



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

Please continue to pray for Fr. John as he rests and recuperates.



Letter from our Principal

Dear St. Mark's Families,

Another busy week of learning and fun has come to a close! Our first through fifth graders began winter MAPS testing this week and should conclude next week. All students have also been working on their IXL diagnostic benchmark testing. We use this data to track student growth, identify areas of strength, and pinpoint areas of need so we can best support each child's learning.



When we return on Tuesday, we will begin a Change Challenge. Our Saint Families, which students were placed into during the Advent Retreat, will be challenging one another to see who can collect the most spare change. These funds will be collected and brought to Mass during Catholic Schools Week, which begins on January 25. At that time, all Catholic schools in the valley will gather and present their coins, with proceeds benefiting Sister Paesie and the Kizito Family. Their mission provides housing and education for orphaned young boys in Haiti. We greatly appreciate any change you are able to contribute.

Speaking of Catholic Schools Week, our Student Council has planned a wonderful week filled with fun activities, including a Family Religion Bowl. Please be sure to check this edition of Friday Facts for a flyer outlining all the exciting events planned.

Our Annual Open House for prospective families will be held on the first day of Catholic Schools Week, Sunday, January 25, from 9:00 a.m. to 1:00 p.m. We invite you to share this opportunity

with any friends or family members whom you believe would be a wonderful addition to our St. Mark's family.

Thank you, as always, for your continued support and partnership.

Peace,
Donna Gordon



Policy Highlight -

Kindly remember that the tardy bell rings @ 8:05 a.m. each day. If students are not in their classroom when the tardy bell rings, they will be marked tardy. Please have students arrive at school between 7:45-8:00 a.m. and proceed to the playground. This will ensure that students are on time daily.



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.
-

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

1/21- Wed: Student Body Mass @ 8:30am hosted by Mrs. Martin's 7th grade

1/21- Wed: 2nd Grade Teaching Mass with Fr. John @ 8:15am

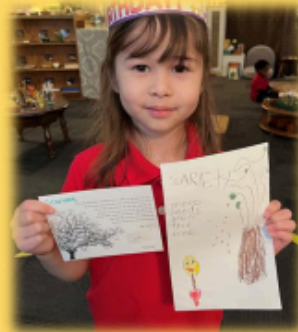
1/21- Wed: Mandatory First Communion parent meeting @ 6:30pm

1/25- Sun: Student Sponsored Mass presented by 2nd & 3rd grade @ 8:30am

The Mustard Seed

The Parable of the Mustard Seed reminds us that even the smallest acts of faith can grow into something extraordinary. Just as a tiny seed grows into a large plant, our trust in God and our everyday choices—kind words, prayers, and acts of love—can have a powerful impact.

This parable encourages families to nurture faith at home, knowing that God can help small beginnings grow into strong, lasting faith.



2nd grade parents, please join us
for a Teaching Mass
with Fr. John

Where: St. Mark's School Chapel

When: Wednesday, January 21st at 8:15am

Who: Both 2nd grade classes and their families

Fr. John will walk through the Holy Mass step by step explaining the history and meaning of the gestures and symbols we see. Students are encouraged to ask questions while participating in the



BE THE LIGHT CHALLENGE

"Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven." Matthew 5:16

Complete 12 Light filled actions and turn in your form to be entered into the prize drawing.

Let's all Be the Light! Spread kindness, help others and have fun making our school a brighter place!

The school Family with the most participation will earn a special treat!

Signed forms due
January 29th

Student Spotlight



Olin competed this weekend in a hockey tournament hosted by Sun Valley. His team took 1st place in the B division! He is #20 in the photo.

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 Quickly 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
DISCIPLINE <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:

Isabelle L, Grace G, Declan L, Eugene K, Juliet G, Jo G, Olivia L, Rosie R, Harper C, Alexa B, Bennett L, Hendrix M

Weekly Calendar

Monday, January 19

Martin Luther King Jr. Day - No School

Wednesday, January 21

8:15 a.m. 2nd grade Teaching Mass

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

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

Mrs. Cox's birthday

Friday, January 23

Spirit Day

Mrs. Westmark's birthday

Saturday, January 24

St. Mark's Community Night at Idaho Steelheads

Upcoming Events

Sunday, January 25

Catholic Schools Week begins

8:30 a.m. Student Sponsored Mass presented by Grades 2 & 3, all students wear uniform to Mass to be recognized

