impact on our world

Thursday, February 4

Theme: Join us in a Roman Catholic rodeo

Dress Up: Western Day

Friday, February 5

Theme: 10:00 a.m. Virtual All Schools Mass

Dress Up: Mass Dress



WE WILL NOT HAVE STUDENT BODY MASS ON WEDNESDAY THIS WEEK, WE WILL JOIN THE VIRTUAL ALL SCHOOLS MASS ON FRIDAY

Enjoy this **CSW video** filmed and produced by St. Mark's Graduate and current BK student Alex Bloom.



Click on the picture above to learn more about our CSW School Community Service Project

We are collecting the following items in **LIKE-NEW CONDITION (free of holes, stains, tears & rips):** **Youth**

clothing (all sizes), **New Shoes** and **Personal hygiene items to donate to The Wardrobe**. Students may bring these items to school starting Monday, February 1-Monday, February 8. We will have collection boxes in the Auditorium to collect your donations.



On Wednesday, February 24, Parker Portraits will be here to take photos of students and staff who were not photographed in September. This year, since we are social distancing, we cannot have our classroom photos taken as a group. We will be using a composite photo which includes an individual photo of each student in a classroom (similar to the photo to the left). Because of this, it is extremely important that we have every student in the school photographed. Since Picture Day is also a Mass Day, students will be in Mass Dress for their picture. Parents will have the option to purchase the individual photos in a packet and also the classroom composite.

Knights of Columbus Patrick Sawyer Memorial Free Throw Championship

	<u>Boys</u>	<u>Girls</u>
9 yr olds	Dominick Mersch*	Addison Baerlocher
10 yr olds	Austin Smith	Payton Hutchinson
11 yr olds	Joaquin Blaine	Channing Ford*
12 yr olds	Ander Achabal	Julia Baerlocher
13 yr olds	Ben Dennis	Brooke Hutchinson
14 yr olds	Luca Quilici	Ava Achabal



Congratulations to the winners listed above. This year winner's names and shooting statistics will be passed on to the District level.

*Denotes St. Mark's Church parishioner



When you drop off or pick up in our front parking lot, please do not stop in the crosswalk between the island and the sidewalk. This is a safe crossing zone for our students and staff.

The **UPDATED February Monthly Calendar** can be viewed here.

Our **February Lunch Menu** is attached.

Thank you to Dr. Joe and Ms. Jen for their work with our students during National School Counselor Week.



We are still missing several chromebook chargers that were sent home with students in early fall. If you have one at home, please return it to school.

Our Yearbook Class is asking students and families for any school

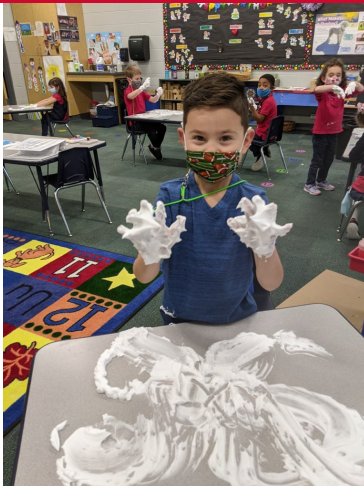
related pictures to be included in this year's edition of the yearbook. Do you have pictures of sports, class parties, scouting event, Rake Up St. Mark's, community service projects, student award ceremonies, etc., please email them to schooloffice@stmarksschoolboise.com.

- Please remember that if your student is absent from school, whether ill or because of an appointment, you must call the school at 208-375-6654 or **email** before 9:00 a.m.
 - The teacher will provide the student or parent with makeup work following their arrival back to school. Time allowed for making up work missed during an absence is one day more than the number of days the student has been absent. Unless otherwise agreed upon with the teacher, work or tests not completed within the allowed time will be recorded as a failing grade. Ultimate responsibility for any work missed during an illness will rest with the student.
-

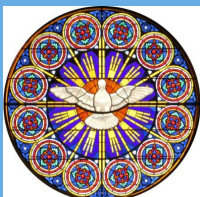
Since we have started the 3rd quarter of school, it is time to turn in your Volunteer Hours for the 1st semester (or since you last turned in your hours the first of November). Email your form to schooloffice@stmarksboise.org. You can find the **Volunteer Log** on our website under school forms.

TVCS Events/Sports

Preschool Happenings



Fun writing and drawing in shaving cream!



