



### 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 School.

We began our Lenten journey this past Wednesday in celebrating Ash Wednesday together. We enter into this 40 day period of reflection, prayer, self control and discipline...while increasing our offerings of generosity to others. The Season of Lent provides us the time to introduce a much needed pause in our busy lives, and insert increased time in quiet, prayer, and reflection about our life in Christ.



The people of Israel understood the benefits of fasting, prayer, and almsgiving. We, the followers of Jesus Christ who is the fulfillment of the promises made to the people of Israel understand these teachings as well. Deciding to forego sweets, or to purposefully restricting our diets or daily consumption of food on certain days (usually on Fridays during Lent) teaches us that we have mastery over our appetites and other passions. We might add to that an intentional detachment from the use of social media or smartphone usage during this period. There is quite a lot of increasing scientific evidence that shows overuse of smartphones is causing mental and emotional impairment to heavy users.

We also are invited to increase our time in prayer. Perhaps we decide to begin or end each day with a brief reading of holy scripture. Referred to as "lectio Devina", this is the ancient practice of "praying while reading". Lent is the perfect season to incorporate this practice in our lives.

Lastly, we are encouraged to increase our awareness of other's needs, particularly those who may be struggling or lacking in some need. The increased generosity we offer, the giving of alms to others is one way we can demonstrate our love of Christ through helping to meet the needs of others. We do best when we offer this help anonymously. We find ways to assist others without seeking or receiving public affirmation or thanks.

Bless you all this Season of Lent.

Fr. John

## Letter from our Principal



Dear St. Mark's Families,

Happy Lent. We celebrated a beautiful Ash Wednesday Mass with our amazing St. Mark's community and began this sacred season together in prayer and reflection. May this Lenten season be one of prayer, sacrifice, and grace for your family.

Next week, we are looking forward to our full-day Lenten Retreat. Students will pray a hands-on Stations of the Cross, spend time in Adoration, and participate in a meaningful "food chain" from our school to the St. Mark's Food Bank. Our goal is for each student to bring one canned food item to help support families in need. We will spend the entire day with our Saint Families, growing in faith, friendship, and service together.

As part of our retreat experience, we will be offering a free, simple Lenten meal for all students that day. In the spirit of community and humility, students will eat together in their Saint Families in a family-style setting. This shared meal will be a beautiful reminder of the importance of fellowship and gratitude during this holy season.

### 26-27 Enrollment

Thank you so much for enrolling your children for next year. It has been a strong and encouraging start to enrollment! Just a reminder that the \$25 Early Bird Discount ends on March 2nd.

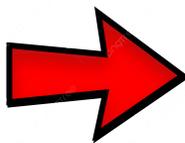
### Child Care Survey for March 6th

On **Friday, March 6th**, our faculty will be participating in a professional in-service training day. If you are interested in childcare from 8:00 a.m. to 3:00 p.m. on that day, please complete the **SURVEY** by Monday, February 23. We must have a minimum of 15 students registered in order to offer this service. An email will be sent on **Tuesday, February 24**, confirming whether childcare will be available. Thank you for your timely response as we plan for this day.

As we journey through Lent, we hold close the words of Scripture:

"Create in me a clean heart, O God, and renew a steadfast spirit within me."  
— Psalm 51:10

Peace,  
Donna Gordon



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An email containing the Re-Enrollment link for the 26-27 school year was sent from FACTS to Primary Parents on Tuesday, February 17.

You can also re-enroll through your FamilyPortal. Go to Family (on the left side of your screen) > Apply/Enroll > Enrollment/Reenrollment > Start Enrollment Packet

Open Enrollment for non-current families will begin after the Early Bird offer ends on March 2. *This means you have 10 days to Reenroll.*

Contact **Marie Anderson** for assistance with Reenrollment.

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*Together We Rise*



SAINT MARK'S  
-CATHOLIC SCHOOL-

As mentioned at Back-to-School Night, one way we can live out our theme "**Together We Rise**" is through open communication. To support this, we've introduced the Rise & Share Google Form.

### **Rise & Share Google Form**

Here's how it works:

- If you have a question or concern and prefer to share it through the form, Mrs. Gordon will check responses every morning.
- If you'd like a reply, you can include your contact information, and Mrs. Gordon will respond as soon as possible.

