

Volume 7, Issue 5— September 16, 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 St. Mark's School Parents and Friends,

Since arriving here at St. Mark's, I have learned that this is a busy parish. We have a lot of ministries that are working hard to spread the Gospel throughout our community and it is great to see.



You might have seen the red signs on the front lawn of the church talking about *Come and See*. This is a kick-off to our adult faith formation for people who would like to become Catholic. It is a question-and-answer format with refreshments and a relaxed environment. If you, or someone you know, is considering becoming Catholic, encourage them to attend on Tuesday, September 20th at 7 pm.

Next weekend, (Saturday, September 24th) is our annual Parish picnic with an Oktoberfest theme. I invite you to join us for an evening of fun for the whole family. It will be my first one as well, so I welcome you to say hello. We have bounce houses and games lined up for the kids, as well as a German dinner, music, and beer for the adults. It will begin directly following 5 pm Mass, so join us for that as well!

You are in my prayers. Have a blessed week,

Father Paul

Letter from our Principal

Dear St. Mark's Families,

This week our fourth through eighth-grade students received altar serving training, and our seventh and eighth graders were trained to be ushers. It is beautiful to see our students actively participating in our weekly masses! Please join us on Wednesdays at 8:30 at the church anytime you are available.





We have been focusing on our schoolwide learning expectation (SLE) of perseverance this month, and boy, have the students shown this virtue on their MAPs tests this week. They should all be proud of their efforts, for taking their time, and for never giving up when the questions became harder and harder.

Tardies

The office ladies have been recording several tardies every day. Having your children at school on time is essential, so they don't miss valuable instruction time, and teachers don't have to restart lessons for late students. Please make every effort to have your students here on time. If you arrive after 8:05, you must sign your student in at the office for them to receive a tardy pass. Students may not sign themselves in.

September 24th is Oktoberfest at the parish! A fun run kicks off this special day at 9:00 am. Please consider registering the entire family and joining the festivities after the 5:00 pm student-hosted Mass.

Have a blessed weekend, and thank you for supporting St. Mark's. Go Lions!

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.**

Revitalization News



Thank you to all of our volunteers who have helped with the Library set up this week.

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.**

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

Student Spotlight



This summer for TJ and Kellen's birthday the boys ask their family and friends to give them gifts they could give to St. Luke's pediatrics. They delivered the gifts to St. Luke's today - legos, puzzles, stuffed animals, Barbie dolls, coloring books, games and more that could be given to children while they are in the hospital.

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-S

Congratulations to this week:

Bryden C, Ashley H, Chloe C, Daniel O, Ander L, Maitane L, Sophia D, Shiloh V, Michael T, Jackson R, Hunter S, Bentlee H, Paisley H, Emma J, GiGi M, George W, Cailyn J, Caleb W (2), Finn F, Marcus B, Landry B, Theo N, June R, Lucy W, Liam C, Dominic S, Halle R, Patrick T, Jude Q, Noelle G, Andrew C, Monserrath M, Stephen D

Perseverance

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

- An 8th grader showed perseverance in the classroom with his outstanding detailed work, holding the door open everyday for people going to lunch, and showing polite behavior towards the faculty, staff, and students each day.
- Several kindergartners kept on doing their best, even when work was hard.
- Many kindergartners completed their work on time.

Weekly Calendar

Sunday, September 18

Catechetical Sunday

Wednesday, September 21

8:30 a.m. Student Body Mass presented by Mrs. McCurdy's 6th grade

Thursday, September 22

3:00 p.m. Cub Scout Popcorn Parking Lot Sale

Friday, September 23

\$1 Optional Spirit Day

Upcoming Events

Saturday, September 24

5:00 p.m. School Sponsored Mass presented by 8th grade
Oktoberfest @ Parish

Tues, September 27

Flu shot clinic for students and staff

Wednesday, September 28

8:30 a.m. Student Body Mass presented by Ms. Hatfield's 6th grade

Home & School



*Invitations for the Annual St. Mark's Auction
"Sea's the Day", February 11, 2023
is available in the new front entrance hall. Be sure to pick one up, or
grab an extra and invite family and friends to join us in the fun!*

*Also check out our Sign-up Genius webpage to sign-up
for open volunteer positions.*

Volunteer Opportunities



We need more help placing books on shelves in the Library - Tuesday, September 20 from 8:00 a.m.-1:00 p.m. and Friday, September 23 from 8:00 a.m.-3:00 p.m. Check in at the office and volunteer for part of or the entire timeslot. All time volunteered goes toward your Volunteer Hours.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (19)—Hudspeth

Tuesday (20)—Storli, Laubhan, Perez

Wednesday (21)—Cepek, LaMott, Anderson, Manzanares

Thursday (22)—Laubhan, Perez, Mullin

Friday (23)—Antonoplos, Paz, Manzanares, Perez

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)



St. Mark's School will be offering a staff/student flu shot clinic on Tuesday, September 27. Pharmacists from Albertsons will be administering the shots.

