

Volume 10, Issue 13- November 7, 2025



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 and Parish

This coming Sunday is quite unique in our liturgical year. We will celebrate the Feast of the Dedication of the St. John Lateran Basilica in Rome. A feast day dedicated to the establishment of a place of worship? Yes. The Lateran church (Basilica) in Rome is called the "Mother Church" since it was established in the year 324 A.D. under the direction of Emperor Constantine, and, is the oldest basilica in the Western World.



This unique and particular basilica is of great importance to Catholics world wide. Our Church holds that only when the Bishop of Rome, the Holy Father is pronouncing a decree or doctrinal teaching that has been vetted and approved by the Conferences of Bishops, and spoken from in front of this chair, is the teaching considered infallible. The last infallible doctrinal teaching proclaimed from the Chair of Peter was on November 1, 1950 regarding the Assumption of Mary into Heaven.

As Catholics we should treat every sanctuary space, every church or chapel with great reverence and respect. Our Lord is present in the Blessed Sacrament. We should be quiet when entering...stopping all social conversation. We should move to our seat, and either kneel down or sit quietly in the presence of Christ. We should be appropriately attired. We are in the presence of the King of the Universe! Our small acts of reverence help all of those present to enter into the transcendent truth of the supernatural presence of Christ. Let us commit to keeping all of our sacred spaces holy, and treat them with the reverence and deep respect they deserve.

Together We Rise, I am so proud of you.

Fr. John



Letter from our Principal

Dear St. Mark's Families,
Happy Friday! Please be sure to read this edition of Friday Facts to learn more about all the exciting events happening at St. Mark's.



On Monday, Sister Joachim with the **Mission of Hope** project will visit our students.

Our Thanksgiving Feast for Preschool through 2nd Grade is set for Wednesday. Dozens of people have RSVP'd to join their child, and we are looking forward to seeing so many families gathered together in gratitude.

On **Saturday, November 15th**, we'll kick off **Rake Up St. Mark's**—a wonderful day of service! We already have 35 families signed up, and we'd love to have even more join in. After we finish at the school, we'll head over to the church to lend a hand there as well.

I am excited to invite you to our **Fall Carnival on Sunday, November 16th, from 12:30–2:30 p.m.** Games and activities will be set up throughout the elementary wing, with each teacher hosting a fun booth. **The cost is \$20 per family**, and all activities are included. A simple lunch of hot dogs or hamburgers will be available, along with cotton candy and popcorn.

This is a wonderful opportunity for our school community to come together, laugh, and celebrate the joy of being a St. Mark's Lion. As we continue to live out our theme, *Together We Rise*, let's lift one another in fellowship and fun—growing stronger as a community united in faith and love.

Finally, I want to extend my sincere thanks to the Cainguitan family for coordinating the Grandparents' Mass and Veterans' Mass, along with the lovely reception that followed. The church was packed—it was so heartwarming to see so many grandparents cuddled up next to their grandchildren.

Together we rise—through faith, service, and community!

Peace,
Donna Gordon

--

VETERANS DAY



HONORING ALL WHO SERVED

Thank you to Mrs. Lee, Kindergarten teacher, who served 21 years in the Air Guard, and to Fr. John for his 6 years of service in the Marines. We also thank and pray for all the parents and grandparents who currently serve and who previously served our country.



Policy Highlight

[Click to learn more about the Idaho Parental Choice Tax Credit](#)

Winter Uniform

Thanksgiving to Spring Break

- no shorts
- skirts and jumpers must be worn with tights, leggings or knee-highs



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.

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.

Upcoming Dates

11/12- Wednesday: Student Body Mass @ 8:30am hosted by Mrs. Slattery's 2nd grade
11/12- Wednesday: 3rd Grade Teaching Mass with Fr. Celestine @ 8:15am
11/14- Friday: School Adoration @ 9:45am-12:15pm
11/16- Sunday: Student Sponsored Mass (4th & 5th grades) @ 11:00am
12/4- Thursday: School Advent Retreat: Prepare the Way Together

**3rd grade parents, please join us
for a Teaching Mass
with Fr. Celestine**

Where: St. Mark's School Chapel

When: Wednesday, November 12th at 8:15am

Who: Both 3rd grade classes and their families

Fr. Celestine 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 Mass.



