

Volume 8, Issue 20- January 19, 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,

Now that the Christmas season is over and the New Year is well underway, let us reflect for a moment on one extremely important virtue that could make our New Year's resolution fruitful for all of us—patience. It is not my imagination that modern life with its complicated relationships, political confusion, and social decline nowadays engenders an acute and general sense of frustration? Without breaking the inviolable seal of Confession, it is safe to say that the number one sin confessed by most people is impatience. Many of us confess this same sin over and over again, seemingly without making any progress in eradicating it.

Patience can be easily misunderstood. It does not mean merely gritting our teeth until a difficult person or situation goes away. It does not signify a spiritless calm so much as a positive strength. It may indeed be closely associated with the passive acceptance of some suffering but it gets its power from our active cooperation with God's will. True Christian patience means active cooperation with the Passion of Christ. So, patience is absolutely necessary to the supernatural life of the soul. Without patience, we cannot recognize the Cross when we see it nor carry it for the greater glory of God. Through the virtue of patience we learn to bear our daily crosses in Union with Christ. Patience then is a matter of the will, to unite our will with the Passion of the Lord in every circumstance. We need to ask Jesus every day for patient forbearance in order to correct our obvious offenses against patience: irritability, fussiness, hypersensitivity, violence, anger, moodiness, sarcastic commentary, general excitability and the peevish will to always get our own way. The truly patient person, imitating the patience of our Lord, does not mumble, complain or criticize but rather, prays. Patience does not play the martyr, does not grumble about perceived injustices, and does not whine or write long missives about being misunderstood. The patient person, as St. Paul explains in 1 Corinthians 13, bears all things with unquestioning charity, endures all things with Christ etc. In fact, patience is the apostle's first description of love put into practice. If a person is truly patient, they give thanks for the opportunities life provides for proving the quality of their love. How,



without having to suffer affliction, can the soul ever come to an understanding of the Passion of Jesus? It is when our patience is tested by adversity that we call out to God, trusting in His saving response. Though we may beg God impatiently for patience “right now”, we must remember that true Christian patience is a virtue that must be practiced daily, developed over time into a good habit that automatically takes effect when trials overtake us. Lord, let me possess my soul in patience! Not in my patience but in Yours! Looking forward to eternal life, let me in the meantime endure with you my share of Your sacred Passion! That is perhaps the best New Year’s resolution we could possibly make for the Year of Our Lord, 2024.

With prayers and friendship

Fr. Paul

Letter from our Principal

Dear St. Mark's Families,

I was beginning to wonder if the three spoons, backward pjs, and ice in the toilet actually worked! This week has been hectic with the snow days, and I understand it can be difficult to schedule around the unexpected. I appreciate your patience and understanding. Let's pray for a full week next week and a return to a regular routine.



With all of the snow, our parking lot is a little smaller. Please try to avoid parking around the parking lot's perimeter when there are giant snow banks. We want to keep the lanes open for entering and exiting.

This Sunday, our parish celebrates its 20th anniversary. A large celebration is planned after the 11:00 am Mass, including opening a time capsule! More information can be found below, and everyone is invited.

We are excited for Catholic Schools Week, which will begin on Sunday, January 28th. We will host Mass and have an open house for prospective families. You are St. Mark's best marketers, so if you know a family (or two) that would be a good fit for our amazing community, please spread the word about our open house (more details below).

I pray you have a blessed, safe weekend. See you Monday!

