

**Volume 8, Issue 27-
March 8, 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,

During this time of Lent, we focus on prayer, fasting, and almsgiving.

Here are three beautiful quotes about prayer from well-known saints to help us:

- "For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy." *St Therese of Lisieux*. (2558)
- "Prayer is the raising of one's mind and heart to God or the requesting of good things from God." *St John Damascene*. (2559)
- "Prayer is the light of the spirit, true knowledge of God, mediating between God and man. I speak of prayer, not words. (Prayer) is the longing for God, love too deep for word, a gift not given by man but by God's grace." *St John Chrysostom*

Your Pastor,

Fr. Paul



Letter from our Principal

Dear St. Mark's Families,

Our eighth-grade students performed an incredibly touching version of the Stations of the Cross this afternoon for the entire student body and several parents, parishioners, and family members. I am truly grateful for the volunteers who helped chaperone our students so several staff members could attend Mrs. Cooper's



husband's funeral.

I pray you can all attend tonight's performance at 6:00 p.m. After their performance, our Home and School Association will host a simple soup supper in Donoghue Hall. This is a beautiful time to connect with families and celebrate the season of Lent.

Registration for the 2024-2025 School Year

Registration is in full swing, and over 120 students have already enrolled! Open enrollment for new families begins Monday, so be sure to re-enroll and receive the early registration discount by Sunday. Thank you for choosing St. Mark's. We know and appreciate your sacrifice in sending your amazing children here.

The Parish Tuition Benefit Application has changed for those families registered in our parish. There is no longer a grade-level restriction on what ministry you can participate in. This will allow more flexibility and options when choosing the ministry you feel called to serve.

Next week marks the end of our third quarter. Many classes are taking end-of-chapter tests or completing unit projects. Attendance is crucial this week so teachers may wrap up the quarter and complete grades for report cards.

Please notice the increased number of students who are receiving Lion's P.R.I.D.E. tickets (posted below). We have been focusing on these virtues and making extra efforts to recognize our students who exemplify perseverance, respect, integrity, discipleship, and respect. Go Lion's! We post tickets in the hallway as a visual reminder to all students to practice our school-wide learning expectations. At the end of each quarter, we will send students home with their tickets so you can see what they are doing to earn this special recognition.

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



Frances C and Sawyer H went ice fishing and caught fish

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:

Lucas L, Nora B, Parker F (2), Kaylin R, Connor L, Chloe S, Liam C, Ronan S, Wyatt M, Jax M (2), Claire R, Kylar S (2), Patrick N, Rosie R, Gabriel F (2), Benedict N, Noah M, Mariana F, Caleb W, Noelle G (2), JoeJoe B (2), Lily G, Alex M, Bri S, Lola C, Halle R (2), George W, Alexa C, Elliott C, Genevieve S, John B, Faith N, Patrick T, Luke D, Scarlett M, Tate B, Brynlee B,

Weekly Calendar

Sunday, March 10

Daylight Savings Time starts, turn your clocks ahead 1 hr
Mrs. Dressler's birthday

Monday, March 11

5:30 p.m. School Board Meeting
7:00 p.m. Home & School Meeting
Mrs. Hauck's birthday

Tuesday, March 12

6:30 p.m. Quarterly Education Foundation Meeting
St. Mark's Community Night @ Eagle Road Zuppas

Wednesday, March 13

Student Body Mass has been cancelled due to the funeral Mass for Fr. Joe Muha

Wednesday, March 14

12:00-3:00 p.m. Student Adoration in the Chapel

Friday, March 15

End of Third Quarter - Noon Dismissal
9:45 a.m. Irish Dancers
Idaho Catholic Schools Invitational Basketball Tournament for grades 3-6
\$2 Wear Green Dress Up Day to benefit St. Jude's Children's Hospital

Saturday, March 16

Idaho Catholic Schools Invitational Basketball Tournament for grades 3-6
5:00 p.m. School Mass Hosted by Grades 3-6

