

Volume 6, Issue 19— January 14, 2022



St. Mark's Catholic School Vision

St Mark's Catholic School is dedicated to educating student disciples in body, mind and spirit, through the collaboration of families, community and the Church.

Our Mission

St. Mark's Catholic School is a ministry of St. Mark's Catholic Community that fosters academic excellence, rooted in the Catholic faith, and Christian values.

Video from our Pastor



Message from Deacon Chris Privon, our Parish Administrator

“For by one Spirit we were all baptized into one body-Jews or Greeks, slaves or free-and all were made to drink of one Spirit.” *1 Corinthians 12:13*

The purpose of this note is to ask you, as a fellow member of St Mark's, to engage in a different conversation. The conversation is about how I can address the divide that is widening in our parish community. The contemporary translation of the Bible verse above could go something like this:

“For by one Spirit, we were all baptized into one body-Democrat or Republican, vaccinated or unvaccinated, masked or unmasked-and all were made to drink of one Spirit.”

Our identity is as sons and daughters of the Father, brothers and sisters of Jesus Christ. Yet the COVID pandemic and identity politics have us fractured. We each have the same goal, regardless of which tent we find ourselves in, and that is to be sure our spouse and kids are safe and they have a bright future.

Last year I spent three months blessing homes. I met people who had no fear of the virus and those who were absolutely terrified. There are still large percentages of people who greatly fear the virus; either because they do not trust the vaccine, they have a condition where the vaccine is ineffective, or some other reason. As sons and daughters, we are called to compassion, tolerance, and respect for those on the other side. We are called to widen our tent to invite in ALL sons and daughters. Not just those with whom we agree, but all sons and daughters of God.

Unfortunately, we aren't nearing the end of this pandemic. Last year we saw the masked vs. unmasked. This year it's vaccinated-unvaccinated. This fall, with an upcoming election cycle, will be back to Republican vs. Democrat.

Christ is the great unifier, while the devil is the great divider. I'm not sure how we start addressing this divide except by calling it out and asking each of us to have the conversation with first our family members, then one another - as parents, children, and brothers and sisters in Christ.

Deacon Chris

Letter from our Principal



Dear St. Mark's Families,

I pray your family had a blessed Christmas and enjoyed quality time together. It is so wonderful to see you all again. I was impressed with how students returned ready to engage in learning and smoothly returned to their schedules.

Report cards have been posted to your child's PlusPortals account. Simply log into your Plus Portal account and click on "E-Locker" along the blue banner at the top of the page. Then click the tab labeled "E-Portfolio" to find a PDF of your child's report card. As always, don't hesitate to get in touch with your child's teacher if you have any questions or concerns.

This week has brought many challenges regarding COVID and other illnesses. Several students contracted COVID-19 over the Christmas break or were in close contact with someone who did. You may see our numbers by visiting our website or [clicking here](#). While our numbers have increased, reports about students' symptoms have been mild to moderate. We also noted that both vaccinated and unvaccinated individuals tested positive.

We have yet to have a transmission case within our school; however, this may change with the easily transmissible Omicron variant. We are closely watching what is happening in the school and will not hesitate to adapt our policies to meet the needs of our students and staff.

On January 5th, Central District Health sent out updated guidance on isolation and quarantine protocols. Please be sure to read our newly adopted protocols recommended by our School Board on January 10 outlined below. We diligently contact trace and notify families if a positive case was reported in their child's class and advise them on our new illness protocols.

I hope you take time to read Deacon Chris's message above and that as we navigate through this trying time, we remain kind and loving toward each other. I hope you know how honored I am to be the principal of St. Mark's and how much I adore your children!

A reminder that there is no school on Monday in observance of Martin Luther King,

Jr. Day. We look forward to seeing you on Tuesday for another week of learning and fun. Have a blessed weekend.

