FRIDAY FACTS

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SAINT MARK'S —CATHOLIC SCHOOL— EDUCATIONAL EXCELLENCE ESTABLISHED 1967

Letter from our Pastor

Dear parents and friends of St. Mark's,

I am so grateful for all of you, our teachers and staff who help make our parish school what it is. Please enjoy this video from our Catholic schools week:

My sincere thanks to the faculty and staff who re-committed themselves to the Eucharist on Wednesday at the school Masses (both at the parish and the school). The witness of your love of Christ in front of the student body, and in the walk you take with our young disciples daily, is a true example of living a Eucharistic life!

Congratulations to our second graders who received their 1st Reconciliation this past Wednesday! Thank you, parents, for fostering our Catholic faith through the Sacraments and to our teachers and catechists for helping them prepare.

Lastly, thank you to those who have already made a contribution or pledge to the Idaho Catholic Appeal (ICA). **Please see the note to follow from our seminarian Tim on how the ICA benefits the formation of our clergy. Click HERE to donate to the ICA online.**

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

Father Ben

Here at St. Mark's, we try to be conscious not only of supporting our own Catholic school and parish, but also the Catholic Church in Idaho at large as well. For us, that takes the form of supporting the **Idaho Catholic Appeal.** Done once a year, it provides 70% of the income that the Roman Catholic Diocese of Boise operates on, which makes it necessary for several important ministries within the Church of Idaho - forming men for the priesthood and diaconate, funding campus ministries on college campuses, supporting retired priests, and operating Catholic Charities, among many other things.

On a personal note, I can say that I have personally benefitted from the Idaho Catholic

Appeal. It has made my seminary education, which is roughly $40,000 a year (and seven years long), possible for me. I want to thank you from the bottom of my heart for your past support of this initiative and also tell you that your money is well-spent in giving to this fund.

With all this in mind, would you consider contributing 1% of your annual income to the **Idaho Catholic Appeal**? Your support here is so greatly appreciated!

Sincerely,

Tim Segert
Seminarian for the Diocese of Boise

Letter from our Principal

Dear St. Mark's Families,

Happy Friday! Can you believe that next week marks the end of the third quarter? Reports cards will be posted to your child's e-portfolio on Friday, April 2nd.

Today we were reminded that we are still amid the pandemic. With news of a person in our school testing positive for Covid, now is not the time to relax the practices that have kept our doors open all year. We must remain diligent and continue to pray for our community.

As spring break draws near, please take every precaution to keep your family safe. We will not be mandating a quarantine after the break but ask to follow our illness policy. Also, if a known exposure occurs, please inform the school office.

Many thanks to Father Ben and Father Vitalis, who blessed all of our staff and teachers at this week's masses. We all recommitted ourselves to the Eucharist and were reminded of our call to teach at St. Mark's.

Have a blessed weekend.

Peace,

Donna Gordon

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

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** - NEWLY UPDATED for schools
2. **Illness Decision Tree for Students** - NEW UPDATED for Schools

