

Volume 8, Issue 4- September 8, 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,

I want to encourage all of us, especially adults, to continue learning about our Catholic Faith. For many of us, sadly, our religious education seemed to end after high school or Confirmation, or even before that. So many know little beyond that basic level. This is a shame because **our Faith is so beautiful and so rich**. There's always something new to learn! Our culture, especially today, on one-hand, is anti-faith, but on the other hand, is starving for knowledge of Jesus Christ. We urgently need to bring His message to our dying culture and to all we meet on our daily journey of faith. But how can we do this if we don't really know very well the rudiments of what we believe and why? It's no wonder so many Catholics are so confused nowadays. *What can we do about it?*



My suggestion is that we surround ourselves with good Catholic resources for learning about the Faith. For example:

- EWTN cable television—you may not like every program they produce but there is bound to be one you enjoy. Fr. Robert Barron's *Catholicism* series is excellent as are his many YouTube videos.
- There are several good Catholic Apps available for your smartphone:
 - Hallow,
 - IPieta,
 - Laudate
- Salt & Light Catholic Radio teaches and reinforces our faith. Listen and learn!
- Perhaps you enjoy a good Catholic newspaper—our own *Idaho Catholic Register* for example.
- There are good liturgical resources:

- My favorite is the Dominican Monthly,
- Magnificat many of us subscribe to and receive here at the parish.
- I urge every one of you, however, to purchase and study The Catechism of the Catholic Church
- Of course, also make sure you are studying the Bible, making sure it is an approved Catholic edition. The New American Bible and The Revised Standard Version (RSV) Ignatius Bible are faithful translations. Remember, when you “read” the Bible, you need to “pray” the Bible.

Whatever you do, learn and nourish your Faith so that you can share it with others.

In the Lord,

Fr. Paul

Letter from our Principal



Dear St. Mark's Families,

Happy Friday. Believe it or not, we are almost halfway through the first quarter. Please check your FACTS Family Portal to check your child's progress. If you have any concerns, please reach out to your child's teacher(s).

While we are finishing a short week, we have been very busy. All our 1st - 8th grade students have taken at least one MAP test. Next week, all three tests (math, reading, and language usage) will be completed. The data gathered will help guide instruction and develop growth goals for each student. At parent-teacher conferences in October, your child's teacher will provide you with a report and go over the results.

Mrs. Cooper's advanced choir and orchestra practices started this week. Please remember that student supervision begins at 7:30. Siblings of orchestra members will need to wait with parents until 7:30, when they may enter the school and be supervised in the gym.

School Office Hours

Our amazing office ladies are available between 7:30 - 3:45 each day school is in session and 7:30 - 12:30 on half-days. You can only access the building after these hours if there is an event/meeting or you have a pre-arranged appointment.

If your child is at school after 3:15, they must be picked up at Homework Club at the west entrance to the school.

Next Week

- All boards will meet - The School Advisory Board, Home and School Association, and the Education Foundation. All are invited to attend. Please check the **monthly calendar** on our website for dates and times.
- An "In-Person" Safe Environment Workshop (SEW) will be held at the school on Wednesday, September 13th at 6:30. If you plan on volunteering in the school or chaperoning for field trips, this in-person training must be completed once with an online class taken every year following. Please contact the office if you need help signing up for the class on CMG Connect.
- The first Treasure Valley Catholic Schools (TVCS) Dance of the year will be held at St. Mark's on Friday.

Have a blessed weekend, and Happy Grandparents' Day to all our incredible grandmas and grandpas.

Peace,
Donna

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



Fr. Dennis Day visiting Mrs. Jensen and Mrs. Lee's Kindergarten class. Mrs. Jensen and Mrs. Lee were in Kindergarten at St. Mark's School when Fr. Day was a priest here.