Parent Prayer Group

Every Wednesday

8:10-8:25am

**Church Resurrection Room
Across from the parish office**

St. Mark's parents warmly invite you to join them in prayer prior to our Student Body Mass.

All are welcome!

Please join us for Adoration

Friday, November 14th at 9:45am-12:15pm

You are welcome to join your child's class. Please see the current class schedule and sign up below for more information.

Volunteers Needed for Advent Retreat



Thursday, December 4th

We are looking for volunteers to help at morning or afternoon shifts.

Can't make it day of? No problem! We also have craft materials that need to be prepared ahead of time that you can take home.

Please click **HERE** to learn more and sign up.

Sign up Here for Adoration

Prepare The Way Together

HOPE JOY
LOVE PEACE



Advent Retreat 12.4.25

FAMILY SYSTEM COMING SOON

SAINT MARK'S
CATHOLIC SCHOOL



MIXED AGE GROUPS THAT FOSTER
COMMUNITY,
BELONGING,
AND SCHOOL SPIRIT.

**MEET YOUR FAMILY
12.4.2025**

The Spirituality Committee is happy to announce that our 2025 Advent Retreat, *Preparing the Way Together*, will be held at St. Mark's Church on Thursday, December 4th from 9:00-2:30.

Our committee has some great ideas for students to connect with each other and encounter Christ as we prepare for His birth. While more information will come at a later date, we wanted to share a few key details regarding the 2025 Advent Retreat.

We will be introducing a Family System. Our entire student body and staff will be divided into eighteen "Family Groups" that will be modeled after the BK House System, with a home room teacher and a staff member assigned to lead each family. Our students will be in family groups for the majority of the retreat, although students will remain with their grade levels for their regularly scheduled lunch & lunch recess periods.

Student Spotlight



7th grade presented their saint projects this morning.
They made puppets and had to do a puppet show.

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
DISCIPLINSHIP <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:

George P, Ember K, Charlotte S, Chloe S, Madelynn J, Eleanor A, Kalena J, Greta W (2), Connor D, Christopher R, Banks P, Roselynn T, Claire R, Oakley G, Mariana F, Lily G, Malakai P, Penny F, Elliott C, Mason C, Mabel F, Harper C, Amelia M, Christopher R, Genevieve S, Jane N, Megan D, Mary C, John W, David C, Ly P

Weekly Calendar

Monday, November 10

5:30 p.m. School Board Meeting
7:00 p.m. Home & School Meeting
Mrs. Jensen's birthday

Tuesday, November 11

Veteran's Day

Wednesday, November 12

8:30 a.m. Student Body Mass presented by Mrs. Slattery's 2nd grade
3rd grade Teaching Mass in school chapel
Thanksgiving Feast for Parents of students in Preschool - 2nd grade (must have a reservation)
6:30-7:30 p.m. First Communion Parent Meeting
6:30 p.m. SEW @ school

Friday, November 14

Progress Reports in FACTS FamilyPortal
School Adoration

Saturday, November 15

Rake Up St. Mark's

Upcoming Events

Sunday, November 16

11:00 a.m. Student Sponsored Mass by 4th & 5th grades

12:30 p.m. Alternate First Communion Parent Meeting

12:30-2:30 p.m. School Fall Carnival

Wednesday, November 19

8:30 a.m. Student Body Mass presented by Mrs. Pilch's 2nd grade

7th grade Teaching Mass in School Chapel

Thursday, November 20

Catholic Schools Principal/Vice Principal Appreciation Day

8th grade Legacy Wreath pickup at Donoghue Hall

Friday, November 21

Spirit Day

Saturday, November 22

Church Thanksgiving Basket Collection

Sunday, November 23

Church Thanksgiving Basket Collection

Home & School



Thank you to all the grandparents who joined us for Mass and the reception on Wednesday

St Marks Catholic School Auction



February 7th 2026
Bishop Kelly - The Reg

St. Mark's Home & School Annual CHRISTMAS CARD ART CONTEST



**DUE:
DECEMBER 1**

The Home & School association needs help creating their Christmas card! Three winning pieces of art will be featured on the H&S cards which will be sent to school patrons this holiday season.