9:00 a.m. - 1:00 p.m. CSW Open House at School

Tuesday, January 27

St. Mark's Graduates attending BK invited to Alumni Breakfast

Home & School



ST MARK'S SCHOOL

SATURDAY, JANUARY 24 -- 7:10PM

Allen Americans @ Idaho Steelheads

Idaho Central Arena, 233 S Capitol Blvd, Boise ID 83702

DISCOUNTED PRICE OF \$25 BUYS YOUR TICKET AND DINNER

(Double R Ranch Hot Dog, bag of Lay's Chips and a small Pepsi product)

** to receive your food voucher, please visit the Information Booth behind section 117**

FOR EVERY TICKET PURCHASED THROUGH THIS LINK, \$5 WILL GO DIRECTLY BACK TO YOUR SCHOOL!

TO PLACE AN ORDER:

Go to: <https://fevo-enterprise.com/event/stmarks65>

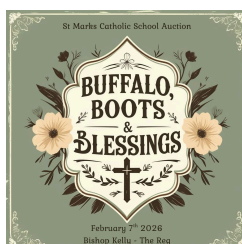
CLICK "GET TICKETS" AND SELECT YOUR SEATS

CLICK "CONTINUE" AND ENTER YOUR CONTACT AND PAYMENT INFORMATION

YOU WILL BE SENT INSTRUCTIONS ON HOW TO ACCESS YOUR TICKETS THROUGH IDAHO CENTRAL ARENA'S
TICKETMASTER ACCOUNT MANAGER

*****TICKET ORDERS MUST BE PLACED AT LEAST 24 HOURS PRIOR TO THE EVENT OR SUBJECT TO
AVAILABILITY*****

KARL WINKS 208-472-3363 KARL@IDAHOSTEELHEADS.COM



Dinner Auction Volunteer Opportunities

[https://www.signupgenius.com/go/10C0944A
4AB28A6FBC34-61227870-2026#/](https://www.signupgenius.com/go/10C0944A4AB28A6FBC34-61227870-2026#/)

Each family must volunteer 6 hours for the Dinner Auction to help make it a success!

Tickets are limited, so we encourage you to purchase early! Purchase tickets here:
<https://stmarksschoolauction.maxgiving.bid/about-us>

On Wednesday, February 4, come to the entry of the school to see this year's Dinner Auction Class Projects display.



Volunteer Opportunities

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

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Tuesday (20)—

Wednesday (21)—LaMott

Thursday (22)—

Friday (23)—Kretschmer

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



No School on Monday, January 19.

Catholic Schools Week
Sunday, January 25 - Friday, January 30

Open House is Sunday, January 25 from 9:00 a.m. - 1:00 p.m. at the school. Tours by Student Council, discussions with teachers and staff and registration information available. Please share with your family and friends, you are our greatest marketing tool.



ST. MARK'S
CATHOLIC
SCHOOLS WEEK



Catholic Schools
United in Faith and Community

JANUARY 25th - JANUARY 30th

Sunday

Celebrating our Parish Staff

8:30 am School Mass hosted by 2nd & 3rd grades
Please wear your school uniform to Mass.

9:00 – 1:00 – St. Mark's School Open House

Monday

Celebrating Our Families

Acknowledging sacrifices and dedication to send us to a Catholic School

Dinner Auction Dress Up – Buffalo, Boots & Blessings
Dress in western attire or school uniform. Jeans and sweats are allowed.

Tuesday

Celebrating Our Students

Exemplifying Perseverance, Respect, Integrity, Discipleship & Excellence

Pajama Day!
Jeans and sweats are allowed.

Wednesday

Celebrating Our Catholic Community

Celebrating and Acknowledging our fellow Catholic Schools
10:00 am School Mass with All Catholic Schools at St. Mark's
Dress in Mass Uniform.

****All students must bring a sack lunch. No hot lunch provided.****

Thursday

Celebrating Our Faculty and Staff

Showing appreciation to all of our teachers and staff members

Trading Places Dress Day
Students dress like staff members and staff members dress like students.

Friday

Celebrating Vocations

Celebrating and Acknowledging our Priests and Deacons

Dress in school family colors that were assigned at the Advent retreat.
Jeans and sweats are allowed. See Friday Facts for color information.

