

## Volume 8, Issue 22- February 2, 2024

# SAINT MARK'S -CATHOLIC SCHOOL-



ESTABLISHED 1967

### 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 Families and Friends of St. Mark's,**

Remember the famous priest who coined the familiar truism, *"The family that prays together stays together?"* Fr. Patrick Payton staged massive Rosary rallies throughout the world to promote prayer as the way to safeguard the family in our perilous modern times.

Well, his efforts have scientifically been proven true. A recent study at the University of Minnesota reported that the national average for divorce is fifty percent. One out of every two couples who marry civilly get divorced. But surprisingly, and some think even incredibly, this study found that for couples and families that prayed together—read scripture, prayed the Rosary, prayed before and after meals, etc.—only four percent of these marriages ended in divorce!

Praying together is extremely powerful and always gets results. Jesus Himself promised us that where two or three come together to pray, He is there. He also said that whenever two or three agree upon something for which to pray, that prayer will be answered—no "ifs", "ands" or "buts"! When we pray as a family we pray as God's family. We pray to our Heavenly Father through the Beloved Son in the power of the Holy Spirit. The results are guaranteed although they come in God's time and according to His Holy Will, that is, in the form of whatever is best for us.

So, in 2024, I encourage everyone to pray, personally, but also to pray as a family. I know, at first, it might feel strange or uncomfortable, especially if you are not used to it—but I promise you the results of grace will be encouraging. God will listen and answer your prayers. Just try it. Make it a habit. If you need help, ask. If you are lost, seek. If the door seems closed, knock. Give God a chance to show you how much He loves you. Could it be that we are experiencing so many difficulties precisely because we don't pray very much, or that we pray half-heartedly, or that we rarely dare pray together as a family?

**With prayers and friendship**



## Letter from our Principal



Dear St. Mark's Families,

Happy Friday! Today marks the halfway point in our third quarter. Please check your Family Portal for your child's grades. If you have any concerns or questions, please reach out to their teacher(s).

We had a fun, faith-filled Catholic Schools Week(CSW)! Our student council members, with the help of their teacher mentors, created the best CSW ever! They planned daily prayers and intentions, trivia questions, essay contests, door-decorating contests, and much more. The All Schools' Mass was beautiful! The sound of 1700 students praying, signing, and receiving communion and blessings together is indescribable. The recording may be viewed **HERE**.

Today, teachers discussed adopting Catholic standards into all subject core areas. The Diocese of Boise is asking for our input in order to have standards in place by the fall of 2024. We concluded our work with Mass in our chapel! Retired priest, Monsignor DeSilva celebrated the Presentation of the Lord Mass with us. What a blessing!

I would like to personally invite to an event that Bishop Kelly High School is hosting on February 20th at 6:30 pm called, ONE KNIGHT PARENT KNIGHT on Social Media and Mental Health. If your child has a cell phone or another device that allows them access to social media, I highly recommend attending. The speaker, Officer Gomez, visited Bishop Kelly High School students yesterday. We are considering bringing him to St. Mark's to speak to our older students at a middle school level. February 20th is your opportunity to hear his message to parents. Dr. Gretchen Gudmundsen will also be talking about students' mental health issues. Look for more information below.

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.



## Student Spotlight

### Lion Pride Recognition



# LionPRIDE

Practice  
MAKES  
Saints

	CLASSROOM	HALLWAYS	LUNCH ROOM	PLAYGROUND	BATHROOMS	CHURCH
<b>PERSEVERANCE</b> <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
<b>RESPECT</b> <i>Others, Self &amp; 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
<b>INTEGRITY</b> <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
<b>DISCIPLESHIP</b> <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
<b>EXCELLENCE</b> <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-

## Congratulations to this week's winners:

Espyn S, Wyatt S, Henry C, Tyus R, Vincent A, Noah M, Pilar M, Tyus R, Emily T, Jackson M, Connor D, Monsea M, Mary C, Lincoln R, Olin S, Vincent A, Dominic S, Landry B