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:

Benedict N, Patrick N, Sawyer H, Gabriel F

Weekly Calendar

Sunday, January 21

Mrs. Cox's Birthday

Wednesday, January 24

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

Friday, January 26

\$1 Optional Spirit Day

Upcoming Events

Sunday, January 28

8:30 a.m. School Mass hosted by 4th & 5th grades
9:00 a.m. - 1:00 p.m. Catholic Schools Week Open House

Monday, January 29

Dinner Auction Dress Up Day - Best Hat Day

Tuesday, January 30

St. Mark's Graduates attending BK invited to Alumni Breakfast

Thursday, February 1

7:00-9:00 p.m. 7th & 8th grade TVCS Dance at St. Ignatius

Friday, February 2

Teacher Inservice - No School

Progress Reports in FACTS Family Portal

Home & School



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

2ND PLACE – \$200 GIFT CARD TO RUTH'S CHRIS STEAKHOUSE

3RD PLACE- \$100 AMAZON GIFT CARD

STUDENTS THAT SELL THE MOST TICKETS:

1ST PLACE – APPLE AIRPODS GENERATION 3

2ND PLACE – \$100 AMAZON GIFT CARD

3RD PLACE – 2 TICKETS TO JUMPTIME

CLASS THAT SELLS THE MOST TICKETS:

1ST 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.



Bloom In Love: Auction Dress Up Day will be Monday, January 29! Dress for a tea party or as your favorite Alice in Wonderland character (eg. Top hats, party dresses, Mad Hatter, Tweedle Dee, etc) Costumes need to be appropriate for school and weather - students will still go outside for recess.

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>

Volunteer Opportunities

Mrs. Turner, one of our 5th grade teachers, has a project for a volunteer that can be done at home. She needs file folder cut down into cardstock. This is a multiple hour project that can be completed by one or several volunteers. If you are interested in earning Volunteer Hours, please contact Mrs. Turner at jturner@stmarksschoolboise.com.

Looking for volunteers to help with set up for the Father/Daughter Dance on Saturday, April 6 at noon. Contact Brooke Smith at bsmith@stmarksboise.org.

Senora A is looking for parent volunteers to come in to help her grade the students reciting their prayers. To be able to volunteer, you need to be able to speak Spanish. Email her at

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (22)—Speck, Bauer
 Tuesday (23)—Bauer, Chavier, Corcoran
 Wednesday (24)—LaMott, Binns, Gorney
 Thursday (25)—Storli
 Friday (26)—Antonoplos, Paz, Binns, Gorney

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

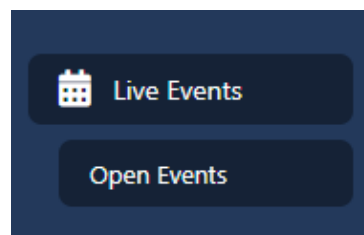
Child Safe Environment Workshop moved to Saturday, January 20 at 10:00 a.m. at St. Mark's School.

This will be the only class at the school this quarter.

You must create an account and register for the class at boise.cmgconnect.org. Once you have created an account, click on this icon then click "START". This will take you to a page showing 7 documents you must click on, read and take a quiz. You will then have the option to choose a "Live Event", then click on "Open Events".



You will then have the option to choose a "Live Event", then click on "Open Events".



You will be taken to a page where you can find the date of the class and location that you want to take and enroll in that class.

Event	Location	Address	City	Start Date & Time	End Date & Time	Contact Name	Contact No.
Safe Environment	St. Mark's School	700 Northview Dr	BOISE	01/20/2024	10:00 AM	Kristin Gorney	(208)754-6654



The January Lunch Menu has been updated because of our Snow Days. [Click here](#) to see new menu.

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. 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).

Hello 8th grade families! Happy New Year! I am emailing you today to remind you about Information Knight at BK on January 29th at 6:30pm. Save time the night of and register now!

Scan the QR code to complete the form. If you have any questions, please feel free to contact: acalovich@bk.org or you can call Bishop Kelly 208-375-6010.



Catholic Schools Week is Sunday, January 28 through Thursday, February 1.

We will be having an Open House at the school on Sunday, January 28 from 9:00 a.m.-1:00 p.m.

The school will be open for guided tours, information for the 2024-2025 school year and school

personnel who can answer questions that potential parents have.

Word of mouth from our current families is our best advertisement, please spread the word and invite your friends, family and neighbors to our Open House.