Click [here](#) to download the form. Please print, sign and return the form to the School office.

If you have insurance, we need a copy of the insurance card attached to consent .
There is no cost for the vaccine regardless of insurance.

IF YOUR CHILD IS ABSENT FROM SCHOOL, please make sure to contact the school office at 208-375-6654 or **schooloffice@stmarksschoolboise.com**.

Do you have new emergency contact information that needs updated? If you have a new phone number, email, address, etc., please log into your PlusPortal account and update it there. If you are having trouble with PlusPortals, please email the information to **schooloffice@stmarksschoolboise.com** and we will update it for you.



Fr. Paul gave us the acronym, ACTIP, to remember the different forms of prayer:
A-Adoration
C-Confession
T-Thanksgiving
I-Intercession (praying for someone else)
P-Petition

STUDENT ART CONTEST

Create a poster illustrating these different prayer forms that we can put up around the school.

Turn into the Front Office by Friday, September 30th.

There might be some fun prizes. :)

-St. Mark's Spirituality Committee

The number of tardies every week has been increasing. If you have road construction in your area, please leave home earlier to ensure on time arrival at school. Unless there is an accident delaying your commute, traffic is not an excused tardy.

FAMILY PRAYER REQUESTS

How can we help pray for you or your family? Be on the lookout for Prayer Request Cards coming home with your child(ren). Please fill them in and return them with your child to school so that we, as a school, might



Mrs. Cooper will not have choir on Monday or Tuesday next week because of schedule conflicts. They will start back up again the following week, September 26th & 27th.

Choir and Orchestra has began, but it's not too late to join!

Choir is open to 5th-8th grade. No experience needed.
3:00pm-3:45pm Mondays & Tuesdays

String Orchestra is open to 5th-8th grade. Prior experience required.
7:20am-8:00am Tuesdays and Thursdays

Any questions please contact Mrs. Cooper at lcooper@stmarksschoolboise.com or 208-703-0615.

Thank you to our 8th grade parents for providing a delicious taco bar spread for the staff September lunch.

Students in Grades 4-8 who need to check out a St. Mark's School
Chromebook to complete homework

**INSURANCE IS MANDATORY FOR CHROMEBOOKS
LEAVING THE SCHOOL PROPERTY**
(this also covers damage that occurs at school)



If your child(ren) will need to check out their St. Mark's School
Chromebook during the school year to complete homework:

1. A **Chromebook Agreement Form** must be completed by parents and students agreeing to the terms of use, and
2. Parents must purchase a **Securranty Insurance Policy**.

The Securranty Insurance policy protects the family and school
against loss of the device, which are valued at \$270. Please return

the signed Chromebook Agreement to the School Office, proof of purchase of insurance is provided by Securranty.

To download the forms, click on the "red links" above. The forms are also available on our website under School Forms.

In order for the chromebook to be taken home, INSURANCE MUST BE PURCHASED AND THE CHROMEBOOK AGREEMENT FORM, must be turned in to the School Office.

LOST & FOUND is already overflowing with sweatshirts and jackets. Please make sure that your clothing has your name on it so it can be returned.

Cub Scouts Popcorn

Please support St Mark's
Cub Scout Pack 94!



PROCEEDS FROM THESE SNACKS
GO TOWARDS SUPPORTING
**YOUR LOCAL
SCOUT TROOP!**



Gourmet popcorn will be sold after school in the parking lot on Thursday, September 22nd, with popcorn on hand, plus orders taken for additional items to be delivered in early December, in time for holiday gifting.



TVCS Events/Sports

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

Preschool Happenings



Preschool did such a nice job at Mass on Wednesday that they were treated to a special surprise recess at the park across from the church!



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

Want to participate in the St. Mark's Oktoberfest Fun Run? It is a 5K on September 24th at 9 am. You can run or walk. This fun run will begin and end at the church. All the donations go towards the Journey with Us building project fund. We are excited to have you join us!
<https://www.wesharegiving.org/app/giving/WeShare-2763?tab=home>

Oktoberfest 5K Fun Run/Walk



Ready!