## Weekly Calendar

### Sunday, February 4

Mrs. Turner's Birthday

### Monday, February 5

National School Counseling Week

### Tuesday, February 6

Dinner Auction Basket Review Day in School Lobby

Mrs. Schuette's Birthday

### Wednesday, February 7

8:30 a.m. Student Body Mass presented by Mrs. Jensen's Kindergarten

### Thursday, February 8

Mrs. Arentz's Birthday

### Friday, February 9

Spirit Day

### Saturday, February 10

5:00 p.m. Bloom in Love Dinner Auction

## Upcoming Events

### Sunday, February 11

Mrs. Lee's Birthday

### Monday, February 12

Ms. Murray's Birthday

5:30 p.m. School Board Meeting

7:00 p.m. Home & School Meeting

### Tuesday, February 13

Fat Tuesday

### Wednesday, February 14

Happy Valentine's Day

8:30 a.m. Student Body Mass (Ash Wednesday) presented by Mr. Newton's 6th grade

## Home & School



**Online Auction: Items open tomorrow, Friday, February 2 at 3 pm to begin bidding.**

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Parents! Here's your chance to preview in person the class baskets each grade worked hard on for the auction! Decide which baskets you want to bid on! They are all amazing!

Come into school any time Tuesday, February 6th between 7:30 AM and 3:30 PM. Optimum Family Travel, Crazy for Coffee, Ultimate Camping, Sports Parents essentials, Mani Pedi parties, Movie Classics, Harry Potter treasures, Fly High Party Package, Book Lovers, Moms Favorite Things, Dining & Drinking with the Saints. There are even some impressive handmade items by the St. Marks Comfort Quilters, parents and grandparents of St. Marks students. You don't want to miss these!

Get ready to place your bids and secure these delightful packages while supporting St. Mark's School.

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### *All about the 2024 Bloom in Love Auction*

**When:** February 10, 2024, Doors open at 5 pm

**Where:** Boise Centre Downtown Room 400 in the East Wing. Guests will need to take the elevator to the 2nd level and then follow the escalators upstairs. This way they can register at Room 440 and then continue toward the ballroom for the event. Room 440 is also where guests will go at the end of the event for auction check out and to pick up their coats.

**Who can attend:** Any member of St. Marks, their friends and family, and anyone who would like to support our school and students.

**Is attending mandatory?** No. But we encourage everyone, especially new families, to come join us for community and a night of fun!

**Dress for the Night:** Many guests like to dress up for the evening, come in formal wear, a costume, or something related to the theme. Be fun and creative, but in good taste, please.

**What should I expect while I am there?** Registration begins at 5 pm, from 5 to 7 we will have the silent auction portion of the evening, guests will be able to wander around socialize, listen to live music, bid on items, enter raffles, play games, enjoy having their picture taken, sample wonderful foods and desserts (see below for more details). This year guests will be able to leave their mark on our St. Mark's live painting happening during the event and later auctioned off during the live portion of the event. Around 7 pm the silent auction portion of the evening will close, everyone will be called to their tables for welcoming, prayer by Father, and the dinner portion of the evening begins. There will be games and announcements before the 8 pm live auction and the paddles-up portion of the evening in which we will be raising funds towards a newer bus for the school. After the Live auction concludes we ask guests to make their way to the exits to check out and/or to head down the hall to ballroom 420 for the afterparty which includes dancing and the Queen of Hearts Tournament (see below for more details).

**Parking:** There are many parking centers in and near the Centre. Provide extra time to park and walk a short distance to the Centre. Please obey all parking laws and requirements. There are also Uber, Lyft, and other transportation companies that can take you to and from the Centre.

**Hotel Rooms:** Unfortunately, we were unable to get discounted hotel room rates this year with the Grove or Hotel 48. But please mention that you are booking for St. Mark's - this will help us get discounted rates in the future.

**Tickets:** Tickets can be purchased at our official website <https://stmarksschool.schoolauction.net/bloom> or by filling out a ticket form located at the front office of the school. A table seats 10 guests so grab some friends and purchase a table.

**Ticket prices will increase on February 1st** so, please pay for your tickets/purchases before this date to save money.

**What if I need or have a special ticket?** Please reach out to Michelle Downing regarding special tickets and promo codes.