St. Mark's Saint Families 2025 - 2026

Saint	Color
St. Mark's Lion	lilac
Guardian Angel	white
St. Mark the Evangelist	red
St. Teresa of Calcutta	light blue
St. Gertrude the Great	lime green
Holy Eucharist	hot pink
St. Patrick	green
Our Lady of Lourdes	blue
St. Elizabeth Ann Seton	black
St. Kateri	brown
St. Michael	turquoise
St. Joseph	orange
Sts. Perpetua & Felicity	purple
St. Joan of Arc	gray
St. Thomas More	lemongrass
St. Francis of Assisi	teal
Blessed Virgin	light brown
St. Thomas Aquinas	yellow

Homeroom teachers will send home reminders as to which saint family your student/s belong to.

Because of All Schools Mass on
Wednesday, January 28,
there will be **NO HOT LUNCH**.
All students must bring a cold lunch.

TOGETHER...



WE CAN MAKE (A) CHANGE!



**CELEBRATING CATHOLIC SCHOOLS WEEK AND
SUPPORTING SISTER PAESIE
AND THE KIZITO FAMILY**



**ST. MARK'S SAINT FAMILY
CHANGE CHALLENGE!**



**SAINT FAMILIES WILL BRING IN CHANGE
JANUARY 20TH - JANUARY 27th AND
DEPOSIT IN YOUR SAINT FAMILY'S JAR.
JARS WILL BE LOCATED BY THE FRONT OFFICE.**

**THE FAMILY THAT COLLECTS THE MOST MONEY
WILL WIN A PIZZA LUNCH!**

**ALL CHANGE WILL BE TAKEN TO OUR ALL SCHOOLS MASS,
COMBINED WITH OUR PARTNER SCHOOLS,
AND BE SENT TO KIZITO FAMILY HAITI - USA.**

Thank you 3rd grade parents for the delicious lunch from Cafe Zupas.
Perfect food for a mid-January pick me up!

Hello 2026 Eighth Grade Parents -

The yearbook is one of our favorite school traditions! Students anticipate reliving the school year through candid photos, student portraits, and event highlights. In just a few months, your child will be bursting with excitement to review the yearbook! Our yearbook staff is hard at work creating this memorable book, and we have two unique sections dedicated to 8th graders!

Following the tradition of past years, we would like to include a baby picture of your 8th grader. Please submit a baby picture of your child to Mrs. Schuette

(nschuette@stmarksschoolboise.com) no later than Friday, February 6th. This can be done by scanning the baby picture or taking a clear photo of it before emailing. If you are unable to scan or email, feel free to send in an actual baby photo to school. We will return the photo to you when we are finished with our baby picture pages. Please label the photo.

The other tradition of past years is creating a Personal Display of Affection (PDA) or ad for your 8th grader. This is a way to support our school and recognize your child as they are about to graduate. This is completely optional, but imagine the surprise when your child finds a personal message from you!

Jostens is our yearbook company this year. If you would like to place an ad for your child, you will create your ad through their website. Their program is very user-friendly. Payment for PDA ads is also done exclusively through Jostens.

We have included ordering instructions below. Previous yearbooks are available in the school office for your viewing if you would like to see examples of PDA ads. All PDA submissions must be received no later than Friday, February 6th.

Thank you for supporting our school! If you have any questions, please contact our yearbook advisors, Mrs. Schuette (nschuette@stmarksschoolboise.com) or Mrs. Lynch (slynch@stmarksschoolboise.com).

PDA ad ordering instructions

Step 1: Visit www.shop.memorybook.com

Step 2: Login if returning or new users click 'Register' to create an account using school code: 251067M

Step 3: Buy a yearbook PDA ad through February 6, 2026

Parent ad options:

\$25.00 - 1/8 page ad

\$50.00 - 1/4 page ad

100.00 - half page ad

200.00 - full page ad

Art Website

featuring art from Mrs. Arentz's and Ms. Hatfield's art classes

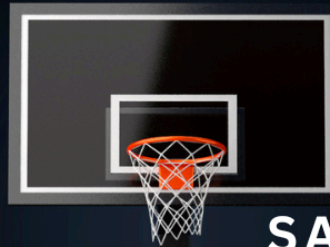
Click on this link weekly to view student works of art

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



Knights of Columbus

**IT'S
FREE
THROW
Time!**



**SAT, JANUARY
24TH**

10AM-2PM

ST. MARK'S

SCHOOL GYM

7503 Northview St.

Free contest for
kids ages 9-14
Prizes for winners!

BUY TICKETS TODAY!



BASQUE KNIGHT

Sunday, February 1, 2026

5:00pm-8:00pm

Bishop Kelly High School "Reg" Gym

\$20 for Adults

\$15 for students (11-18) & Seniors (65+)

Menu

Baked Butter Cod

Fish Soloma or chicken

Chorizo & Vegetable Paella

Salad w/ Grandma Epi's Salad Dressing

Dinner Rolls

\$5 Hotdogs, chips and dessert (10 and under)

Soft drinks, beer, wine & Kalimotxos available for purchase

*Our Basque Dancers will perform twice this year!