September 24th, 9:00am
Begin and end at St. Mark's parish

Set!

Register at www.stmarksboise.org
No cost! Donations to the parish school's *Journey With Us* project gladly accepted!

Go!

Walk - run - have FUN!

Dear Families,

COVID has disrupted many on their sacramental journey.

Need Baptism?

First Holy Communion?

Confirmation?

Marriage in the Church?

Contact: St. Mark's Parish Office at 208-375-6651.

Contact Ginger Mortensen: gmortensen@stmarksboise.org for sacramental needs of children through age 17.

Contact Juliet Jones: jjones@stmarksboise.org for the sacramental needs of adults ages 18 and up.

Altar Server Training

Have you been interested in your son or daughter becoming an altar server?

There is an upcoming training!

They just need to:

- Be fourth grade or older,
- Already received First Holy Communion
- <https://tinyurl.com/MarksServers2022>

**September 17th at
11am or 6:30pm**

Please contact
Joe Wilsey for questions
joewvolunteer@mail.com



Notes from the Nurse

Healthy Hydration



Water, along with milk, is the best drink choice for kids. It's good for the body and economical. On average, school aged children should drink between 6-8 cups of water per day. The amount of water may vary by individual and need adjusting based on activity level and environmental conditions. Here are a few ideas to help children choose water:

- Infuse water with lemons, limes, pineapple, mint, or cucumber.
- Keep fruits and vegetables with high water content readily available. Such as cucumber, celery, watermelon, and cantaloupe.
- Make your own popsicles or ice cubes with pureed fruit.
- Send children to school or sports practice with a refillable personalized water bottle.
- Avoid sugary drinks, artificial sweeteners, and juice because it can be difficult to choose plain water after a "sweet tooth" has developed, not to mention the sugary drinks are "empty calories" and can lead to tooth decay.
- Be a good role model yourself and start the water habit early.

It is important to encourage children to stay hydrated during sports, exercise, or excessive heat. Your child may need additional water to prevent dehydration and should drink water before, during, and after physical activities. With vigorous activity, excessive heat, or sweating that extends beyond an hour, an electrolyte beverage may be necessary. Some signs of dehydration include:

- Thirst

- Cramps
- Lightheadedness
- Headache
- Flushed skin
- Less urination or dark colored urine
- Dry lips or mouth
- Rapid pulse

Encourage water consumption before your child feels thirsty!

Healthychildren.org (1/27/2020)
American Academy of Pediatrics (2020)

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

Getting Your Child to Listen

You can train your child to hear what you say the first time that you say something. You can also train them to ignore you. Children who listen to their parents are a source of joy, but children who don't listen can be a constant source of frustration.

Our actions can either train our kids to listen—or train them not to listen. Years ago, I witnessed a parent in an airport issue order after order to the parent's child. The child never obeyed any of these orders and was running uncontrollably among other travelers, causing great irritation. The child came to me, and I asked him, "What's your mom going to do if you don't do what she says?" He replied, "Nothing."

It took a lot of will-power for me not to say, "I've known a lot of five-year old kids who listen to their parents. But their parents mean what they say to their kids."

Teaching kids to listen is not difficult or complicated. Here are four steps you can take to help your kids learn how to listen:

First, make a commitment that you will never repeat yourself. Children will unconsciously learn how many times each parent will repeat a request before the parent takes action. By not repeating yourself, your child will learn that you will only say something once before you take action. If you consistently respond multiple times, your child will learn to wait before they respond as many times as you repeat your request.

Second, be prepared to act. There must be consequences when a child fails to listen the first time a parent makes a request.

Third, never accept, "But I didn't hear you," as an excuse. You should respond with, "How sad not to be listening. Maybe your ears will get better." This must be said without sarcasm and the consequences must always be preceded with sincere empathy.

Fourth, be prepared for kids to have a fit about not getting their way. Even though this will be uncomfortable, you must keep in mind the long-term goal of raising a well-behaved child and that this is one of the growing pains that kids experience.

Training and expecting kids to listen is one of a parent's greatest gifts. It's the Love and Logic way. Our audio, ***The Gift of Limits: Why Kids Who Have Them Feel Safer and More Loved*** provides excellent help with teaching kids to become respectful and self-controlled.

Thanks for reading! This article was first published by Jim Fay on the free Love and Logic Blog.

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.