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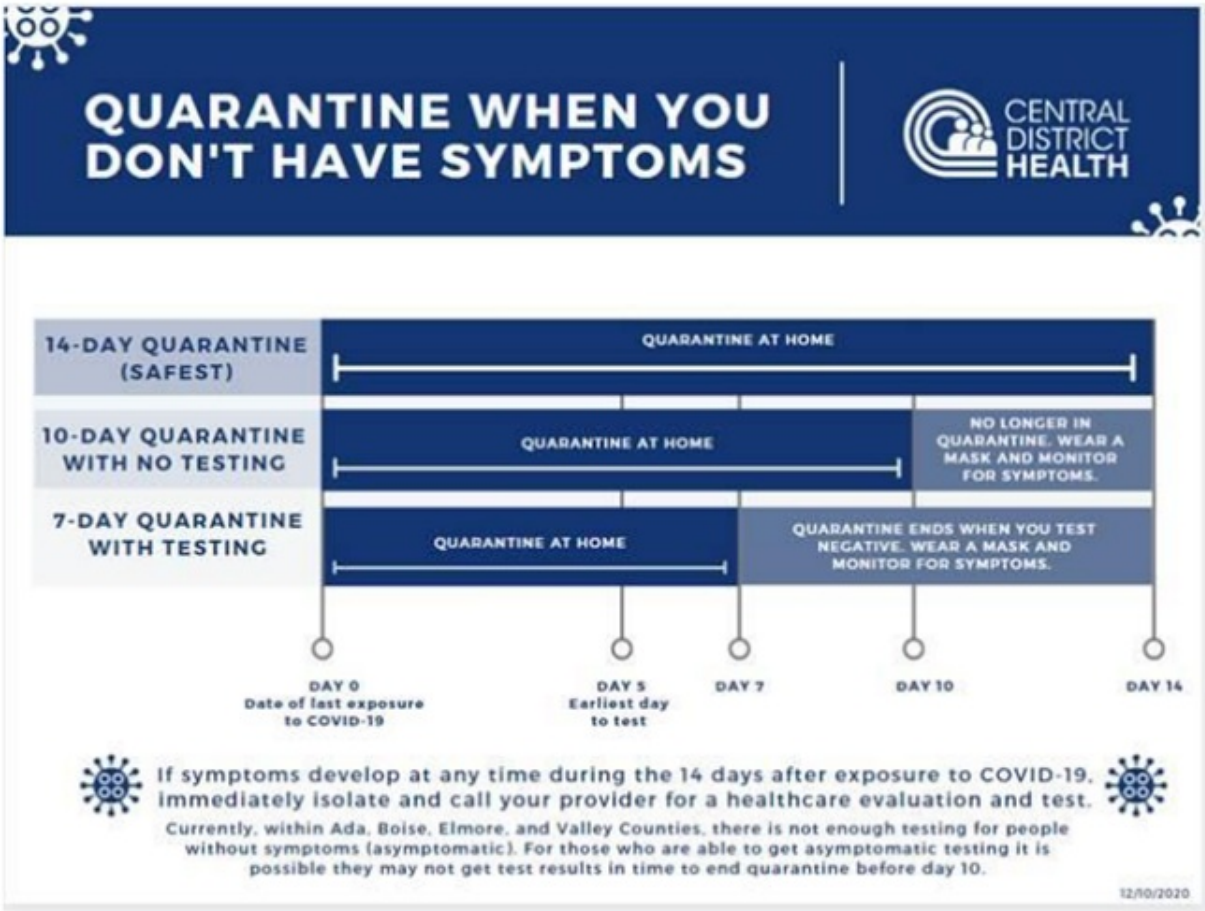
New Quarantine Guidelines

If you **DO NOT have symptoms**, see the chart below:



If you **HAVE symptoms**, see the Illness Decision Tree for Students above.

Student Spotlight

Mrs. Behrend's 5th grade bridge building - Winners were determined by how much their bridge weighed and how much load it could hold. The winner's bridge weighed only 7 grams and could hold 3161 grams! This was a STREAM project that involved a lot of math and engineering.

First Place was "The Baksh Bridge": Ben, Ander, and Daksh
2nd place: "Mountainside Bridge" Cooper, Jared, and Lucia
3rd Place: "Boise Bridge" Jasper, Matt, and Jackson

Lion Pride Recognition

Congratulations to this week's winners:

Evelyn Q, Anna S, Otto S, Megan D, Chloe S, Richard H, Noah M, Lucas L, Carter S, Sebastian P (2) , Marcus B, Colin C, Carter M, Carter E, Adrean D, Layton S, Connor D, Genevieve S, Dean Y, Leon R, Jaxon S, Wyatt B, Henry W, Matthew D, Riley T, Olive R, Viaan R, Noah A, Francis W, Colby R, Stella T, Tess K, Paige S (2), Greta W (2), Xitlali B, Raissa M, Marshall B, Evan B, Callie T, Hunter S, Ryker H, Parker A, Alexa C, Marcus B, Declan L, Alexa C, Jayden N, JoeJoe B, Ted N, Gigi M, Kami V, Sophia U, Finn F

Weekly Calendar

Sunday, March 14
Daylight Savings Time Begins - turn your clock ahead 1 hr.

Wednesday, March 17
No Student Body Mass due to Chrism Mass @ St. John's Cathedral
Irish Dancers during Lunch

Friday, March 19
12:00 p.m. Early Release Friday
$1 Optional Spirit Day
End of Third Quarter
NO HOMEWORK CLUB

Upcoming Events

Monday, March 22-Friday, March 26
Spring Break

Home & School

To register for Mom & Son Bowling, **click here**

VOLUNTEER opportunities are available for Father Daughter Tea Party and Dance. COVID precautions will be taken during this event at the school.

Great news - our Cafe Zupa fundraiser brought in $398.17!!

Thank you to everyone that participated and enjoyed a yummy meal from Cafe Zupas. We know the wait time was a bit long for online/app orders and we appreciate your participation and patience!!

Thank you again!
St. Mark's Home and School Association

Volunteer Opportunities

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS
Monday (15)—Hudspeth, Bial
Tuesday (16)—Paz, Hudspeth
Wednesday (17)—Schindele, Anderson, Rivas, Torkelson
Thursday (18)—Dunlap, Boroff, George, Lankford

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

Friday Homework Club ends at 5:00 p.m.

