



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 Friends and Families of St. Mark's School.

I look forward with eager anticipation towards our joyful gathering this Saturday, Feb 7th as we celebrate the past, present, and future of St. Mark's School. We are grateful for the opportunity to gather at the Diocese of Boise premier Catholic High School, Bishop Kelly, and welcome many guests, friends, and benefactors. Our theme this year is "Buffalo, Boots, and Blessings". Perfect!



The planning team has been hard at work for nearly a year, and we will all enjoy the benefits of their hard work when we gather Saturday evening.

This coming Sunday, the 5th Sunday in Ordinary Time, offers a wonderful reminder on our mission and purpose as Catholics. Our walk in Faith is not only for our own benefit (eternal life) but also to bring temporal (now) relief, and eternal hope to all that we encounter. The reading from Isaiah reminds us to be mindful of those in need. We too have our moments of need and want, and we have all benefited from someone helping us. We are called to be equally generous, mindful of those we encounter whose lives we can improve with small and simple gestures. More importantly, their encounter with us as we live out our Faith may serve as an invitation to them to do the same.

Our Lord secures this teaching point in the gospel reading from Matthew Ch. 5. This is part of the sermon on the mount lesson. "You are the light of the world. A city set on a mountain cannot (should not) be hidden." As followers of Christ, we are encouraged (expected) to live and speak this truth with confidence. Our confidence is not in ourselves or popular ideas or personalities. Our confidence is in Jesus Christ, the one true Son of God and second person of the Trinity. It is His truth and authority that guides our lives.

When we live out and confidently speak our Faith to others, we bring the light of Christ into their lives. They encounter the light of Christ through our efforts to authentically follow Him.

Continue to be that light. This coming Saturday...and every day of our lives.

Together we Rise,

Fr. John

Letter from our Principal

Dear St. Mark's Families,



I pray you are enjoying this three-day weekend. Today, our faculty spent the day in professional development—training in IXL, collaborating in their Professional Learning Communities, planning with grade-level teams, and working with student data to ensure continued growth and success.

Believe it or not, today marks the halfway point of the third quarter, and progress reports have now been posted in your Family Portal. Please note that due to the high number of absences we have experienced recently, you may see missing or absent marks reflected in your child's report.

As a reminder, our makeup work policy allows students one day for every day they are out, plus an additional day. It may take a week or so for grades to fully reflect all completed work. If you have any questions, please don't hesitate to reach out directly to your child's teachers.

We are also hoping to open enrollment for the 2026–2027 school year next week. Due to staffing shortages, there has been a delay in getting materials finalized and sent out. Thank you for your patience and understanding.

Finally, I hope to see many of you tomorrow evening at our Annual Gala! I cannot thank Catherine Pachoha and her incredible team enough for the hundreds of hours they have devoted to making this event possible. I know it is going to be a wonderful night. YEE-HAW!

Donna Gordon



Policy Highlight

Influenza B, Influenza A, and strep throat seem to be making their way through our staff and students. We kindly ask for your partnership in helping keep our school community healthy.

Please remember:

- If your child has a fever greater than 99.9°F, they must remain home and may return only after they have been fever-free for 24 hours without the use of fever-reducing medication.
- The same policy applies for vomiting—students must be vomit-free for 24 hours before returning to school.

Thank you for helping us protect the health and well-being of all students, staff, and families. We are praying for quick recoveries and for everyone to stay healthy in the days ahead.

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:

Together We Rise



SAINT MARK'S
CATHOLIC SCHOOL

- 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.

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

2/8- Sun: Scout Sunday Mass

2/11- Wed: Student Body Mass @ 8:30am hosted by Mrs. Jensen's Kindergarten

2/11- Wed: First Communion Parent Meeting @ 6:30pm

2/13- Fri: Adoration in the school chapel

School Lenten Retreat

Wednesday, Feb. 25th



As we prepare our hearts for Lent, we will host a full-day retreat engaging students in meaningful experiences of prayer, fasting, and giving with their school families.

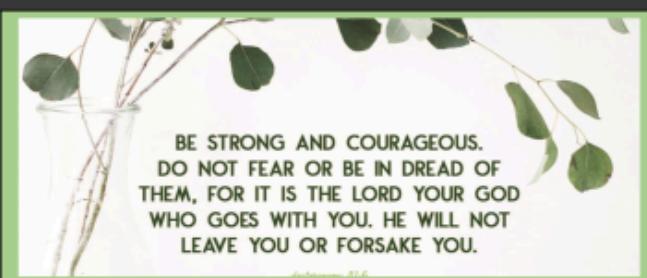
As an act of giving, we ask that beginning *Monday, February 9, through February 24*, each student bring **ONE** non-perishable food item that will be donated to the St. Mark's Food Bank. As part of our retreat, students will create a "food bank food chain," allowing each donated item to pass through the hands of all students as it travels from our school to the food bank.

Lent 2026

Mardi Gras	February 17 th
Ash Wednesday	February 18 th
Palm Sunday	March 29 th
Holy Thursday	April 2 nd
Good Friday	April 3 rd
Holy Saturday	April 4 th
Easter Sunday	April 5 th

Join us!

The Spirituality Committee will meet next Thursday, the 12th, at 3:15 p.m. This group is made up of teachers, staff, and parents who work together to create a thriving spiritual environment for students and their families.