Peace,
Donna Gordon

COVID News

St. Mark's Covid-19 Illness Protocols

updated Jan. 2022

Isolation policy – Isolation separates people with a positive test for COVID-19 from people who do not have the disease. Here is the new isolation policy we will be adopting immediately per CDC/CDH recommendations:

Covid Positive

- We will move from 10 day isolation to 5 Day isolation.
- Students or staff can return to school on the 6th day as long as they remain asymptomatic, are fever free and/or have improving mild symptoms.
- They must, however, maintain wearing a face covering through day 10 while indoors at all times.
- Upon return to class on the 6th day, they must be screened by the St. Mark's school nurse or a staff member.
- Individuals who are having moderate to severe symptoms or fever beyond Day 5, or those who are immunocompromised, and/or those that are unable to wear masks should isolate for a full 10 days following infection and may not return to school until Day 11.

Quarantine Policy - Quarantine refers to the practice of separating individuals who have had close contact with someone with COVID-19 to determine whether they develop symptoms or test positive for the disease. Quarantine also reduces the risk of transmission if an individual is later found to have COVID-19. Here is our new quarantine policy:

- All students or staff, **regardless of vaccination status**, may remain in school but must wear a mask indoors in public for 10 days following exposure, regardless if we are requiring masks or recommending masks.
- Recommended test on day 3-5.
- PCR or clinically administered rapid tests are preferred. The school can provide free, saliva-based PCR tests.
- Rapid at home tests should only be administered at least 24 hours after the onset of symptoms.
- They should be watching for symptoms and, if they do develop symptoms and/or receive a positive test result, they must follow isolation guidance.
- Masks must be worn indoors at all times for the entire 10 days.

Mask Policy

- **Masks are highly recommended** to be worn indoors but will remain optional **UNLESS** a situation within our school or a classroom warrants masks to be worn.
- We will review this policy each week and announce each Friday what the policy will be for the following week.
- We encourage the use of surgical, KN95 or N95 masks.

Considerations for Closing School

- If 25% of our student body is out due to illness we will consider closing the school for 3 to 5 days. This is the number of days recommended based on current data and research.

- If 25% of staff are out due to illness (or we are unable to cover the absences with subs and/or internal staff), we will consider closing the school for 3 to 5 days.
- In the event that we need to take the measure of closing the school, the first closure would not include distance learning. We would use that time to update our plan to provide distance learning if needed. If we see that we need to close for an additional period, we will move to distance learning for our students.

Please remember to report illnesses & absences to the front office

A reminder - if your child is suffering from an illness other than COVID, your student must be symptom-free for 24 hrs. before returning to school, without any type of medication.

Thank you for your support and understanding as we continue to navigate through the repercussions of COVID.

Revitalization News

REVITALIZING OUR PARISH SCHOOL
Journey with Us
PHASE II

For more information about how to participate in the Journey with Us campaign, please contact Kathleen Brinegar in the School Office at 208-375-6654.

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.

Student Spotlight



2021 USA National Cyclocross Championship in Chicago, Illinois. Addison competed in the 11-12 female juniors age group and took 12th place in the nation!!!

Lion Pride Recognition

	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 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 Version of Yourself Follow Dress Code for Mass

SAINT MARK'S
 -CATHOLIC SCHOOL-S

Congratulations to this week's winners:

Alexa C, Henry W, Lily L, Carter S, Wyatt B

Weekly Calendar

Monday, January 17

Martin Luther King Jr Day - No School

Wednesday, January 19

8:30 a.m. Student Body Mass - 5Behrend

Thursday, January 20

5:30 p.m. Zoom SEW (see information below under "News")

Friday, January 21

Mrs. Cox's Birthday

Upcoming Events

Monday, January 24

7th graders Leave for MOSS

Wednesday, January 26

8:30 a.m. Student Body Mass - Mrs. Jensen Kindergarten

9:10-11:45 a.m. 8th grade Shadow Day @ BK

Friday, January 28

Optional Spirit Day

7th graders Return from MOSS

Home & School

Raffle Tickets and the **Instruction Sheet** for the tickets for this year's Dinner Auction are attached.

Tickets are on Sale Now!

Join us on February 26th, 2022 for a Mardi Gras Soiree at The Boise Center for a night of Dinner, Auction, and Entertainment!