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**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.](#)**

**[Spirituality Spotlight](#)**

## Upcoming Dates

**2/25- Wed:** Student Body Mass @ 8:30am hosted by Mrs. Workman's 5<sup>th</sup> grade

**2/25- Wed:** Lenten Retreat

One Can  
One Goal  
***One Heart***



Bring in  
**ONE**  
canned  
good by  
Feb. 24th

As an act of service, our entire school will participate in a canned food drive. We kindly ask that each student bring **one can of food** to their classroom. On February 25th, we will donate the collected items to the St. Mark's Food Bank by forming a special "food bank food chain."

Please no glass jars

## Ways to connect in prayer this Lent

### For kids:

1. Learn one new prayer and recite daily
2. Choose one person — a friend, neighbor, even a famous person — to pray for every day during Lent
3. Choose a patron saint to learn about and pray for their intercession

### For parents:

1. Go to a weekly Holy Hour
2. Read and reflect on Scriptures daily
3. Choose somebody you need to forgive and offer up your daily sufferings for them

### Family:

1. Have a silent meal once a week
2. Attend daily Mass once or several times a week
3. Add a new family devotional, like the Rosary, the Divine Mercy Chaplet, or Liturgy of the Hours

## Student Spotlight



St. Marks eighth grade had an exciting opportunity to visit the courthouse, where they saw live court hearings and received a presentation on the court system, due process and constitutional rights. Fourth District Magistrate Judge Jameson has three children at St. Mark's and welcomes visitors to her courtroom anytime.

### Lion Pride Recognition



# LionPRIDE

Practice  
MAKES  
Saints

|  | CLASSROOM   | HALLWAYS  | LUNCH ROOM   | PLAYGROUND  | BATHROOMS   | CHURCH  |
|--|---|---|--|---|---|---|
| <b>PERSEVERANCE</b><br><i>Every Day - Every Time</i>   | Be Prepared<br>Be On Time<br>Be On Task<br>Be Present   | Be Timely<br>Be Courteous<br>Model Good Behavior<br>Walk Slowly | Use Your Manners<br>Be Patient<br>Wait to be Excused   | Be Safe<br>Obey the Rules<br>Play Fair<br>Share Space & Equipment<br>Be a Good Sport      | Throw Away Trash<br>Keep it Clean<br>Flush Toilet<br>Wash Hands                                     | Be Engaged<br>Pray, Not Play<br>Behave Appropriately                              |
| <b>RESPECT</b><br><i>Others, Self &amp; Property</i>   | Be Positive<br>Listen to Others<br>Be Prompt<br>Follow Dress Code<br>Care for School Property | Be Quiet<br>Keep Your Hands to Yourself<br>Keep Clean           | Clean up Messes<br>Share Space<br>Eat Only Your Food<br>Keep Voices Low<br>Keep your Hands to Yourself | Use Kind Words<br>Use Equipment as Intended<br>Keep Your Hands to Yourself                | Give Others Privacy<br>Use Appropriate Volume   | Listen Attentively<br>Enter and Leave Quietly<br>Treat Church Materials with Care |
| <b>INTEGRITY</b><br><i>Honesty in All You Do</i>       | Be Honest<br>Be Accountable<br>Do Your Own Work<br>Set & Meet Goals<br>Honor Due Dates        | Do the Right Thing<br>Respect Posters & Displays                | Use Manners<br>Don't Be Wasteful<br>Pay for Purchases  | Notify Staff if Problems Arise<br>Follow Staff Directions                                 | Return to Class Promptly & Quietly<br>Report any Inappropriate Behavior<br>Use at Appropriate Times | Be Kind<br>Be on Time   |
| <b>DISCIPLESHIP</b><br><i>Following Jesus' Example</i> | Support Others<br>Cooperate with Others<br>Be Honest<br>Share Christ's Love                   | Help Others in Need<br>Say Thank You to Our Custodians          | Sit by Those Sitting Alone<br>Engage in Appropriate Conversations                                      | Encourage Others to be Kind<br>Be Inclusive<br>Lead by Example<br>Help Others When Needed | Use Only as Needed<br>Report Supply Shortages<br>Clean Up After Yourself                            | Be Reverent<br>Actively Participate<br>Be Involved<br>Show Appreciation           |
| <b>EXCELLENCE</b><br><i>Strive for Success</i>         | Do Your Very Best Work<br>Challenge Yourself<br>Learn Beyond the Classroom<br>Ask Questions   | Set a Good Example<br>Greet People Politely                     | Follow Cafeteria Rules<br>Use an Inside Voice  | Solve Issues in a Peaceful Manner<br>Line Up on Time<br>Stay in Assigned Areas            | Use During Non-Instructional Times<br>Report Problems to an Adult                                   | Be the Best Version of Yourself<br>Follow Dress Code for Mass                     |

