

Volume 7, Issue 8- October 7, 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.

Letter from our Pastor

Dear Parents and Friends of St. Mark's,

Can you name the Ten Commandments?



Maybe you know a lot of aspects of Catholicism but often we forget what matters most. The Ten Commandments matter because they remain the bedrock foundation of moral life. They are valid for Christians, Jews, Muslims, indeed, for all peoples of all times and all generations because they are hard-wired into the conscience of every human being who ever existed.

It is our Lord Himself who helps us understand their true meaning because He most perfectly summed up the entire Law of God by telling us to Love God above all things and to love our neighbor as ourselves, or better yet, as He loves us. *And so, at their deepest level, the Ten Commandments are about Love.* They were written by the very finger of God upon stone tablets, it is true, but they are equally inscribed not on stony hearts but on our human hearts.

Take a moment to see if you were able to recall them correctly by looking at Deuteronomy chapter 5.
Taking my own advice, I remain, prayerfully,

Fr. Paul

Letter from our Principal

Dear St. Mark's Families,

St. Marks Lions, Fireman, and therapy dogs... Oh my! This week was national fire prevention week. The Boise Fire Department visited our first graders, and we practiced a fire drill. The students did a fantastic job following the evacuation protocol.



St. Al's brought three therapy dogs for the students to enjoy, and Father Paul visited with his mandolin, "Mandy." It's a great time to be a Lion.

I pray you are enjoying the start of a three-day weekend. Today, the faculty worked on our accreditation action plan and defined goals for continuous improvement. We also had the afternoon to collaborate and plan for the second quarter which is just around the corner.

The first quarter ends next Friday. If you have a student in preschool through fifth-grade parents, please be sure to sign up for parent-teacher conferences on Thursday, October 20th, or Friday, October 21st. An email was sent out yesterday with instructions.

Middle school parents are invited to the gymnasium for a round-robin style conference. All middle school teachers will be in the gymnasium, and parents will have an opportunity to speak to each teacher for five minutes. If more time is needed with a particular teacher, parents will be asked to sign up for an individual conference at a later date.

Have a blessed weekend, and thank you for choosing St. Mark's!

Peace,
Donna Gordon



**Thank you
Fr. Paul
for your ministry
to our school.
Happy Pastor
Appreciation Day!**



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

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.

Student Spotlight



Last week was Bishop Kelly's Homecoming. One of the celebrations during the week was a Homecoming Parade, featuring BK staff members' students at partner schools. The Hutchinson, Quilici and Stroschein families participated from St. Mark's School.

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
DISCIPLINE <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-

Respect

The entire month of October, we are focusing on this schoolwide learning expectation - Respect. Students are earning Lion's Pride tickets for exemplifying this virtue.

- A Kindergartener picked up trash in the hallway.
- A 3rd grader always follows directions.
- A 5th grader volunteered to help her class enter the building.
- An 8th grader let a younger student choose a prize ahead of her and the 8th grader took the last prize available.

Congratulations to this week's winners:

Monserrath M, Pilar M, Jenny E, Teagan B, Ben D

Weekly Calendar

Sunday, October 9

Pastor Appreciation Day

Monday, October 10

Fire Prevention Week

5:30 p.m. School Board Meeting

7:00 p.m. Home & School Meeting

Tuesday, October 11

6:30 p.m. Education Foundation Working Meeting at Parish

Mrs. Boroff's Birthday

Wednesday, October 12

8:30 a.m. Student Body Mass presented by Ms. Gordon's 4/5th grades

3:00-6:00 p.m. Salt & Light Radio Pledge Drive at St. Mark's School

6:30-8:00 p.m. First Communion Parent Meeting (TIME CHANGE)

Friday, October 14

End of First Quarter - Full Day of School

Spirit Day

7:00-9:00 p.m. 7/8th Grade TVCS Dance @ St. Mark's School

Upcoming Events

Sunday, October 16

12:30-2:00 p.m. First Communion Parent Make up Meeting

Mrs. Rosania's Birthday

Monday, October 17

National School Bus Safety Week

Book Fair Begins

4:00-8:00 p.m. St. Mark's night at The Farmstead

Wednesday, October 19

8:30 a.m. Student Body Mass presented by Ms. Ouimet's 4th grade

Thursday, October 20

8:15 a.m. Individual Picture Retakes

4:00-8:00 p.m. Parent/Teacher Conferences (Full Day of School)