Sunday, March 17

Idaho Catholic Schools Invitational Basketball Tournament for grades 3-6
St. Patrick's Day

Upcoming Events

Monday, March 18-Friday, March 22

Spring Break

Wednesday, March 20

Fr. Paul's Ordination Anniversary, he was ordained in 1993
Fr. Adrian's birthday
6:30 p.m. Penance Service @ Church

Home & School

Saint Mark's Home & School Meeting

Monday, March 11

6:30pm Social 7:00pm Meeting
Mrs. Schutte's Room (middle school)



Topics include:

2025 Auction Chair reveal
2024 Auction recap
Father Daughter Dance
Mother Son Golf
Teacher Appreciation
Principal Report
School Board Liaison Report
Foundation Liaison Report

BRING A FRIEND NITE! Bring a friend who has not attended a 23/24 meeting and you both get entered to win a raffle of St Marks Swag

Announcing! Mother-Son event, April 28th @ Top Golf (tentative)! Help make it a fun, healthy competition, creating cherished memories. Parents/Grandparents of sons/daughters, attending or not, your involvement is crucial to success. Our biggest need currently is cash donations (every \$20 = 1 volunteer hour) and sponsorships to bring attendee costs down. Also, seeking help with various tasks (big & small), most easily done from home/office. A great way to meet new families! Please review the opportunities and sign up here to help strengthen school spirit and foster lifelong connections among St. Mark's families. Thank you for your support! Shannon Wayne (408-221-9507 or Shannon.r.wayne@gmail.com)



Registration for the Daddy-Daughter Dance is now open! Click here to sign up:
<https://forms.gle/MX1zfnDhNCTyBshe8>

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- BEJEWELED

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



St. Mark's School

FUNDRAISER NIGHT WITH CAFÉ ZUPAS



LOCATION

2148 North Eagle Rd.
Meridian, ID

DATE & TIME

Tuesday, March 12
4pm - 9pm

Many ways to earn up to 25% for your organization:

Dine-In or Curbside:

Let the cashier know you are with
the fundraiser

Café Zupas Mobile App or Online Orders:

Select your fundraiser at checkout



Order with the app





[Volunteer Opportunities](#)



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 help with this event, which is eligible for Volunteer Hours.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (11)—Perez, Garcia, Moylan

Tuesday (12)—Bauer

Wednesday (13)—LaMott, Antonoplos

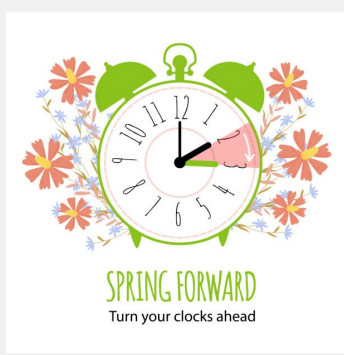
Thursday (14)—Anderson, Storli, Wise, Antonoplos

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)



Saturday night before you go to bed, set your clocks ahead 1 hr as Daylight Savings Time begins.

REGISTRATION is open for current families
[Early Bird Registration Fee ends on Sunday, March 10](#)

Log into your FamilyPortal or **CLICK HERE**

- Click on Family on left panel
- Click on Apply/Enrollment
- Click on Enrollment/Reenrollment
- Click on "Click Here to Open Enrollment"
- For Active St. Mark's Parish families, after you complete registration, you will be emailed the new Active In-Parish Tuition Benefit Application, which shares new rules on ministry involvement

Updated March Lunch Menu

March 12 - Cheese Ravioli, Broccoli, Olive Garden Salad

March 14 - Pizza, Salad, Ice Cream

March 28 - Pizza, Salad, Ice Cream



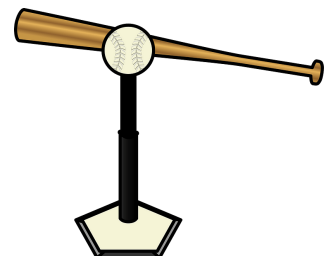
Friday, March 15 is \$2 WEAR GREEN DAY!