SAINT MARK'S  
-CATHOLIC SCHOOL-

### Congratulations to this week's winners:

Kinsley P (2), Charlotte S, Hudson M, Richard H, Patrick N, Pilar M (2), Terra R (3), Layla R, Colby R (2), Chris U, Marshall B, Georgia B, Brynlee B, Greta W, Clara J, Aspen C, Alma R, Lily P, Holden B, Sutton H, Hank W, Wyatt B, Lochlan M, Mateo E, Henry W, Harper C

## Weekly Calendar

### Sunday, February 22

Ms. Smith's birthday

### Tuesday, February 24

Mrs. Maltby's birthday

### Wednesday, February 25

8:30 a.m. Student Body Mass presented by Mrs. Workman's 5th grade  
Lenten Retreat at school

### Friday, February 27

Spirit Day  
Hallissey Basketball Tournament

### Saturday, February 28

Hallissey Basketball Tournament  
7:00 p.m. Hallissey Mass (no dance after Mass)  
Mr. Rossi's birthday

## Upcoming Events

### Sunday, March 1

Hallissey Basketball Tournament

### Monday, March 2

Read Across America

### Tuesday, March 3

6:30 p.m. Foundation Meeting

### Wednesday, March 4

8:30 a.m. Student Body Mass presented by Mrs. Maltby's 5th grade

### Friday, March 6

Teacher Inservice - No School  
Mrs. Anita Martin's birthday

## Home & School

# St. Mark's Annual Mom & Son Hangout!

Mark your Calendars for a great day out  
celebrating Moms & Sons!



**Save the Date:**

Sun May 17th

More information to follow!



Want to help with the  
**DADDY DAUGHTER**

**DANCE**

PLEASE CONTACT:  
BROOKE SMITH  
[BSMITH@STMARKSBOISE.ORG](mailto:BSMITH@STMARKSBOISE.ORG)

## Volunteer Opportunities

TO VOLUNTEER IN ANY CAPACITY AT ST. MARK'S SCHOOL,  
YOU MUST TAKE A LIVE SEW CLASS AND PASS A BACKGROUND CHECK.

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### Hallsiey Basketball Tournament Volunteers Needed

**Click here to volunteer at the Hallsiey Tournament**

Please send this to anyone that you think would be interested in getting involved and needing some service hours. We appreciate all of the help!

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Get your Volunteer Hours by helping in the lunchroom. We need help to be able to serve HOT LUNCH every day to our students. Come into the office and sign up on the hot lunch calendar.

## Lunch Room Volunteers

### NEXT WEEK'S LUNCH HELPERS

Monday (23)—

Tuesday (24)—

Wednesday (25)—LaMott

Thursday (26)—

Friday (27)—

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 come into the School Office and sign up in the black "lunch" binder, call (208) 375-6654 or **email** to volunteer.

Daily Lunch Schedule: 11:15 a.m. (PS-2); 11:35 a.m. (3-5); 12:05 p.m. (6-8)

## News

# Congratulations to our Quarter 2 Honor Roll Students

## High Honor Roll & Honor Roll

### 6th Grade

Eleanor A

Vincent A

Mary C

Noah M

Amelia M

Josef P

Tyus R

Katherine B

Joseph F

Lucas L

Vivian P

Kinsley P

Aven R

Lincoln R

Chloe S

Jensen S

### 7th Grade

Genevieve A

Tate B

Diana C

Russ M

Quan P

Kolbe S

Paul T

Emma B

William B

Victoria B

Bryce B

Peter B

Jett C

Lola C

Alexa C

Walter C

Jennica C

Shaelen C

Hayden H

Emma J

Collin K

Declan L

Hannah T

Sophia U

### 8th Grade

Brynlee B

Holden B

Georgia B

Athena N

Pepper S

Greta W

Olivia A

Marshall B

Abi C

Aspen C

Faith H

Clara J

Payton M

Pilar M

Leilah N

Terra R

CC S

Corbin S

Jasper T

Christopher U

Next Wednesday, February 25, we will hold our Lenten Retreat. The retreat will run from the start of the school day until dismissal. All students will be provided a free, simple lunch of potato soup, a roll, fruit, and vegetables. If your child will not eat the meal provided, please be sure to send a cold lunch to school with them.

Since we will be attending Student Body Mass with our school families and not with our class this Wednesday, we are asking students to not sit with their parents and for parents to not sit with student's families. Thank you for your understanding, as this will be easier for teachers to keep track of students.