Home & School



ST. MARK'S COMMUNITY NIGHT OUT



2500 S Eagle Rd, Kuna, ID 83634

Monday, October 17th,

4pm to 8pm

DISCOUNTED COST IS \$9.99 (+TAX) PER PERSON

(Regular price \$14.99)

**AT THE TICKET OFFICE, MENTION ST. MARK'S
TO RECEIVE THE DISCOUNT. \$1 PER ADMISSION
WILL BE DONATED TO OUR SCHOOL!**

Includes:

- 18-acre Corn Maze
- Corn Poppers
- Cow Train rides
- Grain Train rides
- Bee Line Ziplines
- Farm Animals
- Farmyard Games
- Idaho Potato Sack Slide
- Hayrides

WWW.LOWEFAMILYFARMSTEAD.COM





Get excited for Halloween with your Saint Mark's Lions community! Bring snacks, trunk decorations, and of course - costumes!

4pm: The party begins! Pick a spot in the school parking lot

530pm: Trunk or Treat and costume contest
Bring sweets to share (no nuts please)

Cost is free! Prizes will be awarded for best Halloween trunk decorations, best child costume, and best adult costume!

Contact AmandaLaMott@gmail.com or BSmith@stmarksboise.org
with questions

St. Mark's Community Trunk or Treat RSVP

Parking spots are first come, first served. Please RSVP so we can keep track of how many people plan to attend.

<https://www.signupgenius.com/go/5080A49ADAE28A5FC1-trunk>

Volunteer Opportunities

See announcement below about our upcoming Spooktacular Book Fair. Time

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (10)—Silvers, Hudspeth

Tuesday (11)—Laubhan, Corcoran, Storli, Cavazos

Wednesday (12)—Anderson, LaMott, Dunlap, Webster

Thursday (13)—Laubhan, Cavazos, Maus

Friday (14)—Cepek, Antonoplos, Paz

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 10:45-12:45 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



Individual Student Photo Retakes will be taken on Thursday, October 20, from 8:15-9:15 a.m. This is for students who were absent on Picture Day or students who want to retake their photo from Picture Day. Students may wear their picture clothes to school **but must change back into their uniform after the picture is taken.**

No Homework Club on Thursday, October 20 due to Parent/Teacher conferences.



Parent/Teacher Conferences are scheduled for Thursday, October 20 from 4:00–8:00 p.m. and Friday, October 21 from 8:00 a.m.–Noon.

Click here to sign up for your conference(s):

https://www.ptcfast.com/schools/St_Mark_s_School

Grades Preschool through 5th Grade:

Will have 15 minutes per conference.

Middle School:

Due to the number of Middle School students, we have allotted 5 minutes per conference. MIDDLE SCHOOL CONFERENCES WILL BE HELD IN THE GYM AND WILL BE ARENA STYLE, WHERE YOU GET IN LINE TO TALK TO A TEACHER AND EACH 5 MINUTE CONFERENCE IS ON A FIRST COME, FIRST SERVED BASIS. If more time is needed, there will be a sign up with each teacher to set a time for a more in-depth conference.

SAVE THE DATE!

WHAT: St. Mark's School Spooktacular Book Fair



WHERE: School Library

WHEN: October 17-21, 10:00 a.m. - 3:00 p.m.

PLUS EXTENDED HOURS on 10/20 during P/T Conferences from 4:00-8:00 p.m.

VOLUNTEERS ARE NEEDED, [click here](#) to sign up to help. **Email Mrs. Rosania** with questions.

Thanksgiving Feast for parents of Preschool - 2nd grade

On Wednesday, November 16th we will celebrate our traditional Thanksgiving Day Feast for parents of Preschool-2nd grade and their students.

LUNCH TIMES

11:00 a.m. - Preschool
 11:10 a.m. - Kindergarten
 11:20 a.m. - First Grade
 11:30 a.m. - Second Grade

Parents, please click on this link to sign up for the Thanksgiving Feast.