EVERY STUDENT WHO ENTERS WILL GET (1) FREE DRESS PASS!

CONTEST RULES:

- Students K-8 are eligible to participate
- Artwork must be 8.5"x 11" and must be original (no tracing, copying, or adult help)
- Artwork should be religious in theme
- All flat artwork accepted, including crayons, markers, pencil, and paints (hint: bold colors or patterns with lots of contrast copy the best onto cards)
- Include the artist's name and grade on the back
- Each student may submit only one (1) entry
- Artwork must be turned into the school office by 3pm on Monday, December 1, 2025
- Entries will be judged on content and artistry by the H&S Board
- One (1) winner will be chosen from each of the following three age groups: K-2nd, 3rd-5th, 6th-8th
- Contest winners will be announced by December 15
- All artwork submitted will be displayed at school during the month of December
- The three (3) winners will receive 12 Christmas cards with their own artwork on it to send to their families

Questions? Contact Brett Packard at brettonpackard@gmail.com

Every student who enters gets a free dress pass, 1 entry per student.

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR ST. MARK'S SCHOOL

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, DECEMBER 10TH | 5-9PM
205 N MILWAUKEE ST, BOISE, ID, 83704

ORDER ONLINE FOR PICKUP USING CODE **YMPZ2Y9**
OR SHOW THIS FLYER IN RESTAURANT

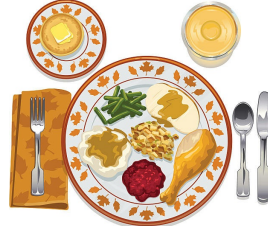


For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Volunteer Opportunities

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

The lunchroom needs 5 additional helpers, for a total of 8, on Wednesday, November 12 from 10:30 a.m.–1:00 p.m. Contact the School Office at schooloffice@stmarksschoolboise.com if you can



help with the Thanksgiving Feast.

THE LUNCHROOM NEEDS VOLUNTEERS! Parents, grandparents...are all welcome to volunteer weekly, monthly, occasionally (must be SEW trained). Contact schooloffice@stmarksschoolboise.com with the dates you can volunteer to get signed up. Time volunteered counts toward your Volunteer Hours.



On Wednesdays walking to and from Student Body Mass, we can always use volunteers to walk with our classes. Please stop by the School Office on any Wednesday morning that you can help and you will be given instructions.

Lunch Room Volunteers

NEXT WEEK'S LUNCH HELPERS

Monday (10)—Antonoplos, Carroll, Perez

Tuesday (11)—

Wednesday (12)—LaMott, Chavier, Antonoplos

Thursday (13)—

Friday (14)—Martin, Antonoplos

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



The next LIVE SEW class will be held on Wednesday, **November 12 @ 6:30 p.m. in the school. THIS IS THE LAST LIVE CLASS FOR 2025.**

THIS LIVE CLASS IS REQUIRED 1 TIME. You are also required to view the video "Protecting God's Children Online Awareness Session 4.0", which will be available after you register. Go to virtusonline.org, create an account, click on register for training, find the class at St. Mark's on November 12 and sign up.

Thanksgiving Break is Monday, November 24-Friday, November 28.

Mrs. Cooper's Christmas Orchestra and Choir Concerts

Orchestra only

Dec 10th 6:30call - 7pm Performance @ BK - Performs with the BK Orchestra

Attire: White long sleeve shirt, black pants or skirt with black leggings and black shoes. Black bow ties for boys

Choir only

Dec 5th 6:30pm @ St. Mark's Church - Advent Concert rehearsal

Dec 6th 6:30pm @ St. Mark's Church - Advent Concert performance

Attire: White long sleeve shirt, black pants or skirt with black leggings and black shoes. Black bow ties for boys