**What about meals and food?**

This year we will be serving pass-around appetizers during the Silent auction part of the evening 5 pm to 7 pm along with many wonderful desserts created for this evening (see Dessert Ticket for more information) and specialty teas from around the world served by our very own tea monger. There will also be 5 bar lines this year for those who wish to cheer the night of fun. Dinner will be served at 7 pm Starting with an Organic Mixed Greens salad, Heirloom Tomatoes, Cucumbers, Olives, Sunflower Seeds, Herb Vinaigrette, and dinner rolls

And your choice of

Pan-Roasted Breast of Chicken (GF) with Salt and Herb-Roasted Fingerling Potatoes and Sweet Onion-Thyme Sauce

or

Grilled Portobello Mushroom (GF, V, DF) with Lemon-Leek Polenta,

Ratatouille, and Butternut Squash Puree

Please be sure to indicate your meal preference on your online profile or ticket form. For issues with tickets, tables, seating, or meals please contact our reservation team at [stmarksauctionreservations@gmail.com](mailto:stmarksauctionreservations@gmail.com)

**To Bid Online:** What if I want to be able to bid on items but not attend the event? Go to our website

<https://stmarksschool.schoolauction.net/bloom> and choose the option Signup rather than Tickets. This will allow you to create an account to bid. Please note that not all items are available online. One of the many perks of attending in person is the ability to bid on all the items including class projects and baskets.

**What is the Queen of Hearts ticket add-on?** This ticket will allow the guest to participate in the Queen of Hearts Card Game tournament after the auction from 9-midnight in Ballroom 420. After the conclusion of the Live Auction portion of the evening. Make your way to the end of the hallway and join us in the Queen of Heart Room (420). Look for the Card Soldiers. Here you can dance the night away on our black and white chess board, provided by Soundwave Entertainment. Once again Rock in Rooster returns to play all our favorite songs. Don't feel like dancing? Join our various Card Games for a chance to win big. \$25.00 a ticket allows you to play cards for the remainder of the night. Cash out at 11:45 pm and receive raffle tickets to enter to win Golf Tickets for two to Eagle Golf Course.

**What is the Dessert Ticket add-on?** This \$25 ticket allows the guest to sample over 60+ desserts created for just this evening. This is in place of the traditional dessert auction. Note this is a first come first serve event. We cannot guarantee you will receive a sampling of every dessert. Desserts will be served from 5 pm till we run out. There are no refunds on the dessert tickets.

**Games and Raffles:** This year we will have our usual raffles, Best of Live, and A Years Tuition. We will also be doing a wine pull, where this year not only will you take home a nice bottle of wine, but you could win the Queen of Hearts Bottle that comes with a gift card for two to Bardenays restaurant. However, we are adding two additional fun games:

**Off with Their Heads or Cotton Tails Raffle \$20 - Wine Tour**

Purchase a bunny cotton tail from one of our game tables for \$20.00. During the dinner portion of our night, the game will begin. The winner of this game will win a 4-person wine tour from The Eagle Foothills & Star tour. The Eagle Foothills & Star tour includes tastings at three amazing wineries in the Treasure Valley. You will visit Sol Invictus, Dude Dewalt, and 3 Horse Ranch. (Value \$460)

**Card Soldiers Raffle \$10 - Shift Boutique**

Purchase your choice of a Playing Card Soldier out of a deck of 52 for \$10.00 each. Your card will be torn in half, and you will be handed one half; please hold onto this "receipt". The other half of the card will be placed in the drawing basket. During the dinner portion of the night, the presenter will announce for all card raffle players to stand. The presenter will then announce winning and losing cards and suits until only one Card Soldier is identified. The winner of this game will win a Private Shopping Event from SHIFT boutique for up to 15 people. Enjoy beverages and light snacks while you and your friends takeover SHIFT for a private shopping event, including 20% off the

entire store for the evening

**My child mentioned something about painting a teacup?** Yes, every student in the school painted a teacup that is available for purchase for \$25.00. You can purchase them at <https://stmarksschool.schoolauction.net/bloom/catalog>, or the night of the auction. Those teacups not taken home the night of the auction will be at the school the following week for purchase and pick up. Please consider donating and taking these beautiful pieces of artwork home.

**What if I win something but I am not at the auction or can't take it home the night of the auction?** The Monday (2/12) following the auction, all items will return to the school for pick up. We have volunteers working in the am after drop-off and in the pm during pick-up to help you locate your items. For faster pick up, please bring a printout of your invoice or your phone to show items won and paid for.

**I still need auction volunteer hours, what should I do?** Check out our sign-up genius page at <https://www.signupgenius.com/go/10C0449A8A62EA2FD0-dinner#/> to check out available positions and requests or reach out to Jenn Baxter.

**What if I forgot what I signed up to help?** Sign in to the sign-up genius page at <https://www.signupgenius.com/go/10C0449A8A62EA2FD0-dinner#/> to doublecheck.