Student Spotlight



Ember earned her Little Tiger Black Belt. She has worked so hard and been so dedicated to earn this! So proud of her!

Lion Pride Recognition



LionPRIDE

Practice MAKES Saints

	CLASSROOM	HALLWAYS	LUNCH ROOM	PLAYGROUND	BATHROOMS	CHURCH
P 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
R 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
I 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
D 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
E 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:

Jo G, Audrey P, Layton S, Chris U (3), Aspen C, Hunter S, Ava S, Brynlee B, Connor D, Peter B, Evan B, Sayer H, Jase W, Corbin S (2), Khaleesia B, Sebastian P, Henry R, Johria B, Bri S

Weekly Calendar

Saturday, February 7

5:00 p.m. St. Mark's School Dinner Auction at Bishop Kelly

Sunday, February 8

Scout Sunday

Mrs. Arentz's birthday

Monday, February 9

5:30 p.m. School Board Meeting

7:00 p.m. Home & School Meeting

Wednesday, February 11

8:30 a.m. Student Body Mass presented by Mrs. Jensen's Kindergarten class

1:00 p.m. Go Team Therapy Dogs

6:30-7:30 p.m. First Communion Parent Meeting

Mrs. Lee's birthday

Thursday, February 12

8:15 a.m. Class Photos by Parker Portraits (no hoodies, crew or 1/4 zips allowed in photos, polos only)

Ms. Murray's birthday

Friday, February 13

Spirit Day

School Adoration

Diocesan Marriage Retreat at St. Mark's Church

Saturday, February 14

Valentine's Day

Diocesan Marriage Retreat at St. Mark's Church

Upcoming Events

Sunday, February 15

Nurse Heather's birthday

Alternate First Communion Parent Meeting

Monday, February 16

President's Day - No School

Wednesday, February 18

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

Friday, February 20

Spirit Day

Home & School



Our Annual Dinner Auction has finally arrived!
See you Saturday night!

Volunteer Opportunities

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

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 (9)—

Tuesday (10)—

Wednesday (11)—LaMott

Thursday (12)—

Friday (13)—Cavazos

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



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.



**Send your friend a
Valentine's Day
GRAM**

\$1.00 each

Grams will be sold before and after school

Monday, February 9th

Tuesday, February 10th

Wednesday, February 11th

Grams will be delivered on Friday, February 13th!



Class Photo Day is Thursday, February 12. Order forms, with each student's unique ID, will be sent home in student folders. 8th graders will have graduation photos (individual and group) on April 1.



Valentine's Bake Sale

February 12th
Please bring in treats for
us to sell (any time you
spend baking will count as
service hours) or help sell
during your recess (sign up
sheets in the library)

Parents and students are encouraged to bake items for the library bake sale. Parents receive Volunteer Hours and students may earn Community Service Hours.

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

Don't MISS OUT!



**Scan this code to
sign up or to get
more information**



Questions? Contact Us

 meridian@mathnasium.com

 Call or text (208) 888-0020

MATHNASIUM
The Math Learning Center

SAINT MARK'S
CATHOLIC SCHOOL

February Menu changes:

Wednesday, February 18 (Ash Wednesday) - Baked Potato Bar

Wednesday, February 25 (Student Lenten Retreat) - Simple Soup Meal



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.



Preschool Happenings



Valentine learning and play has interrupted our winter theme. The students are their Valentine counting beads on hearts. Here is a peak at our Valentine playdough center. We had several class mom's make chocolate scented playdough for us to play with.



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



6 RISK FACTORS FOR HEART DISEASE

HIGH BLOOD PRESSURE (HBP)

HBP can make blood vessels stiff. The result? Reduced blood flow and oxygen to the heart (and your body overall).

HIGH CHOLESTEROL

Having high levels of low-density lipoprotein (LDL, or "bad" cholesterol) creates plaque buildup in your arteries.

OBESITY

Carrying excess weight forces your heart to work harder, which can lead to HBP and coronary artery disease.

DIABETES

Type 1 and type 2 diabetes limit your body's ability to maintain a healthy level of glucose, which damages your heart.

SMOKING OR VAPING

Lighting up can elevate heart rate, narrow blood vessels, and ultimately lead to dangerous blood clots.

STRESS

Tension can elevate your heart rate and blood pressure, which can interfere with blood vessel function.

@healthcentral



Saint Alphonsus

A Member of Trinity Health

[Find a Doctor](#)

Saint Alphonsus School Health Program

Through the St. Alphonsus School Health Program, Mrs. Lewchenko-Colin, our school nurse, is at St. Mark's on Monday, Tuesday, Wednesday and Friday and Mrs. Placido, CNA, SASHP Assistant is here on Thursdays.



Saint Alphonsus

SCHOOL HEALTH PROGRAM

[Notes from the Counselor](#)

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



- Do you often feel sad, anxious, worthless, or even "empty"?
- Have you lost interest in activities you used to enjoy?
- Do you get easily frustrated, irritable, or angry?
- Do you find yourself withdrawing from friends and family?
- Are your grades dropping?
- Have your eating or sleeping habits changed?
- Have you experienced any fatigue or memory loss?
- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



- **Try to keep a regular sleep schedule.**
- **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.

nimh.nih.gov/depression

NIMH Identifier No. OM 22-4321

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.

St. Mark's School | 7503 W. Northview St. | Boise, ID 83704 US

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