Both Orchestra and Choir with K-5th

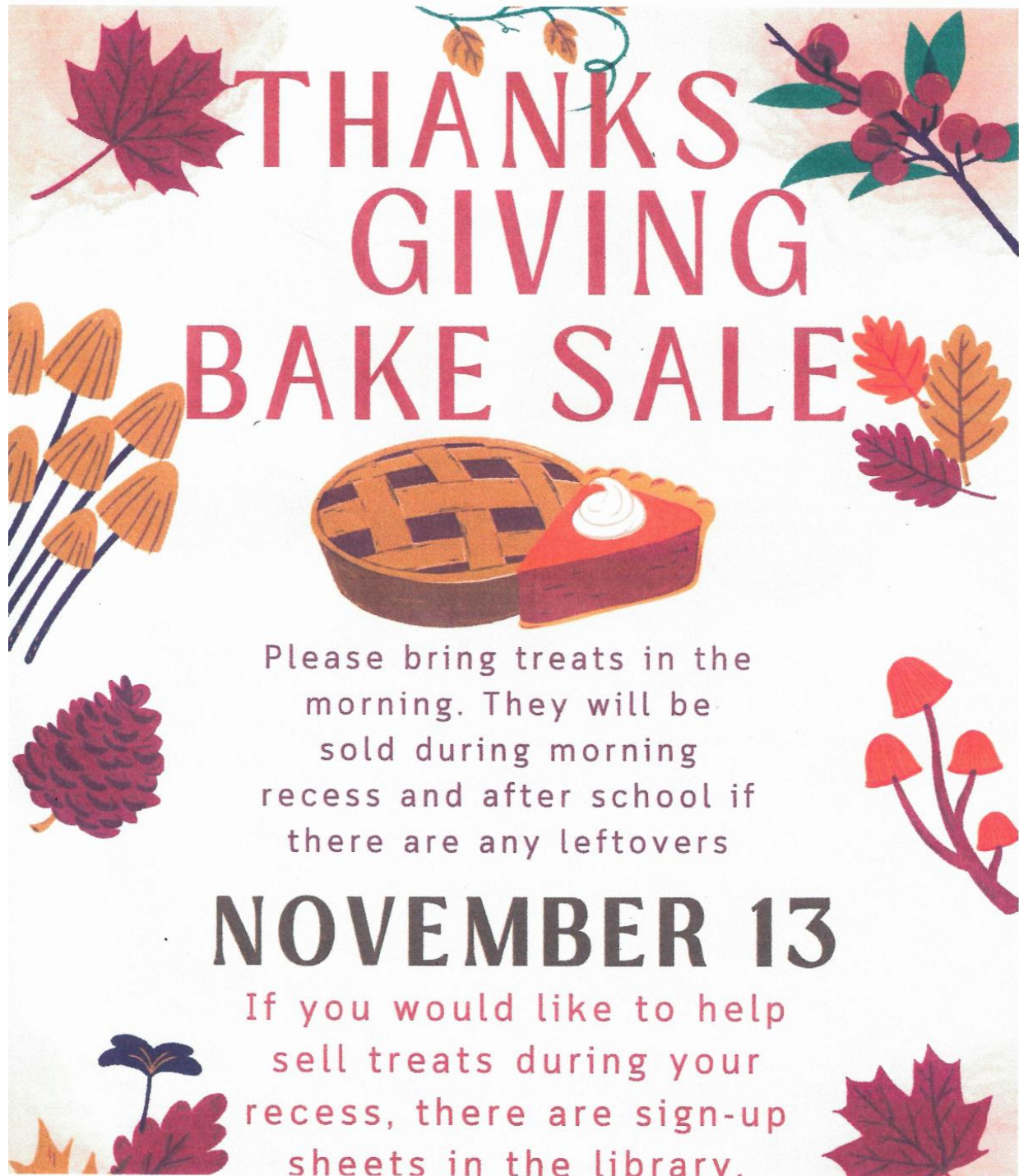
Dec 15th 1:00pm Dress Rehearsal - St. Mark's Church

Dec 15th 6:15pm call, 6:30pm Christmas Concert - St. Mark's Church

Attire: White long sleeve shirt, black pants or skirt with black leggings and black shoes. Red, green or black bow ties for boys. Christmas accessories - vests, ties, hats, scarves, hair/headbands, jewelry.