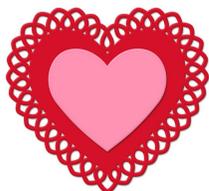
Here is the link to purchase your tickets now:

<https://stmarksboise.afrogs.org/#/tickets/event>

Also, we have had an AKC papered Labrador Puppy donated, but there is a bit of a cost associated with adoption. If you would like to donate towards the adoption cost please drop off a check with the front desk or email **eabuyuans13@gmail.com** to make other arrangements.

We look forward to seeing everyone in Mardi Gras outfits!

Do you or a family member work for a great company? Do you create or sell something amazing? We would love to have your donations. This year our donations are down and we need some help in acquiring great items we can use for our annual fundraising auction. Remember donations count towards your auction hours. Contact Christen Rowles at **stmarksdonations@gmail.com** with questions.



DO YOU LIKE TO PLAN EVENTS? HOME AND SCHOOL NEEDS YOU!!! Home and School is looking for moms interested in planning the Spring Father/Daughter Dance. If you are interested in being a part of the committee to plan the Father/Daughter Dance please contact Susanne Lankford at 208-391-0761 or homeandschool@stmarksschoolboise.com.

Do you want to help plan a really fun party? The auction is our school community's biggest fundraising and community building event of the year! We are looking for two people interested in co-chairing next year's (2022-23) school auction. We have an experienced group of people who have worked on the school auction in the past and are willing to assist the co-chairs. We can put you in contact with this year and last year's team to help you get started and mentor you along the way. Please contact Susanne Lankford at 208-391-0761 or homeandschool@stmarksschoolboise.com if interested in co-leading the auction next year.

Volunteer Opportunities

Would you like to spread the word about what a great school St. Marks is for a Catholic education for our kids? Join the St. Mark's marketing committee NOW! The marketing committee meets about once a month during the school year for about an hour - but meetings have been virtual since 2020. The marketing committee supports the St Mark's Dinner Auction, and Catholic Schools Week. The marketing committee holds parking lot rallies to say thank you to parents and students for being part of the St. Mark's community. The marketing committee designs a marketing strategic plan to follow. The marketing committee is working on communication to families. The marketing committee is a great way to meet others in the St Marks community and be in the know. If you would like to be part of the marketing committee please sign up on the attached link:

<https://www.signupgenius.com/go/9040F4EAAAD2DA57-stmarks>

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Tuesday (18)—Dunlap, Hudspeth, Johnson
Wednesday (19)—Anderson, LaMott
Thursday (20)—Storli, Hudspeth
Friday (21)—Duggan

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)

News



No School on Monday, January 17

Last chance of the year to take a Live Safe Environment Workshop

so you can volunteer for activities within our school. This class is for school families only so we can catch up on all the parents who need to take the class to volunteer in the school. This will be a Zoom meeting held on Thursday, January 20 @ 5:30 p.m.

To attend the class, you will need to register online.

- 1) Visit <https://boise.cmgconnect.org/>.
 - 2) Create an account.
 - 3) Click the green box entitled Safe Environment Year 1 Face to Face Session, choose Start Curriculum, below box, which will prompt you to read and acknowledge several forms.
 - 4) After reviewing those documents, you will find a list of “Live Events”. Choose January 20 at St. Mark's School to sign up.
 - 5) There will be a background check run on you, as part of this event.
 - 6) After you have finished the registration process and before the class begins, you will be emailed the documents that need to be completed, along with the Zoom meeting information.
-

St. Mark's, it's your “knight” at the Bishop Kelly Gym. You are invited to cheer on the BK Knights boys basketball team as they take on Vallivue at 7:30 p.m. on January 20 in the Carley Center. Students, wear your school spirit gear and you will get into the game free and get a coupon for a free bag of popcorn. We can't wait to see you at the gym! Go Knights!



If your child tested positive for covid over Christmas Break or if your student or a family member has tested positive since we have returned to school, please email schooloffice@stmarksboise.org to let us know. We are keeping a spreadsheet of cases involving our school families so we can determine close contacts if necessary.



