

Volume 8, Issue 7- September 29, 2023

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,

Our Lady of Fatima showed the three little shepherd children a vision of people falling into hell, mostly because of the sin of impurity. If this was the case in 1917, we can only imagine how it is nowadays! The modern world seems to be drowning in a tsunami of impurity, especially through the different forms of electronic media.

The virtue that fights against the vice of impurity is chastity. God enjoins every vocation—whether to the single life, the consecrated life as a man or woman religious, the priesthood or the married state—to live chastely. And if He requires something of us, He affords the grace and strength necessary to do it. Chastity consists in preserving the mind and body free from anything that might stain their innocence. Those who lead a chaste life, no matter their vocation, resemble angels, are pleasing in God's sight, possess the sanctifying grace of the Holy Spirit, will be happy here on earth, and will enjoy special distinction in heaven.

St. Francis de Sales wrote that the best means of avoiding the sin of impurity was flight—"Run away!"—from the source of temptation. In this sense, he said, cowards are wise in recognizing their own weakness and may gain the victory. But never give up! God is with us! Purity of mind, heart, and body is His Holy Will. And if we sincerely try to do His Will, He comes to our aid and strengthens us.

With prayers and friendship,

Fr. Paul



Letter from our Principal



Dear St. Mark's Families,

Fall has arrived, along with fall field trips! Our 6th graders had a great week at the outdoor science school in McCall. A huge thank you to Ms. Hafield, Mr. Newton and our parent chaperones who made this trip possible. Kindergarten went to Cabalo's apple orchard this week, and our first graders are headed to Farmstead next week. Our home and school association and student class fees make these trips possible - Thank you!

Speaking of Farmstead, I will be kissing a pig there on Wednesday the 4th at 7:30. I can't think of a better day than the Feady Day of St. Francis of Assisi. Please see the flyer below for more details.

With the fall comes cooler weather. Please have your children dress accordingly. Students can wear shorts until the Thanksgiving break, but the colder mornings may require layers.

We still have 20 families needing to complete the medical forms in FACTS. The forms need to be completed to see your child in the nurse's office and provide basic first aid. Please reach out to the office ladies for assistance if you have questions on how to complete the forms.

I pray you have a beautiful weekend.

Blessings,
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




Greta went to the YMCA camp at Horsethief this past summer and has been nominated to receive a Values Award by her counselor. This is an admirable nomination to receive and a good representation of Lion PRIDE out in the community. She won the award last year as well.

What is a Values Award?


We had almost 1,600 campers at camp this past summer, and your child was one of the 200 campers that were selected for a 2023 Value Award. Each of our counselors selected just one camper each week that demonstrated exemplary character while at Y camp. There were, of course, many campers that demonstrated our core values, and we cannot recognize everyone, but this ceremony is a great opportunity to shine a light on a few and celebrate their character. This past summer Greta was selected for the **Respect** award.

Has your child done something amazing? Please send a photo and explanation to schooloffice@stmarksschoolboise.com and we will feature them here.


Lion Pride Recognition



LionPRIDE



	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



Congratulations to this week's winners:

Bennett L, GiGi M (2), Emma J, Harry M, Finn F, Ben D, Parker A, Lexi D, Patrick T (2), Gabriel F, Peter B, JoeJoe B, Jett C

Weekly Calendar

Monday, October 2

School Custodian Appreciation Day

Wednesday, October 4

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

4:00-9:00 p.m. St. Mark's Community Night at Farmstead

7:30 p.m. Mrs. Gordon kisses a pig at Farmstead

Friday, October 5

No Teacher Inservice - Full Day of School
Spirit Day

Saturday, October 6

Mrs. Paz's Birthday

Upcoming Events

Sunday, October 8

Pastor Appreciation Day

Monday, October 9

National School Lunch Week
Fire Prevention Week
BK Homecoming Week
5:30 p.m. School Board Meeting
7:00 p.m. Home & School Meeting

Tuesday, October 10

6:30 p.m. Quarterly Education Foundation Meeting at School

Wednesday, October 11

8:30 a.m. Student Body Mass presented by Mr. Newton's 6th grade
Mrs. Boroff's Birthday

Thursday, October 12

Flu Shots by Albertsons (must have signed Consent Form to receive shot)
Cub Scout Popcorn Sale

Friday, October 13

End of 1st Quarter - Full Day of School
\$1 Optional Spirit Day
6:00-7:00 p.m. Dr. John Bergsma at Church

Saturday, October 14

9:00-11:30 a.m. Dr. John Bergsma at Church

Home & School



Click on the link below to sign up to help at this year's Dinner Auction.