This year's Christmas Program, featuring K-5, Advanced Orchestra and School Choir, is set for Monday, December 15 @ 6:30 p.m. at St. Mark's Church.





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



Thanksgiving Feast – for Parents of Preschool – 2nd grade

On Wednesday, November 12th, we will celebrate our traditional Thanksgiving Feast at school. We would like to invite the parents of Preschool through 2nd grade. Lunch will start at 11 for the preschool, 11:15 for the kindergarten, and 11:30 for the 1st and second grade families. The cost is \$8.00 for adults and \$4.00 for students. Student's lunch will be deducted from their lunch account. Please send your payment for adult lunches to the

School Office by November 10th. Students in grades 3–8 will have the Thanksgiving meal for hot lunch if they choose to eat that day.

The meal includes:

- turkey breast
- mashed potatoes with gravy
- stuffing
- green beans
- salad
- roll
- pumpkin pie

Please **click on this link** to RSVP. Kindly RSVP by **MONDAY, November 10th**, if you would like to have lunch with your child.

Rake Up St. Mark's

is coming on **Saturday, November 15** from 9:00 a.m.-Noon.

- **Click here** to sign up.
- This is a family fun event - students earn Community Service Hours and Parents earn Volunteer Hours.
- Bring your rakes, gloves, blowers and other yard equipment.



Dear Saint Mark's Parents,

Each fall, students Kinder - 7th grades create an original work of art for our annual Square 1 Art fundraiser. The funds generated from this event go directly toward supplies for our amazing art program at Saint Mark's! Every little bit helps, and your participation is greatly appreciated.

Coming home to you today or Monday will be your child's custom catalog for the Square 1 Art fundraiser. Square 1 Art has provided your student with a digitized version of their artwork with a personalized QR code.

****Free stickers included!****

Follow the QR code to the online store where you can find everything from Christmas ornaments to pillowcases, quilt squares to mousepads and everything in between. The products this company delivers are always high quality. Showcasing your child's artwork in your home is a very rewarding experience for you and your child.

Orders due by: 12/4/2025

Please consider ordering soon to insure items will arrive before the holidays!

***Ship to Home FREE.** (*Customer pays a small processing fee at checkout and order ships to home.)

If needed, simply search for your child's art using **Art Search**, and enter state, school name, and your student's name. Your student's art and code will appear, and you may order!

You can upload additional art, using **Art Upload!** Be sure to add this to our fundraiser!

If you have questions, or need anything at all, please contact me

at karentz@stmarksschoolboise.com

Thank you for supporting Saint Mark's Catholic School!

Katie Arentz, Saint Mark's Art Teacher (K - 7th)

square1art.com/shop



Thank you to everyone - parents, students and staff, who helped make this year's Book Fair a successful! With the proceeds, we'll be able to buy many wonderful books - full of facts and all sorts of adventures. Again, bless you all for your support,

Mrs. Rosania



This coat was lost in Preschool. If your student has come home with it, please return it to the school office.



Ms. Hatfield, MS and Art Club teacher, is asking for donations of rolling pins and 12" pvc pipes for art projects. Please deliver the items to the School Office.

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>



Are you looking for a chance to be a part of the St. Mark's community? Do you like playing basketball in a low stress environment? Do you want to give back to St. Mark's school? We have a great opportunity. Our next adult recreational "pick up" basketball game is open to anyone affiliated with St. Mark's school or the parish. For a \$5 drop in fee, you can come play "pick up" basketball, get some exercise and meet others in our community. 100% of proceeds will go back to St. Mark's school. Come join us Sunday, 11/9/25, from 12:30-2:30pm after mass here in our gym. For more information, please reach out to jamescjower@yahoo.com.

Catholic Charities of Idaho 2025 Christmas Card Contest

To view the information page on the Art Contest, [click here](#). Art must be created on a piece of specialty paper which is available in the school office. In order to submit an entry, parents must complete and return the **Consent Form**. Deadline is November 8.