**What if I have an additional question?** Please email the auction team at [stmarksschoolauction@gmail.com](mailto:stmarksschoolauction@gmail.com) and we will get back to you as soon as possible.

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## Tables still available, make your reservations!

Please click the link to register for the dinner auction online; buy tickets, view items, bid on online auction items as they become available. The dinner auction will have silent and live auction items available to event attendees only; there will also be an online auction, and buy now options available to everyone.

<https://stmarksschool.schoolauction.net/bloom/homepages/show>

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## BLOOM IN LOVE

### RAFFLE TICKETS



**\$ 6.00 EACH OR \$25.00 FOR 5 TICKETS\***

\*5 TICKETS MUST BE PURCHASED BY SAME PARTY TO QUALIFY FOR DISCOUNTED PER TICKET PRICE

**DRAWING TO BE HELD FEBURARY 10, 2024**

THANK YOU FOR SUPPORTING ST. MARKS SCHOOL BY PURCHASING A RAFFLE TICKET

**RAFFLE GRAND PRIZE: ESPRESSO MAKER**

**2<sup>ND</sup> PLACE – \$200 GIFT CARD TO RUTH'S CHRIS STEAKHOUSE**

**3<sup>RD</sup> PLACE- \$100 AMAZON GIFT CARD**

STUDENTS THAT SELL THE MOST TICKETS:

**1<sup>ST</sup> PLACE – APPLE AIRPODS GENERATION 3**

**2<sup>ND</sup> PLACE – \$100 AMAZON GIFT CARD**

**3<sup>RD</sup> PLACE – 2 TICKETS TO JUMPTIME**

CLASS THAT SELLS THE MOST TICKETS:

**1<sup>ST</sup> PLACE – PIZZA PARTY FOR THE ENTIRE CLASS**

ANY STUDENT WHO SELLS **\$100** OR MORE IN RAFFLE TICKETS WILL EARN A CAN OF SILLY STRING TO SPRAY PRINCIPAL GORDON.

ALL SALES ARE FINAL. WINNER WILL BE NOTIFIED AFTER THE 2-10-2024 DRAWING. WINNER DOES NOT NEED TO BE PRESENT TO WIN. PLEASE SUBMIT COMPLETED TICKETS AND MONEY TO THE FRONT OFFICE. IF YOU NEED ADDITIONAL TICKETS, PLEASE MAKE COPIES OF THE FOLLOWING SHEET. MORE INFORMATION ABOUT THE RAFFLE MAY BE FOUND AT [HTTPS://STMARKSSCHOOL.SCHOOLAUCTION.NET/BLOOM/](https://stmarksschool.schoolauction.net/bloom/)

**It's Raffle Ticket time. [Click here](#) to print your tickets.**

### Volunteer Opportunities

See below announcement for baking for the Library Bake Sale.

### Lunch Room Volunteers

#### **NEXT WEEK'S LUNCH HELPERS**

Monday (5)—Speck, Bauer, Gorney, Binns

Tuesday (6)—Chavier, Bauer

Wednesday (7)—LaMott, Antonoplos

Thursday (8)—Anderson, Storli, Larrinaga

Friday (9)—Antonoplos, Paz, Cavazos, Bauer

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 serve lunches and clean tables in the lunchroom. 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



### Library Valentine's Bake Sale Monday, February 5

- Morning Sale by Preschool classroom
- All funds go to library to purchase books
- Bake items for the sale and bring them to the library the morning of the sale - \$20 of donated items equals 1 Volunteer Hour

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## Catholic Schools Week

### Alumni Breakfast



### All Schools Mass





Tammy Emerich, Superintendent of Catholic Schools, and her assistant, Christina Linder, visited our school after Mass



**Dress Up Days**



Neon Day Fun



Career Dress Up Day



A poster for a Valentine's Day Candy Grams Sale. The background is white with a blue dotted border on the left and right sides. The top and bottom are filled with a pattern of small red hearts. In the center, there is a large red heart outline containing the text "Valentine's Day Candy Grams Sale". Below this is a red ribbon banner with the text "Selling on February 7th, 8th and 9th". At the bottom, there are two red rectangular boxes: the first contains "TICKETS WILL BE SOLD BEFORE AND AFTER SCHOOL." and the second contains "1\$ PER GRAM".