5:30pm and 6:30pm

Click on this link to purchase your tickets - https://host.nxt.blackbaud.com/registration-form/?formId=2a09ed64-5b37-4c7f-af35-81fe449bde71&envId=p-K_Fo5SXxM0msiGTrCY1dSg&zone=usa

INFORMATION KNIGHT



**MONDAY, JANUARY 26TH, 2026
BEGINNING AT 6:30 PM
IN THE CARLEY CENTER AT BISHOP KELLY**

Information Knight is a fun and informative evening for any interested students who will be entering the 9th – 11th grades in the fall of 2026. The night begins in the Carley Athletic Center with a brief presentation about our school. From there, prospective students and their families will be introduced to current seniors, who will lead small group tours of the school. On the tour, participants will have the opportunity to hear from teachers in each department. The evening concludes with an activity fair where students can learn about the many ways to get involved at BK.

RSVP HERE:

https://docs.google.com/forms/d/e/1FAIpQLSdp24IFRI_SQlcd4Cwc0JzEV09dVDPHqu0kZQnDijguTkacqw/viewform

We hope you'll join us to learn more about BK! If you have questions about New Student Information Knight, or the admissions process at Bishop Kelly, please contact our Admissions Director Angela Calovich at (208) 375-6010 or acalovich@bk.org.

Applications for the 2026/2027 school year are now open! **Click here to start:**

<https://docs.google.com/forms/d/e/1FAIpQLSfyGVdwwJTUCHWJiu8leF9K7xs2YMHOfZHvTdzLqy8rUlu0Dg/viewform>

TVCS

DANCE

*Dress your best in
black & white*

01/30/2026 7:00 TO 9:00 PM
ST. IGNATIUS CATHOLIC SCHOOL
BRING \$5 AND A CAN OF FOOD

HOSTED BY
SACRED HEART AND ST. IGNATIUS

[TVCS Events/Sports](#)



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



Register at <https://account.usalacrosse.com/event/view/1f65f170-d6a1-4f0a-b0b7-fdb8c85fdf14>

Preschool Happenings



Our Friday lunch crowd loves Pizza Day.. and the salad bar too!



Church Connection

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



TOOLS TO CULTIVATE YOUR MARRIAGE

MARRIAGE RETREAT @ ST. MARK'S

FEB 13, 6-8PM & FEB 14, 8AM-3PM

Fr. John Mosier



Johnny &
Lorissa Horn



- Open to engaged and married couples from all parishes within the Diocese of Boise
- Fun Friday night activities
- Practical content
- Mass on Saturday morning
- Meals provided
- Come away with tools to cultivate your marriage

**\$50/COUPLE
REGISTER BY SCANNING
THIS QR CODE:**



Need a scholarship? Call 208-350-7555



7960 W. NORTHVIEW ST, BOISE
STMARKSBOISE.ORG

Notes from the Nurse

Over the last few weeks, we have seen a lot of students with flu-like symptoms. **As a reminder, if your child has a fever, vomits or has diarrhea please keep them home for at least 24 hours symptom free without the use of**

medications. Per the CDC, frequent and often handwashing along with the flu vaccine are the best ways to keep yourself and loved ones healthy.



Saint Alphonsus

SCHOOL HEALTH PROGRAM

<u>COLD</u>	<u>vs.</u>	<u>FLU</u>
Mild sore throat		Cough/sore throat
Little to no fever		Sudden onset of high fever
Runny/stuffy nose		Headache
Sneezing		Body aches and chills

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.

Notes from the Counselor

Teenagers Are Not for Fighting From: Love and Logic v2.4

"Those kids will be the death of me. How will they ever be able to live on their own? They'd lose their heads if they weren't attached at the shoulder! I'm scared to death every time they leave the house. And I spend so much time worrying that they won't come home at a decent hour. Whatever happened to the nice little kids who used to confide in me and were so much fun to have around? If I'd known it was going to be this hard, I wouldn't have had any kids!"

It's not uncommon to hear parents of teenagers talking this way. Given the pressures, temptations, and opportunities available to young people in today's world, raising a teenager is no easy task. Yet certain styles of parenting can make our job much easier and even fun.