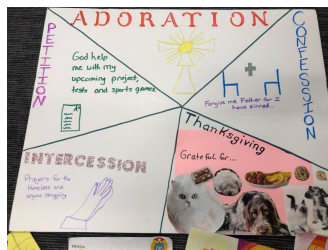
Cost of the lunch for adults is \$5.00 and we ask that you send your **payment to the School Office by Tuesday, November 2** with student name on the envelope and Thanksgiving Feast in the memo line. This is how you will be signed up for the Feast. **Because of the lead time to order the food, late orders will not be accepted.** Students eating hot lunch will have their lunch account charged.

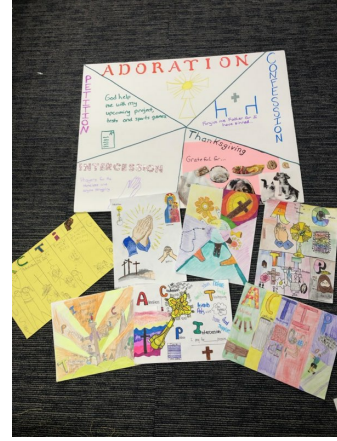
Lunch includes: Turkey, mashed potatoes with gravy, stuffing, green beans, roll and pumpkin pie.

When you arrive for the Feast, please check in at the School Office. Parents will be escorted to their student's classroom when it is time to walk to the cafeteria as a group.

All students eating hot lunch this day will be served the Thanksgiving lunch.

The Nurse's Office is in need children's liquid and chewable ibuprofen and acetaminophen. Donations may be sent to the School Office.





Congratulations to the 10 winners in the ACTIP Different Ways of Prayers Art Contest. The contest was sponsored by the Spirituality Committee.

1. Aubrianna Smith
2. Ella Wise
3. Bryden Caudle
4. Terra Rowles
5. Wyatt Shackelford
6. Peter Boroff
7. Felicity Quilici
8. Espyn Simmons
9. Teagan Baxter
10. Rowan Henderson

Thank you to all who entered the contest. All entries are posted around the school to remind us to pray.

It's beginning to look a lot like Christmas!
 Our 8th grade class has begun the annual Christmas wreath sales.
 The proceeds from this sale help to fund the 8th grade legacy project.
 This is a project that the 8th graders vote on.
 It is something that will benefit the school
 and it allows our 8th graders to say thank you for all the wonderful years
 they have had here at St. Marks.
 There are many different types and sizes of wreaths available.

You may purchase a wreath from any 8th grader
 or leave your order and check with the school office.
 Please make checks out to St Mark's School.

Wreaths will be delivered on November 16th and
 pick up will be at St. Mark's Church.

Thank you in advance for your support of our 8th graders!!
 If you have any questions,
 please contact Melissa Brady
mbrady@stmarksschoolboise.com

**8th graders will be taking orders
 for your holiday wreaths
 at Parent/Teacher Conferences
 on Thursday, October 20
 from 4:00-8:00 p.m.**

Outdoor Winter Greens by JanLar Florists

M. WREATH 20" \$35.25

Fresh Evergreens with cones and bow.
Also available:

28" \$ 42.78
32" \$ 59.35
42" \$ 72.86
48" \$ 89.99
60" \$ 226.74
72" \$ 296.96



CC. CANDY CANE \$39.38

Fresh Evergreens with cones and bow.
Approx. 28" in length.



CR. CROSS \$42.35

Fresh Evergreens with cones and bow.
Approx. 28".



Hand tied bows will vary
in pattern and color

G. GARLAND 10' \$34.63

Cedar adds a warm welcome to
guests. 2 Bows included.

Also Available:
25' \$ 62.75
(3 Bows)
75' \$170.06
(6 Bows)



Prices include Idaho sales tax



We are experiencing a large number of accidents with our chromebooks at school, especially in the Middle School.

- Please consider purchasing a **Securranty Insurance Policy** for \$26 so you won't be billed for damages to a chromebook issued to your student.
- In addition to the Insurance Policy, parents and students must sign the **Chromebook Agreement** and turn it into the School Office.

Students who purchase insurance and complete the Chromebook Agreement can take the Chromebook home when needed to complete homework.