<https://www.signupgenius.com/go/10C0449A8A62EA2FD0-dinner#> or email Jenny Baxter at Stmarksschoolauction@gmail.com



Dinner Auction Dessert SignUp

Each \$20 of the cost of ingredients/supplies equals 1 hour of Volunteer Hours.

Each family needs 6 Volunteer Hours for the Dinner Auction.

<https://www.signupgenius.com/go/10C0449A8A62EA2FD0-44728529-stmarks>

ST MARK'S DAY AT THE

Farmstead

Join us next week for this Family Fun event



2500 S EAGLE RD, KUNA, ID 83634

OCTOBER 4, 2023
4:00-9:00PM

DISCOUNTED COST IS: \$12 + TAX
(REGULAR PRICE IS \$17)

AT THE TICKET OFFICE, MENTION ST MARKS TO
RECEIVE THE DISCOUNT. \$1 FROM EVERY
ADMISSION GOES BACK TO OUR SCHOOL!

**MRS GORDON IS SCHEDULED
TO KISS THE PIG AT 7:30!**



INCLUDES: CORN MAZE, COW & GRAIN TRAIN RIDES, BEE
LINE ZIPLINES, FARM ANIMALS, HAYRIDES, AND IDAHO
POTATO SACK SLIDE, CORN POPPERS, AND MORE

WWW.LOWEFAMILYFARMSTEAD.COM

Volunteer Opportunities

Parent Weekly Library Volunteers

Mondays - 12:00-3:00 p.m.
Tuesdays - 12:30-2:45 p.m.
Thursdays - 1:00-3:00 p.m.
Fridays - 9:30 a.m. - 12:30 p.m.

Volunteers will put books in order, shelve them and help with class check outs. Contact Mrs. Rosania at brosania@stmarksschoolboise.com if you would like to volunteer.

It's Book Fair Time!

Book Fair is Friday, October 13-Friday, October 20
(Parent Volunteers Needed)

[Click here](#) to sign up for a time slot to volunteer.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (2)—Bauer, Cavazos (2)

Tuesday (3)—Antonoplos

Wednesday (4)—LaMott, Gorney, Binns

Thursday (5)—Storli

Friday (6)—Gorney, Binns, Antonoplos, 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 load lunches on to trays and deliver the trays to the classrooms. Volunteers are given a free lunch.

Please call (208) 375-6654 or email the School Office to volunteer.

Daily Lunch Schedule: 11:15 a.m. (PS-2); 11:35 a.m. (3-5); 12:00 p.m. (6-8)

News



Welcome back to our 6th graders from their week at MOSS

We are celebrating Mr. Rossi on Monday, October 2 for School Custodian Appreciation Day.

Watch for an email on Monday with a link for sign ups for your Parent/Teacher Conferences.



Dear Parents of First Holy Communicants,

Let's meet to discuss how you can help your child prepare for their First Holy Communion. Sign up for a meeting during your child's parent-teacher Conference. Excited to meet you!

Ginger Mortensen
Director of Children's Faith Formation at St. Mark's

Calendar Notice – Friday, October 6 is a **FULL DAY OF SCHOOL**.



Peter Green, St. Mark's Church, will be hosting EM training Sunday, October 1st after both the 8:30 and 5:00 Masses. He will also be leading another training on Monday, October 9th at 3:30 in hopes of training St. Mark's School families. No need to register, just come to the training.

8th grade Legacy Project

Outdoor Winter Greens by JanLar Florists

M. WREATH 20" \$39.75

Fresh Evergreens with cones and bow.
Also available:

28" \$ 47.29

32" \$ 65.18

42" \$ 79.19

48" \$ 92.11

60" \$ 237.34

72" \$ 299.95



CC. CANDY CANE \$47.65

Fresh Evergreens with cones and bow.
Approx. 28" in length.



CR. CROSS \$47.65

Fresh Evergreens with cones and bow.
Approx. 28".



G. GARLAND 10' \$38.87

Cedar adds a warm welcome to
guests. 2 Bows included.

Also Available:

25' \$ 71.55

(3 Bows)

75' \$196.56

(6 Bows)



Hand tied bows will vary
in pattern and color

Prices include Idaho sales tax

It's beginning to look a lot like Christmas! Our 8th grade class has begun the annual Christmas wreath sales. The Sale continues through Monday, October 16. The proceeds from this sale help to fund the 8th grade legacy project. This is a project that the 8th graders vote on. It is something that will benefit the school and it allows our 8th graders to say thank you for all the wonderful years they have had here at St. Marks.

There are many different types and sizes of wreaths available. You may purchase a wreath from any 8th grader or leave your order and check with the school office.

Please make checks out to St Mark's School. Wreaths will be delivered on November 15th and

pick up will be a St. Mark's Church. Thank you in advance for your support of our 8th graders!! If you have any questions, please contact Kristin Godfrey at kegodfrey@stmarksschoolboise.com.