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Applications are now being accepted for Office positions for the 2026–2027 school year. [Click here](#) to view the job description, and [click here](#) to complete the Diocesan application. Please submit a cover letter, resume with references and application to [dgordon@stmarkschoolboise.com](mailto:dgordon@stmarkschoolboise.com).

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**Parents of students who are attending Mathnasium on Wednesdays**  
- students will be dismissed at 5:00 p.m. and may be picked up at the MS. Students not picked up at 5:00 p.m. will be escorted to Homework Club.

**We are still accepting students into this program, students can join any time.**

# After School Math Program

Provided by Mathnasium at  
St. Mark's Catholic School

## What is Mathnasium?

Mathnasium is a fun, dynamic, reward-based approach that is proven to accelerate math learning and improve math confidence!



**Special Discounted Rate for St Mark's Families.  
Beginning February 18th!**

**\$300/Month for 2 Weekly - One Hour Sessions**

**4:00pm - 5:00pm Monday and Wednesday**

Price includes after care from 3:00-4:00pm

Sessions take place after school at St. Mark's



Scan this code to  
sign up or to get  
more information



Questions? Contact Us

 [meridian@mathnasium.com](mailto:meridian@mathnasium.com)

 Call or text (208) 888-0020

**MATHNASIUM**  
The Math Learning Center

**SAINT MARK'S**  
- CATHOLIC SCHOOL -

St. Mark's School is in need of Substitute Teachers. If you or someone you know has a higher ed degree, associates or higher and have classroom experience (we can work with you on this), we would love to have you fill out an application.

**Click here** to complete the fillable application, print and turn it in to Mrs. Anderson in the school office.



Dear all,

I am sad to say, that due to health issues, I will not be returning to work. I have loved every moment I have been at St Mark's School whether it be as a parent of a student, a staff member

or a volunteer. Working along side the staff has been a privilege, working with students a blessing, and being part of St Mark's School an honor, as it truly is the best school.

Take care,  
Elsa Kenworthy

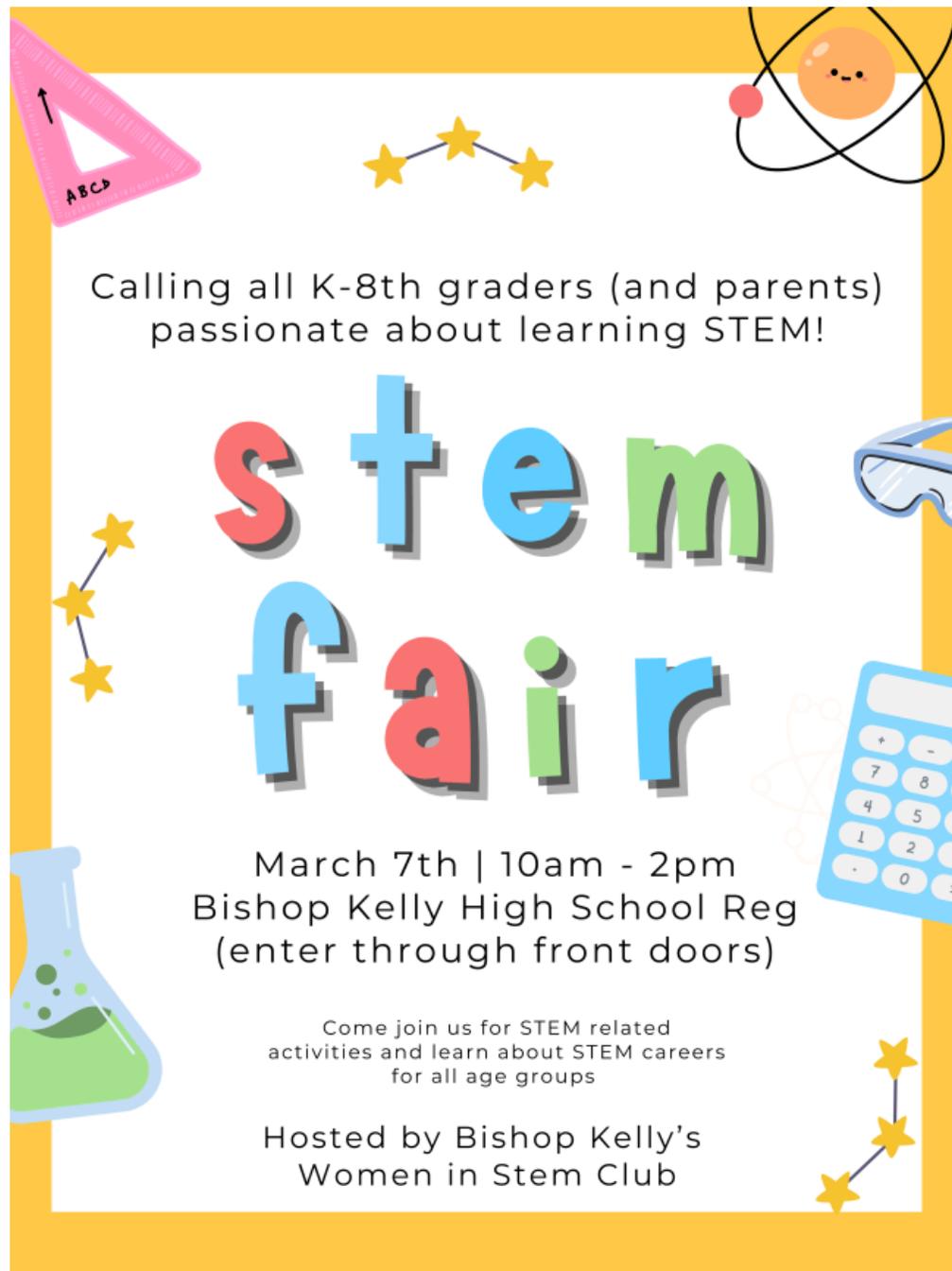
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[Click here](#) to view March Lunch Calendar.