The Diocese of Boise is seeking a fulltime, 35 hours a week, Finance Administrative Assistant/Accounts Payable candidate to work at the Diocesan Pastoral Center. The Finance Administrative Assistant/Accounts Payable team member will work with the Finance team at the Diocese to assist the Finance Department in timely completion of tasks, and handle accounts payable.

*In order to apply for the position, please submit a cover letter and resumé to **clawrence@rcdb.org**.*

*Applications will be taken until the job is filled. Please see **<https://www.catholidaho.org/current-openings>** for the full job description.*

TVCS Events/Sports

7th & 8th Grade TVCS Dance

on

Friday, October 14
at St. Mark's School
7:00-9:00 p.m.



Bring \$5.00, your Student ID
and 2 Cans of food for St. Mark's Food Bank

Enter at the West end of the building
(At the Morley Nelson Elementary end of the school)

NO COSTUMES—All TVCS dress code guidelines
must be followed

TVCS Wrestling and Girls Basketball starts on Monday.

Registration has been open from the start of the school year with one link for all TVCS sports. Game schedule, registration link and physical form can be found on TVCS website: tvcsathletics.com

Here is a direct link for registration:

<https://payit.nelnet.net/form/0oks2e07>

TVCS Wrestling information:

- Head Coach Michael Gordon

mgordon@bk.org

- Practices at Bishop Kelly High School Wrestling room

5:45 - 7:15pm

TVCS Girls Basketball information:

8th grade

- Head Coach G

gglerice@gmail.com

- Practice at St. Ignatius 4:30 - 6:00pm Monday through Thursday

7th grade

- Head Coach Melissa Golo

- Practice at St. Joe's 6:00 - 7:15pm Monday through Thursday

Thank you,

Manny Ybarra

(509) 398-2979

Faith. Family. Education. Athletics.

Bishop Kelly High School Head Wrestling Coach

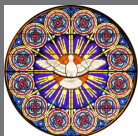
TVCS - AD St. Mark's PE / Health

[Click here](#) to see all the TVCS sporting events.

Preschool Happenings



We had a good short week together. The kids are so excited to learn and experience new things. This week we learned all about the letter D and the number 3, D is dog. The kiddos loved getting to pet the sweet and calm therapy dogs that visited our school this week.



Church Connection

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

Notes from the Nurse

Laughter is Medicine

It is true, laughter is medicine! Laughter brings people



Saint Alphonsus
SCHOOL HEALTH PROGRAM

together, strengthens relationships, boosts your immune system, boost mood, diminishes pain and protects against the damaging effects of stress. A good laugh can bring your mind and body back into balance. It can even help release anger and assist in forgiving sooner. The first Friday of October is National Smile Day, so celebrate with a good laugh!

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.

COVID/Heath News

Children learn best when they are healthy and well-rested. Please, for your child's health and safety, and for the health and safety of others, keep sick kids home. If your child is experiencing any of the symptoms below and these symptoms are not attributable to any other condition they may have, then your child should stay home.

- A temperature of 100 or higher without the use of fever reducing medication
- Nausea, vomiting, diarrhea, or loss of appetite
- New uncontrolled cough that causes difficulty breathing OR a change in their cough from baseline for those with allergies/asthma
 - New congestion or runny nose OR a change in symptoms from baseline for those with allergies/asthma
- Severe sore throat
- New or unusual onset of severe headache, muscle, or body aches
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- New or unusual rash
- Pink eye with discharge not associated with diagnosed allergies

A student may return to school when:

- They are asymptomatic or symptoms have significantly improved
- There has been no vomiting, diarrhea, or fever for 24 hours without the use of medication
 - They have been evaluated by a healthcare provider and cleared to return to school with a note from the provider
 - They have been taking a prescribed medication for impetigo, strep throat, pink eye, or any other communicable conditions for 24 hours or per their healthcare providers instructions/recommendations

COVID-19 Testing and Positive Cases

- Consider testing if illness symptoms persist and/or your healthcare provider recommends testing, test results must come from a lab
- Report positive COVID-19 tests to the school
- Positive COVID-19 students must self-isolate/stay home for 5 full days, the first day of symptoms is considered day zero
 - May return to school on day 6 if asymptomatic or with improving symptoms, masks recommended for another 5 days
 - The school will no longer track, trace, or communicate positive cases in the facility

Notes from the Counselor

Gameplan for Positive Parenting Your Teen

Positive parenting a teenager? A terrific teen who's responsible, considerate, shows good judgment, at

least most of the time? Yes, it is possible! Here's your game plan, with 12 essential Tips. You may not feel like you have much influence on your child these days, but teens' behavior is highly correlated with the strength of their bonds with their parents.

