



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,

This coming Wednesday, February 14th, is Ash Wednesday, which marks the beginning of the holy and joyful season of grace we call Lent. "Holy" because it is a special time to grow in holiness. "Joyful" because only growing closer to God brings us true joy.



"Dust thou art and unto dust thou shalt return."

These words spoken for the 1st time by God to Adam after he sinned, are repeated today by the Church to every Christian, to remind us of 2 fundamental truths—our nothingness and the reality of death. The ashes remind us of our end. The priest places them on our foreheads in the sign of the Cross as an exterior sign of our interior desire for conversion. The 40 days of Lent remind us that we were drawn from nothing by God, by His infinite love which willed to communicate His life to us. But because of sin, we cannot be united to him without passing through the dark reality of death. Death is the consequence and punishment for sin. Bitter and painful as it is, Jesus who wanted to be like us in all things, in submitting to His sacrificial death on the Cross has given to Christians the strength to accept our crosses and even our death out of love. So, during Lent, it is a good thing to reflect upon our own mortality, not to distress us, but to arouse us to doing good. Death places before our eyes the vanity of life and the brevity of earthly things. All things are passing, God alone remains. Therefore we are urged to die to self before we die. To detach ourselves from everything, all earthly satisfactions and to seek God alone. Remembering that we have only one soul, one life to live, one death to die, and that we must, in the end, relinquish everything that has no eternal value. As St. John of the Cross wrote: *"In the evening of our lives we will be judged by love"*. Lent is the opportunity God gives us, once again, to prove our sincerity of heart, that we truly love Him more than ourselves, and more than the things of this world.

So, Lent invites us to repent, to do penance, and to actively work for our own conversion, so we might atone for the many sins we have committed. The purpose of prayer, fasting, and almsgiving, indeed, of any physical mortification is humility, recognition of our faults, compunction of heart, and the reform of our lives. So that we might, by God's mercy and grace, attain heaven and avoid hell. As in the Gospel, these must be accomplished sincerely and joyfully, recognizing that God is giving us a second chance, like Peter after denying Him thrice, like the thief asking to be with the Lord in paradise. Let us all resolve, here and now, to make this the best Lent of our lives.

With prayers and friendship

Fr. Paul

Letter from our Principal

Dear St. Mark's Families,

It's time for our annual dinner auction, "Bloom in Love!" I am excited to see so many of you tomorrow night. There are so many families to thank for their tremendous gifts of time, talent and treasure. Michelle Downing and Jennifer Baxter are phenomenal chairs, and it has been wonderful seeing so many parents working together to make this evening happen.



The funds raised tomorrow night directly impact student learning. Did you know that our Spanish program, art program, instructional aides, field trips, and retreats are all funded by Home and School? They also support our teachers and community events, help keep tuition rates low, and assist with all operating costs. In short, the funds raised by the dinner auction make St. Mark's the best school ever!!

Our student council members will be selling Mardi Gras beads on Monday and Tuesday (2/\$1). Students may wear beads to school on "Shrove's Tuesday" (2/13) in honor of Ash Wednesday and the beginning of Lent.

Our Lenten retreat will be held on Wednesday, February 21st. Our almsgiving will be to make compassion bags for the most vulnerable in our community. Each class is asked to collect one item, and then each student will assemble a bag we will deliver to area homeless shelters. If you are able to contribute items, we kindly ask for them to be delivered to the school by Tuesday, February 20th. Please see the list of items below.

Have a blessed weekend, and please join me in praying for a successful, community-building, fantastical dinner auction.

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.

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
 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-

Congratulations to this week's winners:

Tristan C, Connor L, Connor D, Steven B, Alexa B, Parker F, Dario S, Olivia F (2), Aurora G, Declan K, Lucia F (2), Sawyer H, John B, Olivia L, Declan S, Caleb W

Weekly Calendar

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 - **CANCELLED** due to Dinner Auction

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

Upcoming Events

Monday, February 19

President's Day - No School

Wednesday, February 21

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

12:45-3:00 p.m. Student Lenten Retreat

Friday, September 23

\$1 Optional Spirit Day

Hallissey Basketball Tournament and Assembly

Saturday, February 24

Hallissey Basketball Tournament 7:00 p.m. Mass Hosted by 7th & 8th grade

8:00-10:00 p.m. Hallissey Dance

Sunday, February 25

Hallissey Basketball Tournament

Home & School

All about the 2024 Bloom in Love Auction St. Mark's School Dinner Auction

Saturday, February 10, 2024

Doors open at 5 pm

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.