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

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:

Cailyn J (2), William D, Charlotte S, William H, Jack R, Kalena J, Amaia W, Katherine B, Vivian P

Weekly Calendar

Sunday, September 10

Grandparents Day

Monday, September 11

MAPS Testing

5:30 p.m. School Board Meeting

7:00 p.m. Home & School Meeting

Tuesday, September 12

MAPS Testing

6:30 p.m. Quarterly Education Foundation Meeting

Wednesday, September 13

8:30 a.m. Student Body Mass presented by Mr. Groninger's 7th Grade

MAPS Testing

6:30 p.m. SEW Class @ School

Thursday, September 14

MAPS Testing

Friday, September 15

7:00-9:00 p.m. 7th & 8th Grade TVCS Dance @ St. Mark's School

Saturday, September 16

Upcoming Events

Wednesday, September 20

8:30 a.m. Student Body Mass presented by Mrs. Paz's 7th grade

Friday, September 22

\$1 Optional Spirit Day

Saturday, September 23

5:00 p.m. School Mass hosted by 8th grade

Home & School

Saint Mark's Home & School Meeting Monday, September 11

6:30pm Social

7:00pm Meeting

Mrs. Schutte's Room (middle school)



Topics include:

Principal Report
Treasurer Report
Trunk or Treat
Community events
Dinner Auction

**Free dress passes will be raffled to
parents in attendance**

BABYSITTERS NEEDED!



Home & School is looking for 3 or more babysitters (5th grade and above) for each of the monthly meetings. Please sign up at the link below!

Click here to sign up to babysit during the Home & School meeting. Ask your teacher if this counts toward your Community Service Hours.

If you would like to sign up early to volunteer, please follow the link below
<https://www.signupgenius.com/go/10C0449A8A62EA2FD0-dinner#/> or email Jenn Baxter at Stmarksschoolauktion@gmail.com

ST MARK'S DAY AT THE
Farmstead



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

St. Mark's School Spirituality Committee Seeks Parent Involvement - The Spirituality Committee is made up of faculty and parents and helps the principal/pastor nurture and expand the Catholic identity of the school. We need parent volunteers to sit on the committee. If you would like to help us live and grow the spirituality of our school community, please email Angela Paz at apaz@stmarksschoolboise.com. Thank you!

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (11)—Mojica, Berry, Jower
Tuesday (12)—Schaller, Garcia, Mojica
Wednesday (13)—LaMott, Gorney, Kolbrecki, Jower
Thursday (14)—Storli, Garcia, Mojica
Friday (15)—Antonoplos, Paz, Kolbrecki, 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 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



Grandparents Day is Sunday, September 10



Traffic Alert - Cole Road at Settlers Avenue (north of the school) will be

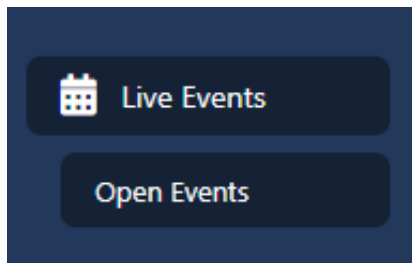


reduced to 1 lane on the east side of the street next week from September 11 through September 15.

ALL VOLUNTEERS MUST HAVE COMPLETED THE SAFE ENVIRONMENT WORKSHOP (SEW) AND HAVE AN APPROVED BACKGROUND CHECK THROUGH THE DIOCESAN OFFICE.

The first SEW class (for St. Mark's families only) will be held on **Wednesday, September 13 @ 6:30 p.m. at the School**. THE COST OF A DIOCESAN BACKGROUND CHECK ranges between \$13.00-\$85.00, depending on several factors including the number of states in which an applicant has lived. One live Safe Environment Workshop has been completed in person, then an annual online renewal each year after that is required by the Diocese of Boise. Please visit <http://boise.CMGconnect.org> to set up an account and sign up for the class.

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 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 Elementary School	2000 N. Broadway St.	BOISE	09/13/2021	12:00 AM	Kristin Gault	2087754401

Cub Scouts Popcorn

Please support St Mark's
Cub Scout Pack 94!



PROCEEDS FROM THESE SNACKS
GO TOWARDS SUPPORTING
**YOUR LOCAL
SCOUT TROOP!**



Gourmet popcorn will be sold in the parking lot after school on **Thursday, October 12th**, with popcorn on hand, plus orders taken for additional items to be delivered in late November, in time for holiday gifting.



Men, Ignite the Fire!