Good relationships between teenagers and their parents, as rated by both, are positively correlated with school success and general happiness as rated by the teen, and also by those around her.

By contrast, weak or conflictual parent/teen relationships are correlated with early sexual activity, experimentation with drugs and alcohol, the teen's involvement in violence (as either perpetrator or victim), and suicide.

How do you parent this blossoming person who sometimes seems to be becoming a stranger?

12 Essential Tips:

1. Remember you're a parent, AND a friend.

Teens crave the security of knowing their parents understand them, appreciate them, and love them no matter what--so they do want the relationship to be a form of friendship. But they also need to feel like they have some independence, so sometimes you may feel a bit shut out. If you can navigate your closeness in an accepting way that doesn't take advantage of your role as parent to tell your child what to do, he's more likely to open up and share with you.

Does a close friendship erode your teen's respect for you? No. Don't you respect your friends, and treasure those who are really there for you emotionally? If you offer your teen respect, consideration, and authenticity, that's what you'll receive in return.

And as close as you want to be to your teen, sometimes you will have to pull rank and say No. If you're doing it often, that's a red flag that something is wrong. But sometimes your teen will be looking to you to set limits they can't set for themselves. Sometimes you'll need to stick by your values and say no, whether that's to an unsupervised party or a very late bedtime. And, of course, sometimes your teen will be able to use your guidance to come up with a win-win solution that answers your concerns.

2. Establish dependable together time.

Be sure to check in every single day. A few minutes of conversation while you're cleaning up after dinner or right before bedtime can keep you tuned in and establish open communication. Even teens who seem to have forgotten who their parents are the other 23 hours a day often respond well to a goodnight hug and check-in chat once they're lounging in bed. In addition to these short daily check-ins, establish a regular weekly routine for doing something special with your teen, even if it's just going out for ice cream or a walk together.

3. Parent actively and appropriately.

Don't invite rebellion by refusing to acknowledge that your son or daughter is growing up and needs more freedom. But don't be afraid to ask where your kids are going, who they'll be with and what they'll be doing. Get to know your kids' friends and their parents so you're familiar with their activities.

4. Try to be there after school.

The biggest danger zone for drug use and sex isn't Saturday night; it's between 3 and 6 PM on weekdays. Arrange flex time at work if you can. If your child will be with friends, make sure there's adult supervision, not just an older sibling.

5. Keep your standards high.

Your teen wants to be his or her best self. Our job as parents is to support our teens in doing that. But don't expect your child to achieve goals you decide for her; she needs to begin charting her own goals now, with the support of a parent who adores her just as she is and believes that she can do anything she aims to. Support your teen's passions and explorations as she finds her unique voice.

6. Make it a high priority to eat meals together

...as often as you can. Meals are a great opportunity to talk about the days' events, to unwind, reinforce and bond. They're also your best opportunity to keep in touch with your teen's life and challenges, and to spot brewing problems. Finally, an important factor in kids' happiness and overall success is whether they feel they get time to "just hang out and talk" with parents every day.

7. Keep the lines of communication humming.

If you don't know what's going on, you lose all hope of influencing the outcome. Some teens have the fear

that you are going to attack, criticize, or fix them. That is normal. It can be helped to reduce by stating the obvious that you love them and want to help them all the time. Then the transition for teenagers is to remind them that they can think and solve problems too. The teenage years are for learning to use those tools themselves. So you are curious about what they see is the problem and then ask them what are three options about how they want to solve the issue. This is to allow that the first reaction is usually an all or nothing response or I don't know. Then you can remind them that this is just a stressful problem, but they have solved problems before and bring to mind one that they did solve well. Now wait for them to give some response. Then the third option is to ask what else they could do just to help them come up with a couple options. Then give them permission to choose one of their plans and try it. Then share with you how it worked out and what they figured out about it after the event. This is modeling problem solving by active listening but letting them try to solve things now while the price is smaller than it will be in the adult world.