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.

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.

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:

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.

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 **Idaho Wine Tours**. 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 \$520)

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 take over 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.

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 and we will get back to you as soon as possible.

Saint Mark's Home & School NO FEBRUARY MEETING



Registration for the Daddy-Daughter Dance is now open! Click here to sign up:
<https://forms.gle/MX1znfDhNCTyBshe8>

Click here if you would like to volunteer for this event or bring items to help the night sparkle: https://www.signupgenius.com/go/20F044BAEA92AABFC1-47870894-daddy#

DADDY DAUGHTER DANCE- BEJEWELLED

WHEN: SATURDAY, APRIL 6, 2024

TIME: 6:30- 8:30PM

LOCATION: ST. MARK'S SCHOOL
GYMNASIUM

COST: \$20 (DAD + DAUGHTER)
\$5 ADDITIONAL DAUGHTER

*INCLUDES A BRACELET AND
PHOTO OF DAD/DAUGHTER

*ADDITIONAL PHOTOS
AVAILABLE FOR \$5



Volunteer Opportunities

Below is a google sheet to get **VOLUNTEER HOURS** for helping at the Hallissey Tournament the weekend of Friday, February 23 - Sunday, February 25. If they have any questions, please email Angela Calovich at acalovich@bk.org.

https://docs.google.com/spreadsheets/d/1naiZpF-caNg1T0wBMVu3aVtl9-Tsm_I_e5fNfDgrEFY/edit?usp=sharing

Are you looking for a great opportunity to be part of the community outreach at St. Mark's and get volunteer hours? The Grandparents Club is looking for a new volunteer coordinator to take over starting next fall. The current coordinator, Trina Hauck, would like to have the new lead shadow through the end of this year if possible. The Grandparents Club puts out 3-4 newsletters a school year and hosts two receptions for grandparents. If you'd like to hear more about the position please contact Trina at thauck@stmarksschoolboise.com This is a great way to get to know people and connect with families.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (12)—Glagow, Bauer, Garcia

Tuesday (13)—Berry, Bauer

Wednesday (14)—LaMott, Gorney, Binns

Thursday (15)—Storli

Friday (16)—Gorney, Ginns, Cavazos

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



Did you bring in the 2 reams of copy paper for each child that was requested in the yearly Supply List? We are very short of paper this year. If you didn't bring paper at the beginning of the school year, please send the reams to school next week.

Also, if you would like to donate a **CASE OF PAPER**, you are able to 1 Volunteer Hour. Please bring your donations to the School Office.



Parents please remember students are not to be dropped off or picked up in the west parking lot before or after school.

Due to congestion in the morning, please don't wait until you are at the front of the line to let your child out of the car. Please try to have them out of the car as quickly as possible.

Winners of the Advent Book Challenge Drawing are (drumroll please!):

Jaxson W (5T)	Sebastian P (3J)
Mariana F (1B)	Elliott C (3M)

Max B (3M)	Cooper M (3M)
Sophia U (5B)	Declan L (5B)
Nora B (4D)	Emma J (5T)

Thank you to all the wonderful readers at St. Mark's. Stay tuned for our Summer Reading Program!

Mrs. Rosania



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** and return it to the School Office.



MARDI GRAS BEAD SALE

BEADS WILL BE SOLD ON
MONDAY, FEBRUARY 12TH AFTER SCHOOL
TUESDAY, FEBRUARY 13TH BEFORE SCHOOL

BEADS ARE 2 FOR \$1

Upcoming Lenten Retreat

Wednesday, February 21st 12:45–2:45p

Dear Families,

On Wednesday, February 21st, students will take part in an afternoon Lenten retreat at the school. Part of the retreat will be making compassion bags to give to those in need. Each classroom is assigned a specific item and goal to collect Feb. 12–16th. Please send these items in with your child **no later than February 16th.**

Compassion bags will be donated to local shelters; however, if your student would like to directly give their bag to those in need, please notify their teacher that they'd like to take the bag home to give away as a family.