This is in place of \$1 Optional Spirit Day. Donations will benefit St. Jude's Children's Hospital. Bring your \$2 to your teachers and wear green hats, shirts (not tank tops or sleeveless), pants (must be green or jeans, no pj bottoms) and shoes, colored hair is not allowed.

To kick off the beginning of Spring Break and honor Mrs. Jensen's 25th anniversary at St. Mark's School last year, the Friday before Spring Break has been designated "Annual Susan Jensen Shorts Day". You may wear green or jean shorts on this \$2 Wear Green Day.

Be sure to follow the guidelines of our Uniform Dress Code.

It's T-Ball registration time for our students and siblings, ages 4-7. **Click here** to open Registration Form. Please print the form, complete it and send it to our school office.



THANK YOU

With your help from Snack Shack, Christmas/v-day grams, and Mardi Gras beads we were able to buy a basketball hoop for the K-1



Thank You!



Student Council is selling Lollipop Easter Bunnies for \$2 starting Tuesday, March 26. Bunnies will be sold before school in front of Preschool classroom and after school outside during pickup.

**JOIN THE
ST. MARK'S
SPIRIT SQUAD**

**LET'S HAVE SOME FUN
AND SHARE OUR SCHOOL
SPIRIT!**

**TUESDAY, MARCH 12TH 3-4PM
THURSDAY, MARCH 14TH 3-4PM
COME ONE DAY, OR BOTH!
MRS. DABELICH'S CLASSROOM**

Go St. Mark's!

Want to share your St. Mark's school SPIRIT?! We need you! We will be making posters & banners to support our 3rd - 6th grade ICSI teams, learning some chants to share with our fans in the stands next weekend, and sharing ideas of how we can spread our St. Mark's spirit. All grades welcome and ENCOURAGED to come! You do not need to be participating in the ICSI tournament to join.

Spirit Squad Dates: Tuesday 3/12 and Thursday 3/14 3-4pm. Come one day, or both! Bring a friend and let's have some fun!

Please email Mrs. Dabelich with any questions-
jdabelich@stmarksschoolboise.com

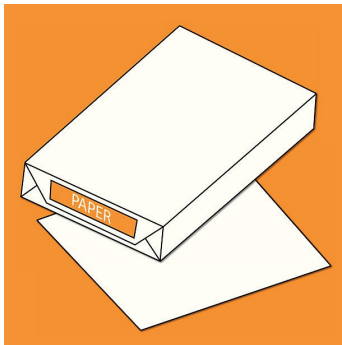


March 14th - March 17th

Come support our 3rd - 6th grade athletes!

Follow the action on the

Sports Engine Tourney App .



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

We are very short of paper this year.