# Valentine's Day Candy Grams Sale

*Selling on February 7th, 8th and 9th*

**TICKETS WILL BE SOLD BEFORE  
AND AFTER SCHOOL.**

**1\$ PER GRAM**

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# hot chocolate sale



**HOT CHOCOLATE**  
**\$1**

**FRIDAY, FEBRUARY 9TH**  
**AT ALL LUNCH PERIODS**

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Thank you to Dr. Joe and Mrs. Lynch as we celebrate National School Counseling week.

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**YEARBOOK**

Hello 2024 Eighth Grade Parents -

The yearbook is one of our favorite school traditions! Students anticipate reliving the school year through candid photos, student portraits and event highlights. In just a few months, your child will be bursting with excitement to review the yearbook! Our yearbook staff is hard at work creating this memorable book and we have two unique sections dedicated to 8th graders!

Following the tradition of past years, we would like to include a baby picture of your 8th grader. Please submit a baby picture photo of your child to Mrs. Schuette([nschuette@stmarksschoolboise.com](mailto:nschuette@stmarksschoolboise.com)) no later than Friday, February 17th. This can be done by scanning the baby picture or taking a clear photo of it before emailing. If you are unable to scan or email, feel free to send in an actual baby photo to school. We will return the photo to you when we are finished with our baby picture pages. Please label the photo.

The other tradition of past years is creating a **Personal Display of Affection** (PDA) for your 8th grader. This is a way to support our school and recognize your child as they are about to graduate. This is completely optional but imagine the surprise when your child finds a personal message from you!

To order a PDA for your student, please return the PDA order form that is attached to this email. Please also include a favorite photo of your student and a personal message to be printed next to the photo. This photo does not have to be a baby picture. It can be any picture of your choosing. If you have digital images, please submit them in a digital format. Do not submit photos on regular paper. Like the baby photo mentioned above, feel free to send in an actual hard copy of your favorite photo. We will return it to you once our PDA pages are completed.

You may design your own PDA ad or we will design it for you. Previous yearbooks are available in the school office for your viewing if you would like to see examples of PDA ads or you can click on the Samples Pages below. All PDA submissions must be received no later than Friday, February 17th.

Thank you for supporting our school! If you have any questions, please contact our yearbook advisors, Mrs. Schuette ([nschuette@stmarksschoolboise.com](mailto:nschuette@stmarksschoolboise.com)) or Mrs. Lynch ([slynch@stmarksschoolboise.com](mailto:slynch@stmarksschoolboise.com)).

**Sample Page 1**  
**Sample Page 2**

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Thank you to the 4th grade parents who brought the delicious Home & School lunch for our staff last week.

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Do you have a child who is not currently attending St. Mark's School who will be 3 or 4 years old to attend Preschool next year or 5 years old by September 1 to attend Kindergarten next year?

Please complete and return the **Sibling Request Form**. Please return the form by Friday, February 9.

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# ONE KNIGHT PARENT KNIGHT

On Social Media and Mental Health



Officer Gomez



Dr. Gudmundsen

## Topics :

- Officer Gomez on Social Media
- Dr. Gudmundsen on Teen Mental Health
- Updates from the BK Counseling team

📅 Tuesday, February 20th

🕒 6:30 PM

📍 The BK Cafeteria  
7009 Franklin Road  
Boise, Idaho 83709



[Click Here for More Information](#)



**BISHOP  
KELLY**  
HIGH SCHOOL

*Congratulations to this week's Knights of the Week!*

**James Inouye - St. Mark's Graduate and BK Sophomore - Community, Generosity**

In a heartwarming display of kindness and community spirit, James stepped forward to lend a helping hand to an elderly couple, in the BK Community, as they





moved into an assisted living apartment. This act of generosity not only exemplified the values of the Bishop Kelly way of character but also showcased the power of compassion within the younger generation.

## TVCS Events/Sports



[Click here](#) for the TVCS athletic schedule.

## Preschool Happenings



This week was full of celebration due to Catholic Schools Week! We are so blessed to be part of this wonderful Catholic community.

Breakfast for lunch is one of their favorite school meals. Our preschoolers really appreciate Mrs. Godfrey and Mrs. Cox for their yummy and nutritious meals.

## Church Connection

If you would like to receive the Parish Newsletter [text](#) BOISESTMARKSNEWS [to](#)



## Notes from the Nurse



Dear Parents and Guardians,

Scoliosis screening is a routine part of our school wellness program. The purpose of this screening is to detect any early postural changes (curvature of the spine) which may indicate a deviation from normal spine development. The 5<sup>th</sup> and 7<sup>th</sup> grade girls and boys will be screened for scoliosis by the school nurse during the week of February 5<sup>th</sup>.