<u>Grade</u>	<u>Item</u>	<u>Class Goal</u>
PreK	Pack of <u>Chapsticks</u>	350
K- Curtis	Pack of travel size tissues	175
K- Jensen	Pack of travel size tissues	175
1- Brady	Travel size lotions	175
1- Lenier	Travel size lotions	175
2- <u>Dabelich</u>	Water bottles/granola bars	350 waters/350 granola bars
3- Jankowski	Travel size hand sanitizers	175
3- Murray	Travel size hand sanitizers	175
4- Dressler	Travel size wipes	175
4- Ouimet	Travel size wipes	175
5- Bastian	Travel size toothbrushes/toothpastes	175
5- Turner	Travel size toothbrushes/toothpastes	175
6- Hatfield	Large box of <u>bandaids</u>	175
6-Newton	Large box of <u>bandaids</u>	175
7- Groninger	Travel size deodorants	175
7- Paz	Travel size deodorants	175
8- Behrend	Travel size 2in1 shampoo/conditioners	175
8- Schuette	Travel size 2in1 shampoo/conditioners	175

If you would like to volunteer at the Lenten retreat or have questions about the compassion bags, please contact Trina Hauck at thauck@stmarksschoolboise.com


All volunteers need to have completed the Safe Environment Training prior to 2/21/24.



Live Lent with CRS Rice Bowl


Families, with next Wednesday, February 14th, being Ash Wednesday and the start to Lent, please be on the lookout for opportunities to PRAY, FAST, and GIVE. One such way to do this as a family is through

the **Operation Rice Bowl with Catholic Relief Services**. See the link for more information, recipes and stories from other countries. Lenten alms donated through CRS Rice Bowl support the work of CRS in more than 120 different countries each year. Twenty-five percent of donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty alleviation efforts. We ask that your family collect change throughout Lent and bring your Rice Bowl back to the front office by Tuesday, March 26th. Thank you for supporting these efforts!




SOUPER & SIMPLE MEAL

Home and School Association
Invites you to a Fellowship Potluck
St. Mark's Church
Donaghue Hall
After the 8th Grade Living Stations*
Friday, March 8th
*Stations begin at 6PM



Help is appreciated
SignUp Genius Below
<https://www.signupgenius.com/go/10C0849AEA72DA0FF2-souper1>



Passion of Christ

Click here to sign up to bring an item for this potluck. Time and cost of ingredients count toward Volunteer Hours.

Dear Parents/Grandparents,

We are blessed to offer **Catechesis of the Good Shepherd** for our students PreK-2nd grades. It is used at our school and parish to support young children on their journey of faith. This is an experiential/Montessori-based method that developed in Rome in the 1950s and now has spread all over the world.

In order to keep the Catechesis of the Good Shepherd as our method of faith formation for our students, our school is always in need of more adults who are willing to become formed as catechists. This formation would be valuable for you in your vocation as a parent or grandparent too. There is local training that is being scheduled for the summer. Please reach out to the below trainer expressing interest:

Katy Beedle Rice
Cell phone: (907)209-1713
email: katybeedlerice@gmail.com



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) 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.

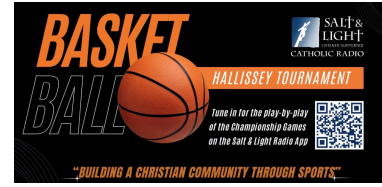
Thank you for supporting our school! If you have any questions, please contact our yearbook advisors, Mrs. Schuette (nschuette@stmarksschoolboise.com) or Mrs. Lynch (slynch@stmarksschoolboise.com).

Sample Page 1
Sample Page 2



Hallissey Championship Games

Seventh and eighth-grade boys and girls from all over the Diocese will converge on Boise for the exciting three-day Hallissey Tournament. Beginning at 12:30pm on Sunday, February 25, Salt & Light Catholic Radio will cover the Girls, Co-ed and Boys Championship contests. Tune in at 102.3 FM, 1140AM, anywhere by listening online at saltandlightradio.com or on the Salt & Light Radio App. Don't miss it!