Starting Tuesday, October 3rd, parents are invited to join teachers on Tuesdays for weekly Morning Prayer in the Chapel at 7:40 a.m. We use part of the Magnificat Morning Prayer--copies will be available to follow along. Please join us!

St. Mark's School Choir

Any 5th - 8th grade student is welcome to join choir! Rehearsals are Mondays and Tuesdays after school from 3:00pm-3:45pm in the Music room. No audition needed and even if the student can go once a week to start due to sports, please just come! **Email Mrs. Cooper** if you have any questions.



TVCS Events/Sports

Click here for the TVCS athletic schedule.

Girls basketball and wrestling begin October 9th. Click on the link above to register.

Preschool Happenings



These preschoolers were thrilled to share their toys that begin with the letter T.



Church Connection

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

ST. MARK'S MOMS GROUP FALL KICK OFF

**OCTOBER 11TH, 9:30-11:30AM
ROOM 106/107**



**Come together for coffee and brunch, social time
and time to learn and discuss our faith and
motherhood journey.**

Email: Rachael.Smith121@gmail.com

**Bring your kids along
for the playtime!**



Dr. John Bergsma presents:

October 13th 6–7pm

Converted by the Eucharist:
A Protestant Pastor's journey

October 14th 9–10am

How the Whole Bible leads to the Eucharist

October 14th 10:30–11:30am

Not just a meal to remember Jesus:
The Eucharist as Center of Cosmic History

*There will be a chance to purchase Dr.
Bergsma's books before and after each talk.

Register at: www.stmarksboise.org



Notes from the Nurse

Flu shot clinic

Get a **FREE** flu shot*
with most insurances.

10% off groceries with every immunization**

Date: 10/12/2023

Time: Morning Classes

Location: St. Mark's School

- Additional Information:
- Bring completed consent form to clinic
 - Bring insurance card(s) to clinic. If you do not have insurance, flu shot is still covered.
 - Wear clothing that will allow access to upper arm

Shots administered by the Pharmacy Team from your neighborhood



* No co-payment unless required by your plan.
** Restrictions apply. Visit pharmacy for details.

ALBCIV201079_Rx_FluClinic_ClinicFlyer_V23_Flu_NoQR_10off_Blue_B2BOnly

Click on the flyer to download and print the Consent Form. Return the Consent Form to the School Office prior to October 12. Forms can also be found on our website at stmarksboise.com under School Forms.



If you wish for your student not to receive the flu shot, DO NOT RETURN THE FORM, no form means no shot.

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.

Riding the “Struggle Bus” is a phrase that was used in our house as part of the love and logic parenting with our children. One of the principles of Love and Logic parenting is that I am training myself to parent in a new way as much as I am training the children to act in a new way. I found this out back when I was a young parent trying to do things differently than when I was raised. My parents used yelling to get things done and I did not like that mode. So, when I learned about Love and Logic, I was so excited that I took it home and tried it all right away. Then when it did not work, I was frustrated. I then had to try again but this time I just put one thing into practice until I got how to use it.

The way to raise success in your parenting is to pick one thing that is consistently happening at your house like doing the dishes in the evening. We focused on that as our “training time.” We set up a plan to make it a struggle for the kids not for us. We picked a date to do the training. We had the daycare mom not give them as much of a snack so the kids were hungry for dinner. We went to KFC and ordered dinner. Then we took the meal home with mom holding the food. The kids were saying they were so hungry they could really eat a lot. Then we walked into the kitchen and acted shocked that the dishes were not done from the previous night. Then stated that our child had to finish his chore from last night before he got dinner. He did not have to worry we would save the food for him. Then there was a 15 minute meltdown. We held on to the plan and ate in the dining room away from the kitchen table. Then we heard the cleaning of dishes and them being put into the dishwasher. Then he asked us to come check the kitchen was clean. We did and then he got his dinner. He ate his entire dinner that night. He had successfully ridden the “Struggle bus” and learned that it was more fun for him if he did his chores when he was asked instead of having to wait to get his dinner. This was a relief for us as parents that our child could learn in one or two tries most of the things we taught him about life.

Then we could shift to the next topic to train with the “Struggle bus.” Pretty soon we learned the new way of parenting without yelling and he learned to do things when he was asked instead of avoiding or fighting with us. Give it a try yourself. The steps are simple:

Give your child a task to do that they can handle. (Put the dishes in the dishwasher) Expect they will have a “Struggle”. (Meltdown, negotiate, promise to do it later, etc.) Then let their Struggle and your empathy do the teaching. (You can say, “Take your time and we will have your food for you as soon as you finish.”) Finally, give the same task again. (He gets to do the dishes again another night).

The training in self-discipline takes time but it puts the fun back in parenting again.

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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