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The March Monthly Calendar is attached, [click here](#) to download.

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A colorful poster for a STEM Fair. The background is yellow with a white border. At the top left is a pink protractor with 'ABC' and '180°' written on it. At the top center are three yellow stars connected by a line. At the top right is a cartoon atom with a smiling face. In the middle, the text 'Calling all K-8th graders (and parents) passionate about learning STEM!' is written in black. Below this, the words 'stem' and 'fair' are written in large, colorful, 3D-style letters. To the right of 'stem' is a pair of blue safety goggles. To the right of 'fair' is a blue calculator. At the bottom center, the event details are listed: 'March 7th | 10am - 2pm', 'Bishop Kelly High School Reg', and '(enter through front doors)'. Below that, it says 'Come join us for STEM related activities and learn about STEM careers for all age groups'. At the bottom, it says 'Hosted by Bishop Kelly's Women in Stem Club'. There are also several star-and-line graphics scattered around the poster, including one on the left side and one at the bottom right. A blue beaker with green liquid and bubbles is on the left side.

Calling all K-8th graders (and parents)  
passionate about learning STEM!

**stem**  
**fair**

March 7th | 10am - 2pm  
Bishop Kelly High School Reg  
(enter through front doors)

Come join us for STEM related  
activities and learn about STEM careers  
for all age groups

Hosted by Bishop Kelly's  
Women in Stem Club

[Click on poster](#) to find out more information.

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DON'T MISS IT...

**BISHOP KELLY'S  
FIRST ENROLLMENT  
DEADLINE IS FRIDAY,  
FEBRUARY 13TH**

Application fee Increases by \$50 on 2/14!

It is time for Freshmen, Sophomores, and Juniors to begin the process of registering for next school year.

**Parents of Freshmen, Sophomores, and Juniors received an email on MONDAY, JANUARY 26th from TADS.** This important email contains unique links to re-enroll your student for the 2026 - 2027 school year. Please note that this email is coming from TADS, not from BK. Don't delete it! Please click on the TADS link and complete the steps for re-enrollment as soon as possible. This step must be completed before your student can register for classes for fall.

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## Art Website

featuring art from Mrs. Arentz's and Ms. Hatfield's art classes  
Click on this link weekly to view student works of art