TVCS Events/Sports



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

The Hallissey Tournament offering an opportunity to purchase a pass for the tournament ahead of time. You can click on this link to pre-order -

<http://payit.nelnet.net/form/5H2uyFV9>

St Mark's Boys 1 5th & 6th grades Schedule

		Game Time	Warm up Time
STM 1			
STM 1 @ Calvary	Feb 14	4:00 PM	3:45 PM
STM1 @ SHS	Feb 29	5:00 PM	4:45 PM
Calvary @ STM1	Feb 27	6:30 PM	6:15 PM

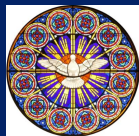
St Mark's Boys 2 5th & 6th grades Schedule

		Game Time	Warm up Time
STM 2			
STM2 @ SHS	Feb 15	5:00 PM	4:45 PM
STM2 @ Calvary	Feb 21	4:00 PM	3:45 PM

Preschool Happenings



This week we learned about groundhog shadows and burrows. Today we celebrated the 100th day of school by counting to 100, completing a 100 sticker sheet project, and stringing 100 cereal loops onto a deliciously tempting necklace. Please don't hold us accountable to the exact number.



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



The month of February is American Heart Month **#HeartMonth**. A time when we can **all** focus on our heart health, understanding our risk factors for heart disease and ways to live a heart-healthy lifestyle. Hypertension or high blood pressure is the leading risk factor for heart disease and stroke for both men and women. A CDC study from 2017 showed 1 in 25 individuals ages 12 to 19 years old already have hypertension, and 1 in 10 individuals have

prehypertension. So, living a heart-healthy lifestyle is important for all ages

**Understand your risk factors* - see your Dr for your annual visit, check your blood pressure and cholesterol

**Eat well balanced meals* that include fruits and vegetables and limit saturated fats and added

sugars

**Engage in regular exercise* - approximately 30+minutes 5 x day of walking, running, biking, swimming, or time at the gym.

**Reduce Stress* - meditation & prayer

**Get good sleep*- school age children (6-12) need 9-12 hours a night, while adults need 7-9 hours a night

For more information you can visit [American Heart Association](#)

Through the St. Alphonsus 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

Hello St. Mark's Families -

As we enter into the month of February, we look at ways of expressing and showing love to those around us. I thought it would also be a great time for us to reflect on how we best express and show our love to our children in ways they find most meaningful.

Many of you are probably familiar with Dr. Gary Chapman's book *The Five Love Languages*. Although originally designed for couples, Dr. Chapman has a theory about adults expressing and experiencing love in the same five ways but having one specific way that matters to them most.

This can also apply to children and teens. Because of this, Dr. Chapman later wrote *The Five Love Languages of Children*. He believes that we have to know how to communicate love to a child so that he/she genuinely feels loved. As I reflect on my own four daughters, I can easily depict which love language is the one that matters most to each of them.

Listed below are the five ways your child might show and receive love. I invite you to explore which love language more closely fits with your child.

Physical Touch

This may include hugging, kissing, holding hands, or having a secret handshake with your child. Snuggling on the couch, having your child sit on your lap, scratching their back or playing with their hair are also common ways that children enjoy connecting through physical touch.

Receiving Gifts

Some children truly feel loved when receiving gifts from their parents. These do not have to be expensive gifts but can be as simple as stickers or dollar store items. The children who truly value this love language may tend to care how a present is wrapped and often remembers who gave them what for a very long time after receiving a gift. Children may also have a hard time throwing things away or donating things that they have been given because those gifts mean so much to them, even if they haven't been looked at or played with in a long time.

Words of Affirmation

Loving words, little notes in their lunchboxes or sweet feedback/praise is how these children feel most loved. Hearing their parents publicly acknowledge or praise them in front of others is also another way they feel most connected and loved. For these children, it is very important to use the simple phrase "I love you" instead of "I love you, but...."

Acts of Service

While acts of service seem like a normal expression of love between adults and couples, it may sound strange for a child to have this be the one that they connect with most. Children appreciate a kind and special gesture like warming their towel in the dryer on an unusually cold morning/night or turning their morning pancakes into something cute and funny using strawberries and whipped cream.

Quality Time

Quality time can include anything from doing a puzzle, watching a weekly show, cooking in the kitchen, running errands, reading a book next to each other or just laying on the bed talking. The key is that you are

doing it together with your child. The children whose love language is quality time just want to be in your presence.

Sarah Lynch, St. Mark's School Counselor

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

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

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