Church Connection

If you would like to receive the Parish Newsletter [text](#) **BOISESTMARKSNEWS** to 42828 to sign up OR [Click here](#) to sign up.

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

Candlemas

This Sunday, January 31st, we celebrate the Presentation of the Lord, or, *Candlemas*. **You are invited to bring your prayer candles from home to**



the Saturday Vigil Mass or any of the Sunday Masses for a blessing. ***Please place them on the steps to the Sanctuary, near the baptismal font or the ambo.***

- Read more about Candlemas [HERE](#).
- New to Candlemas? One Catholic mom shares how her family observes Candlemas [HERE](#).



Did you know St. Mark's has a Tuesday evening Mass? Join us, 5:30pm.

We have adoration in the church each Wednesday, 9:30am-8:00pm, no need to sign up in advance, just pop in to spend time with Jesus.

Ash Wednesday, February 17th Services:

Distribution of ashes (not a Mass) 7:00am

Mass with distribution of ashes: 12:00pm, 7:00pm (our school will have an 8:30am Mass, but we ask parents to attend a separate service to ensure safe social distance).

Notes from the Nurse

February is Dental Health Month



The American Dental Association celebrates National Children's Dental Health Month in February. Oral health is an integral part of the overall health of children. Dental caries (tooth decay) is the most common chronic disease of childhood with significant short and long-term consequences. Tooth decay is largely preventable with good oral hygiene:

- Brush all of your teeth (at least) twice a day with a fluoride toothpaste
- Clean between your teeth with floss
- Eat nutritious meals, limit snacking and sugary treats and drinks
- Visit your dentist regularly (twice a year)
- Check with your dentist about supplemental fluoride and sealants

Young children need help with oral hygiene in order to properly clean every tooth and develop good dental habits. Older children undergoing orthodontic treatment may need reminders about the importance of taking care of their teeth, braces, and appliances. If cared for properly, our teeth can last a lifetime.

Saint Alphonsus School Health Program

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

Notes from the Counselor

Tips for Dealing with an Angry Child

"Why does my child always have an attitude? She's often disruptive, disrespectful or picking on other children. She's always the one with a chip on her shoulder." This frustrated parent expresses the feelings of many—Why is my child angry and how do I deal with it?

A child who acts out may be expressing other emotions through anger. A youngster may be experiencing a loss, a divorce or a move. A child may be trying to let the world know that his/her life is not what it ought to be. Regardless of the reason, it looks the same. But how can we deal with this angry attitude without being a psychologist?

A Parent's Job is to Understand, Not to Fix Things

Listening for understanding is impossible when a child is "drunk" on anger. Never reason with an angry child. Instead say, "It sounds like you're really mad. I want to listen and understand. I will listen when your voice is as calm as mine. Come back then." If you can't make the child leave, you leave. Be prepared to repeat your calm statement if the child is determined to yell out the anger without leaving. "Don't worry about it now. We'll talk when you're calm. "You may need to say this several times. Be prepared to play "broken record" with, "what did I say?" Use these phrases instead of reasoning. Reasoning will only fuel the anger.

"Thanks for Sharing That"

Once the child is able to discuss the anger, listen without reasoning. Try to avoid telling the child why he/she should not be angry. Avoid telling them that things will be okay and how to make it better. Your job is to prove that you understand – "It sounds like you get mad when I tell you it's time to do your chores. Thanks for sharing that with me. I'll give it some thought. If you think of a better way for me to remind you, let me know."

Parents Can Make It Worse

Parents who do not treat their children with respect send a message that says, "You're not worthy." These parents often communicate with a lot of yelling. This encourages the child to yell and scream back while the parents retaliate by getting madder. It's a vicious cycle that breeds chronic anger in the child.

In place of anger, parents should work on listening to their children in a non-threatening, honest and open manner. Most children will talk openly only after they truly believe their parents are interested in what they have to say and recognize their feelings.

When Anger Continues

If, despite your best attempts to understand your child's anger, there is no change in behavior after three months, parents should seek professional counseling for their child. In some instances, chronic anger is best helped by a professional.

Never reason with an angry child. Use empathy and understanding instead. "It sounds like you're really mad. I want to listen and understand. And I will listen when your voice is as calm as mine. Come back then."

Usually listening and understanding their point of view is enough for 80% of their mad moments and it stops being a problem. Catching they are upset and letting them know you "get it" is most of the medicine. Give it a try.

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.