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 on April 9.

No Homework Club next week due to end of quarter, nor on March 26 due to Spring Break, nor on April 2 due to Good Friday.

News

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

7th grade - Auditorium
1st and 2nd grades - 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, March 31st at 8:30

Dear Parents,

Our students have the opportunity to host the Mass on Palm Sunday -**Sunday, March 28th at 8:30am**. The students will be reading, greeting, and ushering (7th or 8th grade) at this Mass so there are many opportunities for them to be involved. This is the second weekend of Spring Break, so we are trying to organize early so we can be prepared before the break. We need 4 readers, 6 greeters, 4 ushers and a family to take up the gifts. Students who have assigned parts in the Mass (reading, greeting, ushering) 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!

During the season of Lent, we are aware of those less fortunate and are collecting items for the St. Mark's Food Bank and for Compassion Bags for the homeless.

Compassion Bags - Each class will be assigned one item to bring in for the compassion bags. Compassion bags are bags filled with items for homeless or less fortunate. We will be collecting these items until spring break and then assembling the bags during Holy Week.

Food Bank - Each class will be assigned an item that is in crucial need at our St. Mark's food bank. We will be collecting these items throughout Lent. When students bring in an item, they may take them with them to Mass and deposit the item in the bin before Mass (both at school & at church)

LENTEN RETREAT DONATION ITEMS FOR EACH CLASS

GRADE	COMPASSION BAG	FOOD BANK
Preschool	Chapstick	Dried beans- kidney beans, pinto, black
Kindergarten - Curtis	Travel size tissue	Pancake syrup
Kindergarten - Jensen	Travel size tissue	Jam/Jelly - plastic containers only
1st - Newman	Travel-size lotion	Macaroni & Cheese boxes (7 oz)
1st/2nd- Bernstein	Travel size bar of soap	Oatmeal - 1lb. tubes
2nd - Hite	Travel sized hand sanitizer	Rice - long grain, 1 or 2lb bags
3rd - Russell	Travel size wipes	Canned soup
4th - Jankowski	8oz. Water bottles	Canned vegetables
5th - Behrend	Travel size toothbrush & toothpaste	Tuna fish
5th - Gordon	Travel size toothbrush & toothpaste	Canned Chili
6th - Brady	Travel size deodorant	Boxed Breakfast Cereal
6th - Enrico	Travel size deodorant	Boxed Breakfast Cereal
7th - Schuette	Fruit Snacks	Canned Chicken
7th - Wolbach	Fruit Snacks	Pancake Mix (boxed)
8th - Enrico	Soft Nutrigrain Bar/ fruit bars	Top Ramen / Maruchan Noodles
8th - Martin	Soft Nutrigrain Bar/ fruit bars	Top Ramen / Maruchan Noodles

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Since we do not have Student Body Mass next Wednesday due to the Chrism Mass, students may wear green clothing to school for a $2 donation. Proceeds go to our Lenten projects. Green clothing must be in line with our Uniform Dress Code.

No Homework Club on Friday, March 19, End of 3rd Quarter & the beginning of Spring Break. This is a Noon Release day.

Spring Break is
Monday, March 22
through
Friday, March 26.
School dismisses at noon on Friday, March 19.

Uniform shorts may be worn AFTER we return from Spring Break!

- Palm Sunday is March 28, the last weekend of Spring Break

- Holy Thursday is April 1
- Good Friday is April 2 (no school)
- Easter is April 4
- Easter Monday is April 5 (no school)

Reminder - On Wednesdays for Student Body Mass in the Auditorium, we are looking for piano and/or guitar accompaniment. If you would like to volunteer, please contact the School Office at 208-375-6654.

T-Ball is coming soon for students ages 4-7, (age correction). Our teams will be playing other Catholic schools and this is a laid back league for students to play with and meet each other. **Click here** to download the Registration Form.

It's time to order Summer Skills books to keep learned skills sharp over the summer. Order the books in the current grade level of your student.**Click here** to download the order form, then return the form and payment to the School Office. DEADLINE TO ORDER HAS CHANGED TO APRIL 20. Visit **www.summerskills.com** to view samples of books.

St. Mark's School Foundation is looking for sponsors to support the Golf Invitational on Friday, May 14 at Eagle Hills Golf Course. Various sponsorship levels (starting at $150) are available to benefit scholarships for St. Mark's students and help make this a successful event!

Please consider a sponsorship to help make Catholic education more accessible to families in our community. In an average year, the Foundation funds more than $20,000 in scholarships, so your support has a tangible impact!