8. Encourage good self-care

...such as the nine and half hours of sleep every teen needs, and a good diet. Coffee is a bad idea for early teens because it interferes with normal sleep patterns. Too much screen time, especially in the hour before bedtime, reduces melatonin production and makes it harder for kids to fall asleep at night.

9. Continue family meetings.

Held regularly at a mutually agreed upon time, family meetings provide a forum for discussing triumphs, grievances, sibling disagreements, schedules, any topic of concern to a family member. Ground rules help. Everyone gets a chance to talk; one person talks at a time without interruption; everyone listens, and only positive, constructive feedback is allowed. To get resistant teens to join in, combine the get-together with incentives such as post-meeting pizza or ice cream, or assign them important roles such as recording secretary or rule enforcer.

10. Keep kids safe and connected to the family by keeping computers in your common space.

It can be hard for parents to track what teens do online because they usually know more about the computer than we do. But research shows that he'll be less tempted to spend time doing things you'd disapprove of if the computer is in a common space, where you can walk by and glance at what he's doing. Kids live online these days, but he can still stay connected to his family if online is in the heart of your home.

11. Don't push your teen into independence before he's ready.

Every teen has his own timetable for blossoming into an independent person. Real independence includes close relationships with others, and it never needs to include rebelliousness. It is NOT healthy for your child to feel that you're pushing him into independence -- that only leads to him becoming overly dependent on the peer group for validation. If he isn't ready to go to sleep away camp for a month, then he isn't ready. Sooner or later, he will be. Respect his timetable.

12. Make agreements and teach your child to make repairs.

If you've raised your child without punishment, he will almost certainly be close to you. Because he doesn't want to damage the trust between you, he won't lie to you, and he won't usually infringe on your limits. If he does, ask him how he can make repairs, including repairing your trust.

13. What if you've raised your child with punishment, and now she's breaking your rules and lying to you?

It's never too late to help her learn to take responsibility, but to start, she has to value her relationship with you. That means you need to stop punishing, and start listening and connecting. You also need to insist that she find ways to make repairs. That's a tricky dance, because punishment will make things worse, so she has to choose the repair-- and yet you are still insisting that she do so. No, it's not a punishment -- it's a way for her to make things better when she messes up, which is what all adults need to learn to do. But she'll only understand it this way if she wants to please you, so if you need to go to counseling together to create that relationship, don't hesitate.

14. Stay connected even as she moves into the world.

If we've accepted our child's dependency needs AND affirmed her development into her own separate person, she'll stay fiercely connected to us even as her focus shifts to peers, high school and the passions that make her soul sing.

It's appropriate for teens to want to spend more time with their peers than their parents as they get older, but kids who are well grounded in their families will respond well to parents' efforts to stay connected. And parents who have bonded adequately with their children at each earlier stage will feel invested enough in their teens to stay connected, even if a lot of effort is required.

It's critical, during the teen years, for parents to remain their children's emotional and moral compass. Kids will begin to experiment with intimate relationships outside the family, but to do that successfully, they still rely on those intimate relationships at home remaining solid. That means that a 14 year old who focuses mostly outwards is probably looking for something he wasn't getting at home.

We need to invite our children to rely on us emotionally until they're emotionally ready to depend on themselves. Too often, in our culture, we let teenagers transfer their dependency outside the family, with disastrous results. Teens often give up a great deal of themselves in pursuit of the closeness they crave, only to crash against the hard reality that other teens aren't developmentally able to offer them what they need to flourish as independent young adults.

You may not be at the top of your teen's list nowadays, but work like the dickens to stay close, and don't take it for granted that your child will now push you away. That's a sign of a damaged relationship. Don't give up. It's never too late in your relationship with your child to do repair work and move closer. There are more resources at: <https://www.ahaparenting.com/guide/communication>

Joe Lipetzky Psy.D.

Dr. Joe Lipetzky, our school psychologist, is at St. Mark's on Monday and Friday mornings.

TBA, our school counselor, is at St. Mark's on Mondays, Wednesdays and Thursdays.

St. Mark's School | 7503 W. Northview St., Boise, ID 83704

[Unsubscribe rvanpaepegthem@stmarksschoolboise.com](mailto:rvanpaepegthem@stmarksschoolboise.com)

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