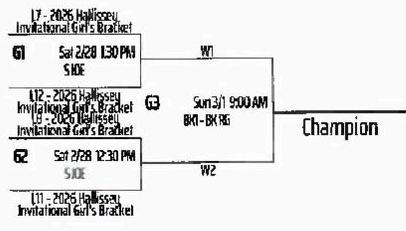
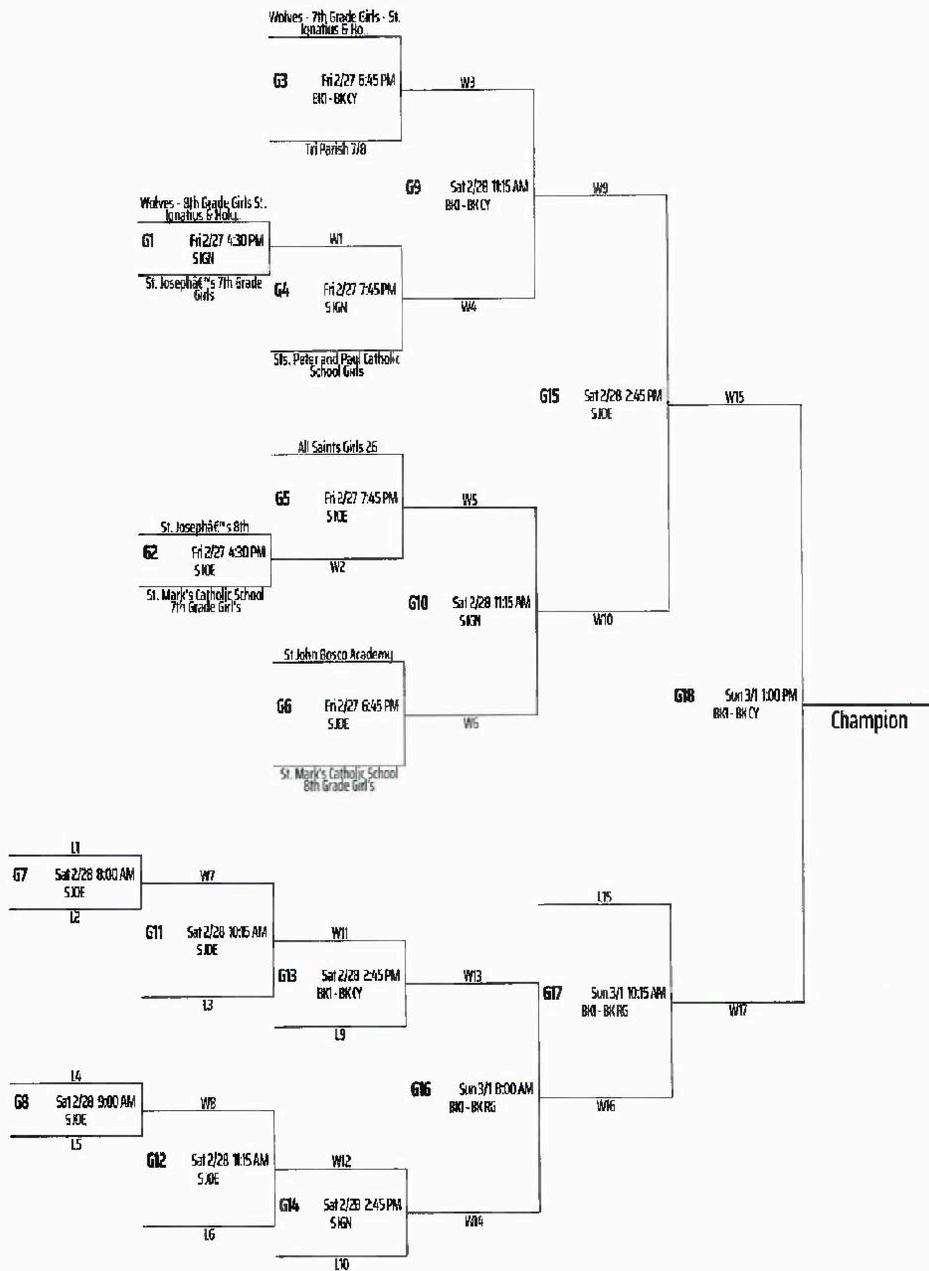
<https://sites.google.com/stmarksschoolboise.com/smk8thart/saint-marks-school-art>