CELEBRATING CATHOLIC SCHOOLS WEEK

ST. MARK'S 2024

Catholic Schools
United in Faith and Community

SUNDAY January 28th	MONDAY January 29th	TUESDAY January 30th	WEDNESDAY January 31st	THURSDAY February 1st
Celebrating Our Parish 8:30 am School Mass hosted by 4th and 5th grades. Students are encouraged to wear their school uniforms to Mass to represent St. Mark's School! 9:00 - 1:00 - St. Mark's School Open House Student Council members will give tours to prospective families. We celebrate and acknowledge our parish staff!	Celebrating Our Families Dinner Auction Dress Up Day - Bloom in Love Dress in your best Tea Party Attire! *** No baseballs hats. Uniform required if not participating. Prizes awarded for best dressed! We celebrate and acknowledge our families' dedication and sacrifices in order to send us to a Catholic school!	Celebrating Our Students Neon Dress Up Day St. Mark's students shine bright with their school pride! Dress in your best neon attire! Jeans are permitted if you don't have neon bottoms. We celebrate and acknowledge our students! They try their best and work so hard everyday! They exemplify Perseverance, Respect, Integrity, Discipleship and Excellence!	Celebrating Our Catholic Community 10:00 am School Mass celebrated with all Treasure Valley Catholic Schools at St. Mark's Church Mass dress. We celebrate and acknowledge our fellow Catholic schools!	Celebrating Vocations Career Dress Up Day A St. Mark's education is setting us up for success! Dress in what you aspire to be in your future career! We celebrate and acknowledge our priests and deacons, faculty and staff!

CATHOLIC SCHOOLS WEEK WRITING CONTEST

SPONSORED BY STUDENT COUNCIL



"What St. Mark's School Means to Me"

ALL ENTRIES DUE TO THE FRONT OFFICE BY FRIDAY, JANUARY 26TH

SEE MRS. DABELICH, MRS. TURNER OR MRS. LYNCH FOR MORE DETAILS

All Schools Mass for Catholic Schools Week (CSW) is on January 31. After Mass, St. Paul's School will join us in the classrooms to eat lunch. Students are encouraged to bring a lunch from home, but Mrs. Godfrey will make sack lunches for students who pre-order. Please sign up below by Friday, January 26 by [clicking here](#).



Do you have older students who graduated from St. Mark's School and now attends BK? They are invited to an Alumni Breakfast on Tuesday, January 30 from 7:15-8:15 a.m. Students were sent an invitation to their BK email account. Please encourage them to complete the form so we have count for our continental breakfast and tours, but we would love to see them even if they didn't register.

As we are at the end of the year/beginning of a new one, I know people may be getting rid of calendars. If you have any calendars that you no longer need, Ms. Hatfield would love to take them off your hands! Please send them to the School Office for 8th grade art projects.



SNACK SHACK RETURNS ON MONDAY

Grab and go snacks are sold
every Monday at recess.



All items are \$1.00!



hot chocolate
sale



HOT CHOCOLATE
\$1

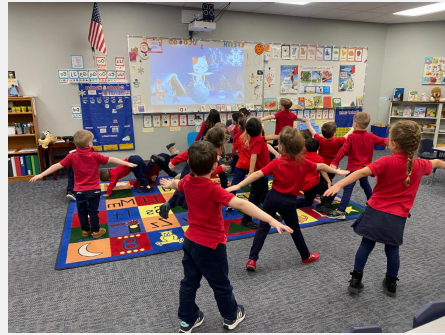
FRIDAY, JANUARY 26TH
AT ALL LUNCH PERIODS

[TVCS Events/Sports](#)



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

Preschool Happenings



We only had two days together this week so we had to make the most of it. Today we couldn't make it outside to play due to conditions on the playground and the poor air quality so we had fun moving and grooving in the classroom.



Church Connection

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



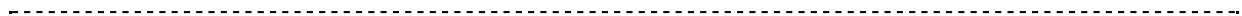
Why are there 21st Century Eucharistic Miracles?