Pants and Polos Sale

Date: Jan 20th

Time: 3:00 PM—6:00PM

***Location:** St. Marks School; common area behind the office (old church space)

Uniforms too small? Pants have holes?
Shirts need to be replaced?

Tops: \$2

Bottoms: \$4

Come to our Pants and Polos Sale.
No exchanges at this time

QUESTIONS PLEASE CONTACT:

Debbie Baerlocher 208-602-9659

Bishop Kelly Application is expected to be available Friday, January 14th.

Partner School students have first priority for enrollment at Bishop Kelly. At the upcoming 8th grade visits to BK, students will receive course information from counselors. Partner school students have plenty of time to apply after these visits. As long as the application is received by the deadline partner school students should feel confident about enrollment if enrollment criteria is met. (Good academic and behavioral standing)

Early Deadline - February 18th
Enrollment Application deadline - March 4th



The Bishop Kelly Parent Ambassadors Present

PASTA FESTA!

Sunday, January 23, 2022

4:00 PM - 7:00 PM

Bishop Kelly High School in "The REG"

Enjoy a delicious Italian Dinner prepared by BK's talented students & parents!

MENU INCLUDES:

Antipasto- Marinated artichokes, kalamata olives, various cured meats & cheeses

*Main course- Bolognese – Meat sauce over Cavatappi * Pesto Alfredo over Cheese Ravioli
Vegetable Marinara over Spaghetti * Garlic Bread * Caesar Salad*

Admission at the Door -or- via Venmo using this QR code:

\$50 for Families (up to 6 people)

\$10 for Adults

\$8 for Students (ages 11-18) & Seniors (age 65+)

\$6 for Children (ages 6-10)

FREE for Children 5 and Under!

Soft drinks, beer, wine, and dessert available for purchase!



venmo

Community Service Opportunity for Students Only - St. Mark's Community is partnering with Corpus Christi House to provide breakfast casseroles to feed the homeless in Boise. This is a great opportunity for students to earn community service hours, does not count toward Family Volunteer Hours. Casseroles are to be delivered to the church freezer at your leisure.

<https://m.signupgenius.com/#!/showSignUp/10C0C4AABA92FA75-corporus>

Catholic Connected Parenting Class

Is your family interested in participating in a Catholic Parenting Class?

What: A whole family parenting class that focuses on trust-based and attachment parenting and Catholic identity. Includes a children's program for children 4+ years and childcare for 0-3 years.

Week 1: Overview
Week 2: Brain Development
Week 3: Attachment
Week 4: Connection
Week 5: Empowerment
Week 6: Discipline
Week 7: Correction
Week 8: Putting it All Together

When: March 28 to May 16, 2022
Monday nights, 6:30-9:00PM

Where: St. Mark's Catholic School
7503 W Northview, Boise

Cost: \$150 (includes course, materials, snacks, and babysitting)



How does our family sign up?

An electronic survey is required before any family is accepted to participate in the class. Once the survey is completed, you will be contacted with news of your acceptance.

Registration deadline: 3/20/22

Click here to register:
[Registration Link](#)

For more information:

Contact: Jodi Fulford
Email: jfulford@rcdb.org



Click here to register for the Catholic Connected Parenting Class.

CLASS HAS BEEN POSTPONED - NEW DATES!

"Signs of Suicide"

February 3, 2022

Dear St. Mark's Middle School 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.

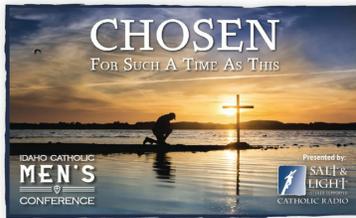
It is important to engage our parents as partners in our prevention efforts. At the parent night we will outline the SOS program and provide you with some information on the signs and symptoms of depression and suicidality. You will also have the opportunity to watch the video we will be showing the 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: Thursday, February 3, 2022

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

Place: Google Meet

The Idaho Catholic Men's Conference will take place on Saturday, January 29, 2022 at St. Paul's in Nampa and



online. The conference theme is "Chosen For Such A Time As This" and will feature dynamic national speakers including Fr. Don Calloway, Deacon Adam Curtis, and Matt Harte. Bishop Peter Christensen will be celebrating the opening Mass. The early bird registration fee is just \$49 before January 16 and online is \$29. For all the details and to register go to www.IdahoCatholicMen.org or call 208-484-0898.