## TVCS Events/Sports



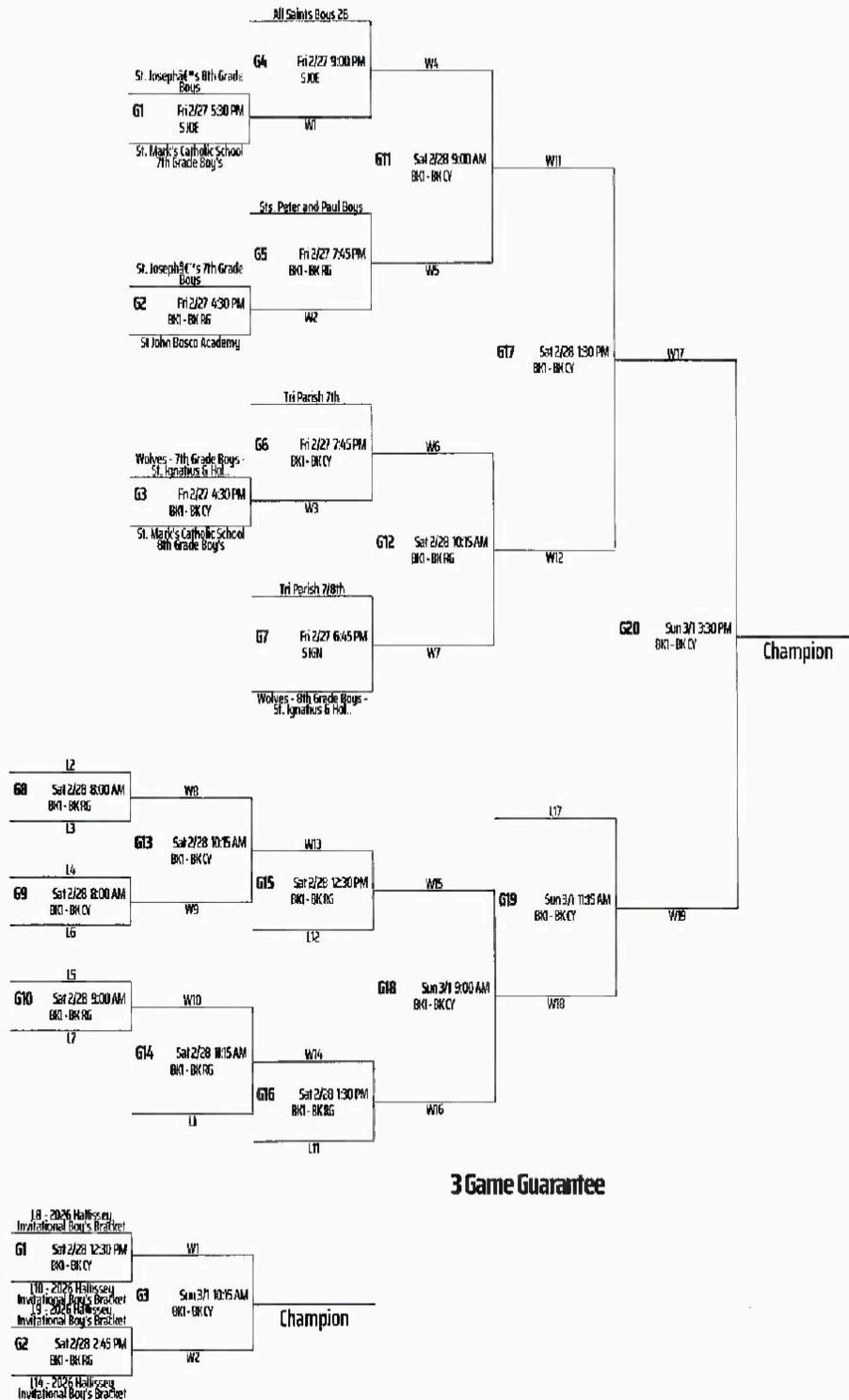
**Click here** for the TVCS athletic schedule.

# 2026 Hallissey Invitational Girls Bracket



[Hallissey Girls Bracket link](#)

# 2026 Hallissey Invitational Boy's Bracket



[Hallissey Boys Bracket link](#)



## FEB 27

FRIDAY

Opening rounds of games

## FEB 28

SATURDAY

Games all day

Team Mass at St. Mark's @ 7:00 pm

## MARCH 1

SUNDAY

Breakfast @ 8-11 am  
Co-ed @ 12:30  
Girls @ 2:00  
Boys @ 3:30

### Preschool Happenings



At the beginning of Mass, one of our students stated that this Wednesday's Mass was extra special because we get two blessings twice. Indeed!

"The ashes mean I'm a sinner. The shape of the cross means I have a Savior" - Fr. Mike Schmitz



### 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

**WHAT IS A SEVERE ALLERGY?**  
 Severe allergies are immune responses - typically to certain foods or drinks. Severe allergies are medical conditions.  
**Anaphylaxis is the medical term for a severe, life-threatening allergic reaction.**

**DID YOU KNOW?**  
 Every three minutes, an allergic reaction to food sends someone to the emergency room.  
Source: Food Allergy Research & Education

[Kids With Food Allergy Link](#)