We are calling all men who are ready to step up, be leaders, and join a special ops unit in promoting the unforgettable Idaho Catholic Men's Conference. We need drivers, promoters, and real sales guys who are unafraid to approach their fellow men and ignite their faith with the passion and enthusiasm that only comes from experiencing this life-changing conference. Join us for this engaging 2 ½ hour event with Kevin O'Brien we are calling a "Charcoal Event" on Saturday, September 30 from 8am-10:30am at St. Mark's in Boise or over Zoom. You'll receive the tools, motivation, and fire-starting skills to gather men from all corners of your community for the February 2024 Idaho Catholic Men's Conference. Don't miss this incredible opportunity to make a lasting impact. Get fired up and answer the call today! Register at saltandlightradio.com/icmc-charcoal-event.

Dear Friends,

I hope you are all doing well! This year, we will be starting Adoration of the Blessed Sacrament at Bishop Kelly on Wednesday, October 4th and will continue every Wednesday that school is in session. As you know, we are so incredibly thankful for the prayers of you, our Adorers each week, without which this significant ministry would not be possible. If you are interested/willing to serve on our adoration team again this year, **please fill out this form**. Also, if you know of anyone that you think might be interested in joining this ministry, please forward them this email or have them reach out to me at Lhorn@bk.org. We are always trying

to ensure that we have at least 3 adorers signed-up per hour. Please let me know if you have any questions.

Blessings,
Lorissa A. Horn
Campus Ministry
Bishop Kelly High School

"To fall in love with God is the greatest romance; to seek him is the greatest adventure; to find him, the greatest human achievement." St. Augustine of Hippo

TVCS Events/Sports

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



Boot, Scoot & Boogie on over to
St. Mark's for the

TVCS BARN DANCE

Entry Requires:
\$5 + 2 CANS OF FOOD
+ YOUR STUDENT ID

Friday, 15 September 2023

7:00 - 9:00

7503 W Northview St

Boise, ID 83704

(West end of the building)

WANTED

All currently
enrolled TVCS

7th & 8th
graders in their
best, dress code

approved
western wear

Click on the flyer to print and sign the Dance Guidelines that must be completed in order to attend the dance. TVCS dances are for 7th & 8th graders only.

Cowboy/Cowgirl hats are allowed for this dance only, no other hats!



This week the Cubs learned all about the Letter LI. LI is for Lion!



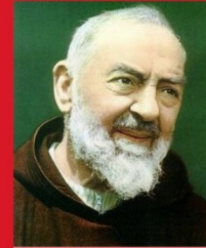
Church Connection

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



Save the Date for St. Mark's Parish Picnic

- Takes place on St. Padre Pio's Feast day; we will celebrate him with an Italian theme!
- Italian Food
- Wine/Beer Garden
- Bounce Houses for the kids!
- This will replace the Oktoberfest



Saturday, September 23, 2023

AFTER THE 5PM MASS

School Hosted Mass

Click to sign up to help with this event! It is a great opportunity for Community Service Hours!
<https://www.signupgenius.com/go/20F044BAEA92AABFC1-parish>

ST. MARK'S RENEW AND REFRESH

“Deepening our love for Jesus in the Eucharist Talks”

Held on Mondays at 6:30pm from September 11th through November 20th. Talks will take place in the Hall (exception: *=Sanctuary) and will last about 1 hour.

- **September 11:** The Jewish Roots of the Eucharist
 - **September 18:** The Eucharist in the New Testament
 - **September 25:** Theology of the Eucharist
 - **October 2:** A Walk Through the Mass*
 - **October 9:** Adoration: How to Make a Holy Hour*
 - **October 16:** Eucharistic Miracles—Past & Present
 - **October 23:** St John Paul II’s Teaching on the Eucharist
 - **October 30:** Journey to the Eucharist —
The RCIA Experience
 - **November 6:** Let the Little Children Come Unto Me —
The Eucharist & Youth
 - **November 13:** The Eucharist: Service and Evangelization
 - **November 20:** The Shroud of Turin
-

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

Suicide Awareness and Prevention

September is National Suicide Prevention Awareness Month. Suicide is among the leading causes of death in the United States, affects people of all ages, and is a serious public health concern.