**Sunday,
February 4th
12:15- 1:15pm
St. Mark's Catholic
Church Boise
Donoghue Hall**

· Dr. French is on the Board of
Directors with the
Father Robert Spitzer's
Magis Center
magiscenter.com



**Dr. Scott
French**





ST. MARK'S CHURCH

*Blessing of the Throats
Sat. February 3rd, 8am*



Notes from the Nurse

Happy National Healthy weight awareness Month

A New Year brings New Years resolutions. Why not make a change and align your Resolutions with National healthy weight awareness Month. People who are inactive can improve their health by becoming active on a regular basis, mixed with healthy eating habits.

Being active doesn't mean you have to start running marathons, lifting heavy weights, or working out daily. You should start slow and perform easy exercises, such as walking. Walking is a great way to get your muscles and joints strong, boost metabolism, relieve stress, and improve your mood. The key to staying active is to find something you enjoy and set small attainable goals. Before you set your exercise program, set a few short- and long-term goals for what you want to



accomplish. Setting goals and working toward achieving them helps us gain perspective in what we want in life, and how we can get it.

Eating a healthy diet is not about limitations, or depriving yourself of the foods you love. It is about feeling more energized, improving your health, and boosting your mood. Try to make a few small changes at a time, such as adding more fiber or protein to your diet. Keeping your goals within reach can help you achieve more in the long term without feeling deprived or overwhelmed by a diet makeover. Plan a healthy diet with small manageable steps, like adding more vegetables to your lunch daily. Small changes become habits you can build on for healthier choices.

Maintaining a healthy weight is hard, but there's no doubt it is worth it. By maintaining a healthy weight, it can help reduce the risks of health problems, including heart disease, stroke, high blood pressure, joint pain, and diabetes. Losing even a few pounds can improve your health, so every step in the right direction counts!

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

Don't Raise an Entertainment Junkie

Children are spending a lot of time on electronic devices, such as phones and computers, and these devices have an effect on kids.

Children who've spent their first few years of life being entertained by these digital devices can grow up lacking critical skills for success in school. That's the bottom line. Children who have spent years playing in the sandbox, coloring with crayons, chasing butterflies, and stomping around in mud puddles have been given a great gift. The skills they develop through these simple, yet important activities will foster success from preschool through graduate school. That's the good news.

Unfortunately, too many loving, intelligent, and well-meaning parents have fallen into the trap of believing that "good parents" must keep their children entertained and stimulated each and every moment of the day. When they see their children getting "bored," they quickly intervene with a digital device or an exciting, fun activity. As a result, their youngsters spend way too much time pushing the buttons on exciting electronic gadgets, staring at television, and riding in the car from one activity to another. Sadly, little or no time is left over for just running, playing, and being creative.

Children who've been constantly entertained grow into adults who are constantly bored.

Love and Logic parents give their kids an advantage in life by understanding that children need plenty of opportunities to find themselves in a rather dull or "boring" situation. Why? Because these situations encourage youngsters to develop and practice creative ways of entertaining themselves and exploring the vast and exciting frontiers of imagination and creative problem solving. Where would we be today if Benjamin Franklin, Albert Einstein, or Thomas Edison had grown up believing that it was another's responsibility to be creative and keep them entertained?

Because they know the importance of creative play and exploration, Love and Logic parents have plenty of "Boredom Training Sessions." As you can learn in our audio, *Four Steps to Responsibility*, a Boredom Training Session follows these steps:

- Step 1: Plan for providing dull periods in your home.
- Step 2: Provide plenty of materials and toys that foster creativity.
- Step 3: Pray that your child will come to you and say, "I'm bored."
- Step 4: Place primary responsibility for solving this "boredom problem" on your child.
- Step 5: "Notice and describe" when your child is playing independently.

- "You built that by yourself?"

- “That book looks really interesting.”
- “You turned Teddy into a monster.”
- “I noticed that you made three pictures.”

You’ll be amazed at how brightly your child’s eyes will shine when you apply this step! Thanks for reading this tip from Dr. Charles Fay. It is worth experimenting with these tools to see how your child can grow and develop more life skills.

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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