### Allergy

**8 COMMON ALLERGENS**

- WHEAT
- SOY
- FISH
- MILK
- TREE NUT
- PEANUT
- CRUSTACEAN
- EGG

**3 ALLERGENS THAT CAUSE DEADLY REACTION CALLED ANAPHYLAXIS**

**5 of 100** affected by crustacean allergy

**TOP 3 ALLERGENS:**

- 150 million** HAVE FOOD ALLERGIES
- 50 million** HAVE PEANUT ALLERGY

**CRUSTACEAN:** CRUSTACEAN, CRAB, SHRIMP

**TREE NUT:** WALNUT, ALMOND, PEANUT, PISTACHIO, CASHEW NUT, HAZELNUT, BRAZIL NUT

### 6 Food Allergy Facts:

Raising Awareness to Promote an Inclusive Environment For Those Affected

- 32 million Americans have food allergies,** including 5.6 million children under the age of 18. (Source: Food Allergy Research & Education)
- The most common food allergies in the U.S. are:** peanuts, tree nuts, milk, eggs, wheat, soy, fish, and crustacean shellfish. (Source: Food Allergy Research & Education)
- Food allergy prevalence amongst children have increased by 50%** between 1997 and 2011. (Source: Centers for Disease Control and Prevention)
- Food allergy reactions send someone to the emergency room every three minutes in the U.S.** (Source: Food Allergy Research & Education)
- 16-18% of children with food allergies have experienced a reaction at school.** (Source: American College of Allergy, Asthma & Immunology)
- Only 26% of students with food allergies reportedly had a written emergency plan at school** based on a study of 6th-8th graders. (Source: Pediatrics)

**W** THE ALLEN WATSON INSTITUTE [@AllenWatsonInstitute](#)

## Notes from the Counselor

# SCREEN USE & ANXIETY

### THE ANXIOUS BRAIN WORKS HARDER ONLINE

When a young person is already carrying anxiety, digital environments can place extra load on the brain's threat-detection system. Fast-paced notifications, endless scroll, and unpredictable social feedback all activate the amygdala more intensely. Research from the National Institute of Mental Health shows that anxious brains already scan for threat at higher baseline levels — meaning online spaces can amplify this sensitivity rather than soothe it.

### SOCIAL COMPARISON QUIETLY FUELS SELF-DOUBT

Social media platforms are designed around comparison: likes, comments, streaks, and curated images. Studies from the University of Pennsylvania found that reducing social media use to around 30 minutes a day significantly decreased anxiety and depressive symptoms in young adults, highlighting how comparison-driven platforms impact emotional wellbeing. For children and teens still building identity, this pressure can feel overwhelming.

### SLEEP DISRUPTION INCREASES EMOTIONAL FRAGILITY

Screens late in the day delay melatonin release, which disrupts circadian rhythms. Research published in Child Development notes that reduced sleep quality increases vulnerability to anxiety, irritability, and emotional dysregulation the following day. For a child who is already anxious, sleep loss creates a cycle: tired body → heightened stress response → even more anxiety.

### DOPAMINE SPIKES MAKE IT HARDER TO SWITCH OFF

Digital media delivers small, frequent dopamine rewards. While not inherently harmful, these micro-bursts can make transitions away from screens much harder for an anxious child. Neuroscience studies show that unpredictability — like random rewards or varying content — triggers stronger dopamine patterns, making disengagement feel uncomfortable. This isn't refusal. It is a nervous system struggling to down-shift.

### THE BODY MISSES THE CUES THAT CALM IT

When a child is absorbed in a screen, they are often sitting still, breathing shallowly, and not receiving the sensory input that regulates their nervous system. Physical movement, co-presence with safe adults, and real-world social cues all support vagal tone and emotional regulation. Without them, baseline anxiety has fewer anchors. The screen isn't "causing" anxiety — but it may block the things that reduce it.

### CONNECTION – NOT RESTRICTION – CREATES SAFETY

Research consistently shows that supportive parent-child relationships buffer the psychological effects of screen use far more than strict limitations alone. The goal is not to remove screens, but to guide children towards healthy digital habits: co-viewing where possible, predictable routines, tech-free wind-down time, and open conversations about what they see and feel online. Anxiety eases when children feel understood, not controlled.



**WE DON'T CALM CHILDREN DOWN — WE CALM WITH THEM.**  
**MANAGING BIG FEELINGS, THE TOOLKIT FOR PARENTS AND EDUCATORS - LINK IN COMMENTS OR VIA OUR LINKTREE SHOP**

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Sarah Lynch, St. Mark's School Counselor

Dr. Joe Lipetzky, our school psychologist, is at St. Mark's on Monday and Friday morning.

Sarah Lynch, our school counselor, is at St. Mark's on Monday, Tuesday, Wednesday and Thursday.



Try email marketing for free today!