TVCS Events/Sports

Basketball

Boys 7

Monday, 01/24/22 vs. Lone Star Middle School Home @ 4:15 PM

Wednesday, 01/26/22 at Sage Valley Middle School Away @ 4:15 PM

Boys 8

Monday, 01/24/22 at Lone Star Middle School Away @ 5:15 PM

Wednesday, 01/26/22 vs. Sage Valley Middle School Home @ 5:15 PM

Preschool Happenings



Preschool had a great first week back!
We were so happy to be back together
working, playing and learning.



Church Connection

If you would like to receive the Parish Newsletter **text** BOISESTMARKSNEWS to 42828 to sign up **OR** **Click here** to sign up.

Word of God Weekend with Dr. Mary Healy

JANUARY 21 & 22, 2022
ST. MARK'S CATHOLIC CHURCH
STMARKSBOISE.ORG

"Luke, the Gospel of the Holy Spirit."

January 21

7:00pm: "Nothing is Impossible for God" *This talk will unpack one of the most beautiful passages in Luke, the Annunciation, in the context of all salvation history, and explain how the words of the angel Gabriel are relevant for our own lives.*

January 22

8:00am: Mass
8:30am: Continental Breakfast

9:30am: "Jesus the Healer of Souls and Bodies" *In a world reeling from a deadly global pandemic and profound emotional and social wounds, the Church needs more than ever to be awakened to Jesus' power to heal. This talk will explain how Jesus still heals today and desires to form a people who go out into the world as his witnesses, equipped with the Holy Spirit's supernatural gifts of healing.*

11:30am: "Lost and Found" *This talk will explain what the Gospel of Luke reveals about the heart of the Father toward all his children, and about our call to be missionary disciples who go out to seek and save the lost.*



Mary Healy is an author, a professor of Sacred Scripture at Sacred Heart Major Seminary in Detroit, and an international speaker on topics related to Scripture, evangelization, healing, and the spiritual life. Dr. Healy serves the Pontifical Council for Promoting Christian Unity as a member of the Pentecostal-Catholic International Dialogue. In 2014 Pope Francis appointed her as one of the first three women ever to serve on the Pontifical Biblical Commission. For more information on Dr. Healy, visit drmaryhealy.com

Notes from the Nurse

10 Healthy New Year's Resolution

1. PRIORITIZE SLEEP

Getting high-quality rest is shown to improve overall health and should be a top priority as you enter 2022. Sleeping less than seven hours an evening, coupled with low-quality rest, can have adverse effects on your heart, metabolism, and mental health.

2. DRINK MORE WATER

Staying hydrated is an essential step towards improving overall health. Consuming enough water throughout the day keeps your joints lubricated, assists in muscle recovery after strenuous workouts, aids in digestion, and supports healthy kidney function. Have a glass of water with every snack and meal, and keep a bottle of water at your desk, car, and in your gym bag.

3. LEARN A HEALTHY RECIPE

One of the easiest ways to avoid processed foods is to stock your home with healthy ingredients



Saint Alphonus
SCHOOL HEALTH PROGRAM

and prepare meals at home. Reach out to family or friends share healthy recipes. Don't be afraid to cook different dinners, or experiment with leftovers, or vegetarian options. Healthy cooking should be fun.

4. QUIT SMOKING

Make New Year's 2022 smokeless. Smoking negatively affects every organ in the human body. It's also the number one cause of lung cancer and deaths in the United States. While the health dangers of cigarettes are widely known, we know that giving up the habit isn't easy. If trying to quit please reach out to your physician or consider smoking cessation treatments.