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

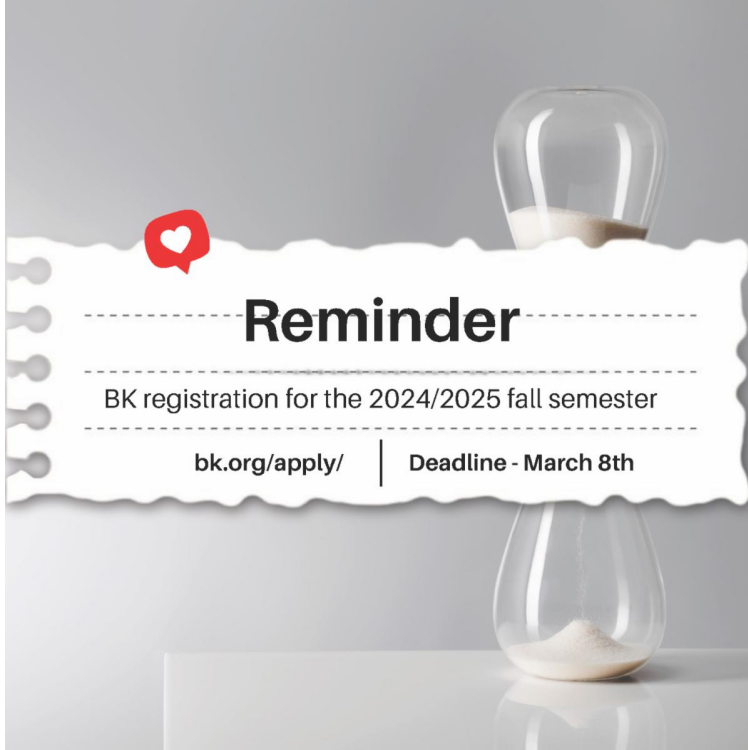


Reminder

BK registration for the 2024/2025 fall semester

bk.org/apply/

Deadline - March 8th



KELLY GOLD

COMPETITIVE DANCE TEAM TRYOUTS

WHEN

April 23rd, 24th, 25th
6:15 – 7:15 am

WHERE

BK Carley Center

Behind the Main School

Bring Dance Shoes

Sneakers

Black Dance Attire

Hair pulled back

**USE QR CODE TO
SIGN UP FOR
TRYOUTS!!!!**



DANCE EXPERIENCE REQUIRED

WHY JOIN?

- Learn lots of routines and dance drill technique.
- Show off your dance skills.
- Compete at local dance competition.
- Perform at school sporting events, assemblies, and parades.
- Make friends.
- Great for College Applications.
- If you love to dance you will love being a part of this team!

What to Expect?

Kelly Gold is an advanced dance Program representing Bishop Kelly. We compete in solos and all 4 team divisions against local teams in the state. Before school practices and all performances are required by each team member.

Commitment.

Reference to the Events list for an idea of time commitment dedicated to the team.

TVCS Events/Sports



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

[Spring Track & Tennis Schedule](#)

TVCS Spring Last Call and Clarification

This week is the LAST CALL for Spring Sports! [Registration Form](#)

TVCS is offering tennis, golf, and track and field in the Spring of 2024. These sports are available to 6th through 8th grade students. Please use the following link to register. The registration form can also be found on the [TVCS Website](#) under the Registration tab.

Registration Form

For tennis and track, practices will begin March 11th. I will share additional details concerning coaches, practice and game locations and schedules as they become available.

The Tennis Coach is Mark Nielsen. He will be communicating with you about practice times and locations.

I am still working on finalizing the Track team coaches. Practices will be at Bishop Kelly, time to be determined.

Golf

Golf operates differently than other TVCS sports. TVCS operates independently without league play. Participants will be at the golf course twice weekly. One night will be for practice with instruction, the second night will be 9 hole match play. Each participant will alternate between practice and match play.

Golf will begin around the last week of March. Coach Todd Loveland will be helping to get the program organized and started. The coaches will be deciding the start and end dates based on student and course availability. There is the possibility the season will last beyond the end of the school year.

The coach is confirming our home course, Lakeview Golf Course in Meridian.

Please be sure to review the TVCS handbook as parents and with your children prior to the first practice. TVCS is placing a heavy emphasis on positive sportsmanship from parents, players, and coaches. Please be sure to read through the expectations in the handbook.

TVCS Handbook

Thank you for your ongoing support.

God bless,

Kevan Grant
TVCS Athletic Director

Preschool Happenings



We enjoyed celebrating Dr. Seuss's birthday with our "Cat in the Hat" guest reader! The preschoolers are getting pretty good with their rhyming skills. The Cat in the Hat likes to hear about that!



Church Connection

If you would like to receive the Parish Newsletter **text** BOISESTMARKSNEWS to 42828 to sign up **OR** **Click here** to sign up.