Golfers: Registration opens on April 4. Now is the time to organize your foursome!

Questions? Please contact **Greg Daggett** or call 208-850-4974.

FIVE ATHLETES TO WATCH WHO COULD BE THE NEXT BIG NAMES AT THE PARALYMPICS IN 2022

★ ★ ★ DANI ARAVICH, NORDIC SKIING

Dani Aravich's original plan was to make the Paralympic Games as a sprinter. But it was while training for Tokyo she was spotted by a Nordic ski coach who encouraged her to give that sport a try. Aravich had been on skis before, but only of the downhill variety. It turned out she was a natural. She won both her races at the national championships last January.

Now both the summer and winter varieties of the Games are in the plan. Then the COVID-19 pandemic compressed her training timeline quite a bit. But she doesn't plan to slow down in her pursuit.

Dani is a St. Mark's School and Bishop Kelly graduate. Her mom, Kate, worked at St. Mark's School for many years as our co-Development Director. Congratulations Dani, we're cheering you on from Idaho!

The BK boys basketball team finished 3rd at the 4A state tournament. St. Mark's alum include Seniors Keegan Croteau, Aiden McCarthy, Peter Behrend, Leighton Blythe and Sophmore Mason Rossi.

TVCS Events/Sports

Registration is still open for TVCS spring sports!!!
TVCSathletics.com

TVCS Track and Field
Practice Details
Start Date: March 29th
Location: BK Track
Time: 5:30 - 6:30pm
For a Track Meet schedule please go to: **TVCSathletics.com**

TVCS Tennis
Practice Details
Start Date: March 29th
Location: Julia Davis Park Tennis Courts
Time: 4:30 - 5:30pm
Tennis Matches (Mondays/Wednesdays) for schedule please go to: **TVCSathletics.com**

Preschool Happenings

Preschool has been learning about weather. Today we had a fun science experiment! We are getting excited to celebrate St Patrick's Day!

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

St. Mark's is on mission!

Has your home been blessed?
St. Mark's has turned its parish boundary (rather, the Treasure Valley -wherever our

parishioners live) into a mission field! Clergy members and missionaries have been bringing the church to the people by blessing their homes, praying together, and sharing the hope of Christ.

All registered parishioners will receive a home blessing. If you have not yet registered with our parish, you may do so by clicking **HERE.**

Pictured below, Fr. Ben, seminarian Tim and missionaries from the Alsop, Woodham, Weiss, and Sprague families.

Notes from the Nurse

Saint Alphonsus School Health Program

March is National Sleep Awareness Month. Is your child getting enough sleep? Homework, after school activities, and busy schedules sometimes puts sleep low on the priority list. According to the American Academy of Pediatrics, the recommended hours of sleep for children are as follows:

Children 6 to 12 years, recommended **9 to 12** hours
Teens 13 to 18 years, recommended **8 to 10** hours

Regular sleep deprivation often leads to some difficult behavior and health problems- irritability, difficulty concentrating, high blood pressure, obesity, headaches, and depression. Children who get enough sleep have a healthier immune system, better school performance, behavior, memory, and mental health.
For suggestions on how to make sure your child develops good sleep habits, check out:

https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspxf

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

Getting Kids to Think with Love and Logic tools. Have you ever stopped to think about what a blessing it is to be a good thinker? I'm referring to being able to use good problem-solving skills and good old-fashioned common sense. I know common sense is not so common any longer. As this world becomes ever more complex and laden with temptations, it becomes more and more important that we teach our kids how to build their mental muscles. Listed below are some quick tips:

When your kids ask you for help with something, encourage them to try a bit longer before you jump in to help them. The only way to truly learn good thinking skills is by figuring things out on your own.

You can encourage your kids to think by asking them as many questions as possible. Example questions include:

- What else might you try?
- What have you seen other people do to solve this problem?
- What would happen if you tried_____?
- Where might you learn how to do that?

Is that something you could learn about in a book, by asking someone, or by looking on the internet?

Allow them to mess up. Too frequently, we step in and tell kids exactly what to do when we worry that they might be making a mistake. The best way to learn is by making mistakes. The best time for our kids to make mistakes is when they are young and the consequences are small. Allow them to blow it and learn.

We also teach the importance of limiting the amount of time watching videos or playing games on a computer or other electronic devices. The less time they spend watching entertainment on electronic devices, the better thinkers they will become.

You can hear many additional insights for parenting in the age of COVID-19 in the free, webinar from Love and Logic called, "Parenting During Uncertain Times."

Good luck with letting the kids struggle a little longer. They can own they put effort into solving that problem and figured it out. That is a quality you can not buy for your kids.

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.