5. ALCOHOL CONSUMPTION

Overindulgence in alcohol can lead to chronic illnesses like liver disease, high blood pressure, cancer, and heart disease. And while many of us may enjoy a beer from time to time, decreasing your alcohol intake can greatly reduce health risks associated with drinking that help with anxiety and depression.

6. MAKE AN AGE-APPROPRIATE WORKOUT ROUTINE

Exercise is a crucial part of sustaining a healthy lifestyle in the New Year, but our bodies and fitness needs change as we get older. Make sure to set little workout goals, such as 20 min every other day and increase as the workout get easier and you are feeling stronger. Make each goal attainable.

7. MEAL PREP FOR WORK

We all know that eating better leads to feeling better, but maintaining a healthy diet during the workday has its challenges. Try and pick a specific day of the week and meal prep and recipe brainstorm for the week.

8. DEDICATE TIME TO YOUR MENTAL HEALTH

Devoting quality time to your mental health is just as important as your physical health. Mental well being can help improve work-life balance, enhance sleep, and assist you in achieving your health goals.

9. TAKE DAILY SUPPLEMENTS

While a balanced diet is essential for vitamin and mineral intake, our busy schedules sometimes make it difficult to get all the nutrients we need in our daily meals.

10. FINDING A PRIMARY CARE DOCTOR

Regular checkups can help find potential health issues before they become a problem. Early detection is the key to correct treatment and avoiding complications. It is recommended to see your family doctor at least once a year.

Saint Alphonsus School Health Program

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

Notes from the Counselor

What is your parenting Discipline Style?

Effective discipline requires just the right mix of firmness and gentleness. Too much firmness causes your kids to tune you out but if you're too gentle, kids won't listen in the first place. Take this quiz to determine if you have achieved the right balance between firmness and gentleness. Take this quiz to find out.

Parental Discipline Style

I have high expectations for my children's behavior.

True

False

Our house rules are clearly stated and consistently enforced.

True

False

My children know that consequences will be enforced when they break the rules.

True

False

I do not let my children argue me out of their consequences.

True

False

It is less important to me that my children like what I say than that they comply with my request.

True

False

I require my children to do chores/help around the house as much as their age and ability permits.

True

False

My “yes” means “yes” and my “no” means “no.”

True

False

I am not threatened by my children’s attempts to argue with me because I know that I am in control of the situation.

True

False

I require my children to speak to me respectfully even when they are upset or frustrated.

True

False

I am able to get my children to comply with my requests/rules even when they don’t like them.

True

False

I am sensitive to my children’s feelings.

True

False

I listen respectfully to my children’s opinions even when differ from my own.

True

False

I show my children an abundance of affection daily.

True

False

I encourage open dialog in my family.

True

False

I am patient with my children’s questions.

True

False

I try to consider my children’s age and capabilities when establishing rules and consequences.

True

False

I actively look for ways to build up and encourage my children.

True

False

I make an intentional effort to let my children know I love them even when I don’t approve of their behavior.

True

False

I take time every day to play with my children.

True

False

I actively work to develop a close and loving relationship with my children.

True

False

Total Questions: 21

Scoring the quiz

The first 11 items are about firmness, the second 10 items are about gentleness. You get one point for every true answer.

Score If you scored 6 or more on the first half and the second half you have a good balance in your firmness and your gentleness.

If you scored 6 or more on the first 11 items and 5 or less on the last 10 items you may be at risk of coming across as a bully or insensitive to your children.

If you scored 5 or less on the first 11 items and 6 or more on the last 10 you may run the risk of being a dornat to your children and will tend to have never ending discussions about your point of view that the children argue about or disagree with.

If you scored 5 or less in both halves of the quiz you need help to be more engaged with your children. They deserve better and you can learn to become more of an affectionate and deliberate parent instead of a reactive parent.

For resources check out Greg and Lisa Popcak's books or website. There are other resources at Love and Logic websites. Or you can contact Cornerstone Psychological Associates here in Boise at 208-373-0790. There is also the Catholic Parenting Class that will be offered here at St. Mark's School after spring break. See the flier in this Friday Facts.

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.