Penance Services

6:30pm

3 / 12 ST MARY'S

3 / 18 SACRED HEART

3 / 19 HOLY APOSTLES

3 / 20 ST MARK'S

Notes from the Nurse

March is National Sleep Awareness Month. Is your child getting enough sleep? Homework, after school activities, and busy schedules sometimes puts sleep low on the priority list. According to the American Academy of Pediatrics, the recommended hours of sleep for children are as follows:

- Children 6 to 12 years, recommended 9 to 12 hours
- Teens 13 to 18 years, recommended 8 to 10 hours

Regular sleep deprivation often leads to some difficult behavior and health problems-irritability, difficulty concentrating, high blood pressure, obesity, headaches, and depression. Children who get enough sleep have a healthier immune system, better school performance, behavior, memory, and mental health.

For suggestions on how to make sure your child develops good sleep habits, check out:

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx>

Canals – Now that spring has sprung, the canals of the Treasure Valley are flowing again. These are especially hazardous for young children, who can be fascinated by the rushing water, but even adults may have trouble climbing out of a canal and up the steep banks if they fall in. Canals can reach 8 feet in depth, with slick sides making it difficult to climb out from the rushing, cold water. Talk to your children about canal safety and teach them to stay away from canals. If a ball, stick, or other item they're playing with falls into the canal, they must let it go. Canals are not for swimming or playing in, but they provide much needed water for irrigation.



Notes from the Counselor

One of my favorite parenting tools is Love and Logic. Here is a tip called **“Reasoning with a child.”**

“I don't know what's wrong with that child. He never listens to a thing I tell him. I might as well be talking to the wall for all he cares.” Does this sound familiar? How do we get our children to listen and benefit from our experience and knowledge? Maybe it is asking too much.

Or is it? As I look back on my own childhood, I realized I didn't do a very good job of listening to my parents, and very few of my friends listened to their parents as they should have.

We could blame this problem on the fact that kids are just headstrong and determined to learn the hard way. It's also possible that many parents try to reason with their kids at the wrong time. This bad timing greatly reduces the odds of success.

The wrong time to reason with the child.

I've watched many parents, including myself, give their children a good talking to with little or no positive results. It was obvious that the adult not only had good intentions but good advice as well. The only trouble was that the child was not in any receptive emotional state that would allow him or her to listen and make use of the adult's wisdom.

Use action with only a few words.

The words we use with our children when they are in an emotional state are wasted. They are either never heard, or they are turned against us. We all have difficulty listening during emotional times. It is natural to focus most of our energy and thoughts on the emotions rather than the words that are being spoken. As a result we tend to remember the other person's anger more than what he or she said.

The following dinner table scene provides a good example: George wants to complain about his food and does not eat. He is reminded to eat his dinner several times without any results.

One parent might use anger and lecture to handle the situation. “What's wrong with you? How many times have I told you that this is not a cafeteria? I can't be fixing just what you want all the time. Why can't you be like your brother? Don't you dare come to this table with that attitude. I'm putting the food away and you won't get to eat until breakfast. Maybe next time you'll pay attention to me.”

Another parent might handle the situation by allowing the children to experience the natural consequence of his behavior. This parent replaces anger with empathy and understanding. “We will be picking up the food and the dishes in 5 minutes I hope by then you'll have eaten all you need until breakfast.”

The child does not eat, and nothing is said about it. 5 minutes later the food is removed, and the child is sent on his or her way in a friendly manner. Later the child will probably say, “I'm hungry, what can I have to eat?” This wise parent knows that the fewer words she uses the more her child will learn. Her response is, “I bet you are. That's what happens to me when I miss my dinner. I bet you'll be anxious for breakfast. Don't worry, we will cook a big one.”

Lectures with anger cause children to think about our anger. On the other hand consequences with empathy cause children to think about their lives and their decisions. The youngster in the second situation will probably think long and hard about the consequence. The child in the first situation will probably think more about how angry he is with his parent.

Use words when the child is in a thinking state.

The best time to reason with a child is when both the child and the parent are happy. A good time might be in the car when all is going well. As I look back upon my life, most of the wisdom I gained from my dad came from what he shared with me during our happy times.

Give it a try with your children and see How it works.

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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