The procedure is a simple one. Students will be wearing school uniforms. The nurse inspects the spinal column, the shoulders, hips, and back while the student stands and then bends forward. If a spinal concern is detected a parent will be notified, and options for follow-up will be discussed. (If you do not hear from the school nurse, assume your child had a screening that was within normal limits.)

Scoliosis is an abnormal curvature of the spine that occurs in the cervical, thoracic, and/or lumbar spine. Scoliosis occurs during rapid growth spurts in the pre-adolescent and adolescent periods. There is also a genetic predisposition for scoliosis, so it is important to have your child inform the nurse of a positive family history of scoliosis.

For more information regarding scoliosis, please see:

<https://www.healthychildren.org/English/health-issues/conditions/orthopedic/Pages/Scoliosis.aspx>

<https://www.healthychildren.org/spanish/health-issues/conditions/orthopedic/paginas/scoliosis.aspx>

**\*\*NOTE:** If you prefer **NOT** to have your child screened, please contact us at: 208-375-6654 or the email listed below.

Thank you,

Sabrina Fuchs, RN, BSN [Sabrina.fuchs@saintalphonus.org](mailto:Sabrina.fuchs@saintalphonus.org)  
Sherry Placido CNA [Sherry.placido@saintalphonus.org](mailto:Sherry.placido@saintalphonus.org)  
Elaine Bostenero, RN, BSN [Elaine.bostenero@saintalphonus.org](mailto:Elaine.bostenero@saintalphonus.org)  
St. Alphonus School Health Program  
*St. Mark's Catholic School*  
208-375-6654

*Through the St. Alphonus School Health Program, Mrs. Bostenero, RN, BSN, is at St. Mark's on Mondays and Wednesdays, Mrs. Fuchs, RN, BSN, is at St. Mark's on Thursdays and Mrs. Placido, CNA, SASHP Assistant is here on Tuesdays.*

## Notes from the Counselor

### Why Are My Kids Acting Worse?

In recent weeks, many parents have called us in desperation, wondering why their kids are not responding immediately to Love and Logic techniques, and even acting worse. This unresponsiveness in kids reminds

me of my unresponsive garage door many years ago.

I loved my garage door. Well, not so much the door itself, but I loved the way I could make it go up and down without getting out of my car. I felt powerful and in control.

One night, however, I pushed the remote and nothing happened. I pushed it again—still nothing. Being a mature, middle-aged guy, I did what seemed the most reasonable course of action: I whined and complained. It remained unresponsive, just like my body is unresponsive to most exercise and diet programs.

Figuring that a good night's sleep would fix its obstinate behavior, I tried again the next morning. My once golden-retriever-like door was acting like some cats—it ignored me. Desperate times call for desperate measures: I yelled at it some more. Then I stomped into the house and whined to my wife.

One of the greatest benefits of applying Love and Logic is that it helps keep a tighter leash on our own emotions and on our tongues. When kids see that pushing buttons no longer raises and lowers our doors, it's not uncommon for them to push even harder.

**When we do the right things, they often feel like the wrong things in the short term.  
This is doubly true when parenting strong-willed children!**

Instead of giving up, wise parents stick to the plan, remembering that the most effective response to button pushing is to get stuck. Give them the old 'garage door response' and give no response. Instead of giving in or arguing, these parents keep repeating the same loving yet dull statement: "I love you too much to argue."

When parents start using Love and Logic techniques, most kids will push the buttons more intensely at first. Some psychologists refer to this as 'extinction burst' (a burst of behavior before it eventually, and thankfully, goes extinct). They may get louder. But eventually, if they get no success, they will move on from trying to push our buttons.

I have pretty much decided that arguing with my garage door remote is useless. It never gives in. If only I could be as consistent with my kids as this door has been with me!

You get the idea. When kids try to pull us into manipulative arguments or try to wear us down so that we give in, we need (and THEY need) for it not to work. This can be difficult and not feel very good at the time. But in the long run, the loving limits we set will pay off!

Thanks for reading this article by Dr Charles Fay. The tools from Love and Logic have been working successfully since they were started in the 1980's. Give them a try on your kids.

Joe Lipetzky, Psy. D.

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

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

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

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