The parent's real job

As I stated earlier, I believe my job as a parent is to help a totally dependent little baby gradually develop into a totally independent adult. I am usually given 18 years to get that job done. I am on target if I allow more and more independence so that the child makes most of his or her own decisions during the last three years in the home.

The best way to do this is by running your home like the real world. You provide your child with opportunities to practice decision-making and then live with the consequences of those decisions- both good and bad. Wise parents start this process early by giving choices that have fairly minor consequences. They gradually move on to choices with more severe or complex consequences. These parents teach their children that they have personal power over their destiny.

This approach also builds strength by allowing the child to struggle. Research shows that children who are denied the right to struggle in their early years are at a high risk for suicide and other self-destructive behaviors. Children who are allowed to struggle and overcome adversity learn that they are much more in control of the quality of their lives.

Demand responsible behavior, not blind obedience.

It is our responsibility to expect and demand responsible behavior. But some parents confuse this with demanding that their child do exactly as told. This "hooks" the youngster's natural desire to have control and usually results in a battle. Sad but true, this battle is always fought over who will win control rather than the issue of responsible behavior.

Parents engaged in this kind of battle indicate that their way is the only way. They are teaching their children the same thing. Before long, the youngster has learned to act just like the adult. They say, "There is only one way and it's my way!" The parents then become afraid of losing control, and the child learns the hard way that the biggest and oldest always hold the power.

Control is too valuable a commodity for children to give up easily. They become very determined and the fight rages on. The fight is no longer about being able to think, but about how to get their own way. Unfortunately, this requires stubborn behavior rather than creative thinking.

Our job is not to demand blind obedience, but to demand careful thought, problem-solving and responsible behavior.

This is more often achieved by either offering the youngster a number of choices or asking questions about what he or she thinks will be best. The following dialog is an example.

The "you be home on time!" battle.

The following approach, which involves questions, answers, and possible consequences, has been found to be much more effective than the "you be home on time!" battle. Be sure to provide a consequence if your teen does not show responsible behavior.

Mom: "Where are you going tonight?"

Janice: "Oh, just out."

Mom: "That's great, as long as you remember our agreement that you get to choose where you're going as long as I know where I can find you in an emergency. I'll always do the same for you. What time should I start worrying if you don't return?!"

Janice: "Yeah, Mom. I'll be at the skating rink."

Mom: "Great! Be sure to give me a call if you change your plans. What time did you say you'd be in?"

Janice: "I don't know. Maybe 12:00."

Mom: "Will that give you enough time? If so, please set my alarm clock for 12:00. Your job will be to sneak in and turn it off before then, so it doesn't ruin my sleep for the evening. If it does go off and you haven't called to let me know that you've changed plans, I'll know to start worrying or call for some help for you."

Teens who are given a degree of control in this manner are much less apt to demand total control by coming in later than they agreed to.

On the other hand, demanding that a teen be in at a certain time only sets up a control battle. The only way the teenager can feel independent is by being late. The adult always loses!

In the event your youngster sets a time to be home, but later calls to say, "Don't worry about me. I'll be home at 1:00 instead of 12:00," be sure to say, "Thank you!"

My dad trained me not to call home. The first time I thought I was going to be late, I called home and he jumped down my throat: "You get home this minute or there's going to be more trouble than you can take!" He also lectured me when I got home.

It didn't take me long to figure out that I got two scoldings if I called home and only one if I waited until I got home. My poor dad had to worry about me many times after this because he didn't know how to thank me for being considerate with a phone call.

Be sure to have a consequence ready if your youngster keeps you up some night by not calling if he has changed plans. The next time he says he is going out, simply say, "Oh, not tonight please. I just don't have the energy to worry about you. Feel free to go out another night when I have gotten over losing the sleep I lost last time you were out." This always works better than the reverse, which is, "You're not going out because you came home late last time."

Another consequence is also available. Remember that no teen can live in a family without help from his/her parents. My mother taught me this when I once asked her to iron my pants for a dance. Her reply was, "Ordinarily I'd be happy to. But I'm so tired from worrying about you last night and losing sleep that I'm just not up to it right now. Try me again sometime when I've had more sleep."

I tried to iron my pants, burned a hole in them, and said, "See what you made me do!" But it did me no good because she answered, "That's an interesting way to look at that. I'm sorry it worked out that way." I did a lot of thinking that evening!

Parents who allow their kids to make many decisions and who are there to provide genuine sorrow for them when the consequences are negative find that their youngsters become more independent and a joy to be around!

Happy New Year, Welcome back to St. Mark's

Joe Lipetzky Psy.D.

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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