Boise Cotillion 2025-26

Cordially invites you to attend the
Cotillion Season of Dance Parties
Held in the Beautiful Historic Boise Depot
4th-9th Grade

November 6th- *Inaugural Ball*-Introduction to Cotillion

December 4th- *Holiday Gala*- Gift Exchange

January 8th- *70's Disco*- Theme or Cotillion Wear

February 5th- *Sweetheart*- Valentines Fun

March 5th- *Tropical Dreams*- Theme or Cotillion Wear

April 9th- *Spring Prom*- Table Manners/Parents Night

4th-5th Grade: 5:45-7:00pm * 6th-9th Grade: 7:25-8:40pm

Boise Cotillion Enrollment

Enrollment \$335 Sibling \$295 3rd Sibling \$275

Registration fee: \$25 (1st yr students only)

Owner/Director: Natalie Gallegos

Questions? BoiseCotillion@gmail.com

ENROLL TODAY: www.boisecotillion.com

Looking forward to a great year!



TVCS Events/Sports



Click here for the TVCS athletic schedule.

Preschool Happenings

We had fun last week observing Red Ribbon week and learning about the Saints. These young disciples learned that we too can live saintly lives by listening to and obeying God.





If you would like to receive the Parish Newsletter [text](#) BOISESTMARKSNEWS to 42828 to sign up **OR** [Click here](#) to sign up.

ALTAR SERVER TRAINING

Sunday, November 16th
from 1:30pm-2:30pm

Come check out the new candles & missal!
If your child is 9 years old or older and is
interested in serving, they are welcome to
attend as well.



You will be treated
to pizza after the
training!



[illegible]

Available in the Narthex in the month of November. Please feel free to pick one up & record your dearly departed friends & family members' names. The completed pages will be added to the Book of Life in the Sanctuary.

Notes from the Nurse

COLD & FLU SEASON



Tips to stay healthy during Cold and Flu Season

- Get enough rest and sleep
- Eat a balanced diet
- Exercise regularly
- Manage Stress
- WASH YOUR HANDS
- And
- Talk to your Primary Care Provider

[Preventing Influenza](#)

[Preventing the Common Cold](#)



Saint Alphonse School Health Program

Through the St. Alphonse 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

Dan Siegel's

The Hand Model of the Brain

Upstairs Brain

Pre-Frontal Cortex



The pre-frontal cortex is where you can make decisions and do the right thing.

Downstairs Brain



Brain Stem

Activates the fight, flight,
freeze
or fawn survival mode.

Amygdala

is always on the lookout and when it becomes overwhelmed it will do it's best to keep you safe.

Sometimes too much emotional information (stress, anxiety, frustration) comes into our brain and it disconnects. This is called 'flipping your lid'.

It is now your downstairs brain that is in control.

The downstairs brain will be trying to keep you safe - because it thinks you are in danger - even if you are not!

The Contented Child

Dan Siegel's Upstairs and Downstairs Brain

Explainer

Dan Siegel's concept of the "upstairs and downstairs brain" is a metaphorical way of understanding the different parts of our brain and how they function.

The downstairs brain refers to the lower regions of the brain, specifically the brainstem and limbic system. It is responsible for fundamental survival functions, such as regulating breathing, heart rate, and basic emotions like fear and anger. The downstairs brain operates primarily on instinct and reacts without conscious thought.

On the other hand, the upstairs brain refers to the prefrontal cortex, which is the most evolved part of the brain. It is responsible for higher-order thinking, reasoning, decision-making, emotional regulation, empathy, and self-awareness. The upstairs brain allows us to think critically, plan, reflect, and make conscious choices.

According to Siegel, the development of the downstairs and upstairs brain is significant for emotional well-being and social interactions. In early childhood, the upstairs brain is not yet fully developed, and children tend to primarily rely on their downstairs brain. However, as children grow and learn, their upstairs brain gradually matures, allowing them to regulate emotions, make better decisions, and develop more complex social skills.

Understanding the concept of the upstairs and downstairs brain can help people recognise how their own brain functions and develop strategies for self-regulation and emotional intelligence. It also helps parents, teachers, and caregivers to support a child's healthy brain development by providing nurturing and supportive environments.

The Contented Child

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!