Many factors including personal health, environment, and historical events all contribute to suicide risk. While suicide does not have one single cause, these circumstances can increase the risk of suicide:

- History of depression and other mental illness
- Serious illness, chronic pain
- Bullying, discrimination, harassment
- Loss of relationships or social isolation
- Substance abuse
- Stressful life events
- History of adverse childhood experiences, trauma, abuse
- Access to lethal means including firearms and drugs
- Previous suicide attempts, family history of suicide

It is not always possible to know when someone is contemplating suicide. There may be warning

signs that indicate a person is in acute danger and needs urgent help. Here are a few:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or being a burden to others
- Sleeping too little or too much
- Extreme mood swings
- Withdrawn, social isolation
- Anxious, agitated, reckless behavior
- Self-harming

If you sense that someone may be at risk for attempting suicide, get professional help **immediately**. Take them to the emergency department of your local hospital. If you notice signs but do not sense immediate crisis, seeking medical help through a provider is essential or dial **988** to reach the Suicide and Crisis Lifeline. We can all help to support a loved one who may be struggling with suicidal thoughts by:

- Asking them if they might be thinking about suicide
- Listening, be available to provide support
- Reducing lethal means/keep them safe
- Connecting them with help
- Following up

[cdc.gov/suicide](https://www.cdc.gov/suicide), [psychiatry.org](https://www.psychiatry.org), [healthychildren.org](https://www.healthychildren.org)

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

Everyone wants to be happy. Did you know there are four levels of happiness. Here is some information to help you find out what level of happiness you have in your life and how to move up the scale to more happiness.

Level 1 represents my fundamental drivers in life such as physical pleasure, immediate gratification, and excitement. This may be manifested in seeking my favorite food, new clothes, or a nice car. The “happiness” that results from this satisfaction, however, is typically short lived, shallow, and impacts no one else except me. Level 1 is not inherently bad, we all need to satisfy those basic pleasures like food and drink, but if we get stuck in level 1 our lives become a roller coaster constantly seeking to satisfy our next desire. After the food is consumed it isn't long before I am hungry again.

Level 2 is most evident in the need to satisfy my ego. The universe exists to serve me. I need to be constantly achieving and winning in my life, for example, being recognized at work, getting that next promotion, or making sure my project has top priority. In order for me to win, though, others must lose. I must keep my comparative advantage over others. My focus is on power and control. Like level 1, level 2 is not all bad. We all need to achieve in order to gain self-confidence, and credibility, but if my life gets stuck in level 2 as my dominant source of happiness, I will be constantly obsessed with seeking that next win, and paranoid that others are trying to keep me from it. This happiness is also not very pervasive, enduring or deep.

Level 3 is also somewhat about ego, but unlike level 2 it is turned outward. My skills and talents are aimed at serving others. It is still about winning, but it's now more about achieving Win-Win results rather than Win-Lose. My desire is in seeking that meaning and purpose in my life. I want to make an optimal positive difference in the world. My happiness is now growing in its pervasiveness because it impacts other people. It is also lasts much longer and is deeper.

Level 4 is what I ultimately seek in life. I fundamentally desire ultimate or perfect truth, beauty, love, goodness, and being. But I have to recognize that this ultimate goal is not found strictly in the material elements of the world, it is found in transcendence, what people of faith look for in God. Even if someone doesn't subscribe to a specific religious faith, they still have the a fundamental yearning for perfect truth,

beauty, love, goodness, and being. This happiness is the most pervasive, enduring, and deep.

That is a quick summary of the four levels of happiness. It is possible to reach it but it takes practice to reach level 4. Parenting where you focus on the good of your children and their success. That is to say that we focus on what is our child's learning style. I know that my three children did life three different ways. I had to step back from my perspective long enough to see what works for them. They want to be happy but may be focused on level 1. I need to invite them to a higher level of happiness. So the mantra of "more fun less hassle" can help with the theme of stepping back and looking at the bigger picture. As a parent you can ask the question, "If you do that, how will it work out for you?" It is the first step in having the children widen their view of what is happening, and it is also calming as they develop this tool. Give it a try.

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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