



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.

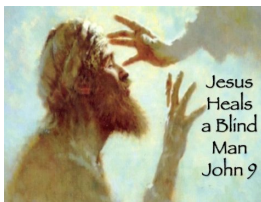
Letter from our Pastor

Dear Families and Friends of St. Mark's School.

This Sunday we celebrate **Latare** Sunday. Latare is the Latin word for "Rejoice". This Sunday is unique in the Sundays of Lent since the priests and deacons will be vested in **rose colored vestments**, and, we will sing the **Gloria** as part of the Introductory Rites of the Mass.



We rejoice in the fact that we have sought to draw closer to our Lord and each other through the Lenten practices of Almsgiving, Penance, and Fasting. We have tried to simplify our lives, eliminating distractions where possible...and perhaps spending some of that recovered time in prayer or reflection. If the first four weeks of Lent have not been as inspiring for you as you would like....don't give up. Rejoice in the Lord's constant and unwavering desire for you to know Him better. Perhaps consider trying to implement a few of the changes you were considering at the start of Lent. Staring late...is much better than not starting at all.



Like the blind man in the Gospel reading for this weekend....rejoice in being able to see the truth of Jesus Christ, Son of God. Rejoice in His presence in your life. Rejoice in the gift of His love for you...and the Catholic Faith that teaches you about that love.

Rejoice in the rapidly approaching Holy Week leading to the celebration of Easter. Rejoice in the great privilege it is to be a student at St. Mark's School where you are being lovingly formed in your character, intellect, and Faith. Rejoice, Rejoice!!!!

Together We Rise,

Fr. John

Letter from our Principal

Dear St. Mark's Families,

Happy Spring Break! We wrapped up the third quarter today. Report cards will be available in FACTS Student Information System on the Friday we return from Spring Break.

We are very excited to host the **5th Annual Idaho Catholic Schools Invitational (ICSI)** this weekend for our 3rd–6th grade student-athletes. You can follow all of the tournament action on the SportsEngine Tourney app.

We still have a few volunteer spots available. [Please consider signing up](#) if you are able, it would be greatly appreciated. We are offering double volunteer hours for this weekend! We will also host the **ICSI Tournament Mass at 7:00 p.m. on Saturday**, followed by an ice cream social. All are welcome, and we would love to see many of our St. Mark's families there.

I pray you have a blessed weekend and a safe, memory-making Spring Break. I look forward to welcoming everyone back as we begin our fourth quarter together.

Blessings,

Donna Gordon



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.**

Spirituality Spotlight

Upcoming Dates:

3/25- Wednesday: Student Body Mass @ 8:30am hosted by Miss Eaton's 4th grade

3/25- Wednesday: 1st Grade Teaching Mass with Fr. John @ 8:15am

3/27- Friday: 8th Grade Living Stations of the Cross @ 1:30pm & 6:00pm

**1st Grade Teaching Mass
Wednesday, March 25th | 8:15 AM
School Chapel**

Families are warmly invited to join our first-grade students for a special Teaching Mass with Fr. John. This meaningful experience allows students and their families to participate in the Mass while learning more about its prayers, movements, and traditions. During the Mass, Fr. John will explain different parts of the liturgy and welcome questions along the way, helping everyone gain a deeper understanding of this important part of our faith.

This week, our second-grade students participated in a special Teaching Mass with Fr. John as they prepared for their First Reconciliation on March 11th. During the Mass, students learned more about the prayers, responses, and movements of the liturgy, helping them grow in their understanding of this important sacrament and deepen their faith.



Save the Date

8th Grade Living Stations of the Cross

Friday, March 27th @ 1:30pm & 6:00pm



Student Spotlight



Good Luck to our 3rd, 4th, 5th and 6th grade girls and boys teams (94 students) competing in the ICSI Basketball Tournament this weekend.

(see 1st game schedule below under "Sports")

Lion Pride Recognition



LionPRIDE

Practice
MAKES
Saints

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

SAINT MARK'S
—CATHOLIC SCHOOL—

Congratulations to this week's winners:

Parker A, Tate B, Banks P, Connor D (2), Hunter S, Michael C, Lochlan M, Alex S, Tyler C, Alexa B, Blair K, Logan L, Hendrix M, Tate B

Weekly Calendar

Sunday, March 15

Idaho Catholic Schools Invitational Basketball Tournament

Monday, March 16-Friday, March 20

Spring Break

Tuesday, March 17

St. Patrick's Day

Friday, March 20

Fr. Paul's Ordination Anniversary 1993

Upcoming Events

Wednesday, March 25

8:30 a.m. Student Body Mass presented by Ms. Eaton's 4th grade

1st grade Teaching Mass in school Chapel

12:30 p.m. Boise Fire Safe House for 2nd grade

Friday, March 27

Spirit Day

Sunday, March 29

Palm Sunday

Home & School

Here's our raffle update as of this morning (3/11). We're in the final week of sales!

SALES SUMMARY

- Total Sales: \$5,804 (online only — additional cash sales will be included in the next update)
- Students Sold: 34 of 354 (9.6%)
- Students Sold \$100+: 26

TOP 3 STUDENTS

1. Evan Barber (5-Workman) — \$972
2. Vivian Wiley (PK3-Johnson) — \$880
3. Marshall Borgna (8-Behrend) — \$500

TOP 3 CLASSES (ranked by avg \$/student per raffle rules)

1. PK3-Johnson — \$54.10/student
2. 5-Workman — \$46.91/student
3. K-Lee — \$38.00/student

SCHOOLWIDE PRIZE PROGRESS

- 50% Sold → Jeans Day: Need 143 more students to sell
- 75% Sold → Free Dress Day: Need 232 more students to sell
- 100% Sold → Candy Bars: Need 320 more students to sell

We have through Friday, March 13th. Final push! Buy tickets

here: <https://stmarksschoolauction.maxgiving.bid/itemsales#:~:text=Buy,-Now,-Items>



FUNDRAISING



RAISE SOME DOUGH

Bring in this flyer, or order online through the MOD app or website, to use the fundraiser code provided and MOD will donate 25% of your bill to support your school!



JOIN MOD IN SUPPORTING



ORGANIZATION NAME: ST. MARK'S SCHOOL

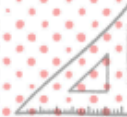
FUNDRAISER DATE: MARCH 16, 2026

ADDRESS: 600 N MILWAUKEE ST
BOISE, ID 83704

FUNDRAISER CODE: MODGIVES25



Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, takeout, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code provided by GroupRaise. For delivery, customer must live within delivery boundary. Only nonprofit organizations and nonprofit schools are eligible to participate in the MOD fundraising program. MOD will donate 25% of food and beverage sales to the organization. Tax, gift cards, and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>



SAVE THE DATE

Daddy Daughter Dance

Theme: Candy Land

When? Sat, April 11th

Time: 6:30-8:30pm


Where? St. Mark's School Gym



Daddy Daughter dance volunteers needed:

<https://www.signupgenius.com/go/20F044BAEA92AABFC1-55156122-daddydaughter#/>

For every \$20 you donate, you may take 1 hour towards your Volunteer Hours



Please Join Us

St. Mark's Catholic School

Grandparent Spring Reception

*We would like to welcome and celebrate our grandparents at
the School Mass with a reception to follow at the school.*

Wednesday, May 6th at 8:30 AM

St. Mark's Catholic Church

7960 W. Northview St. Boise, Idaho 83704

Reception to follow

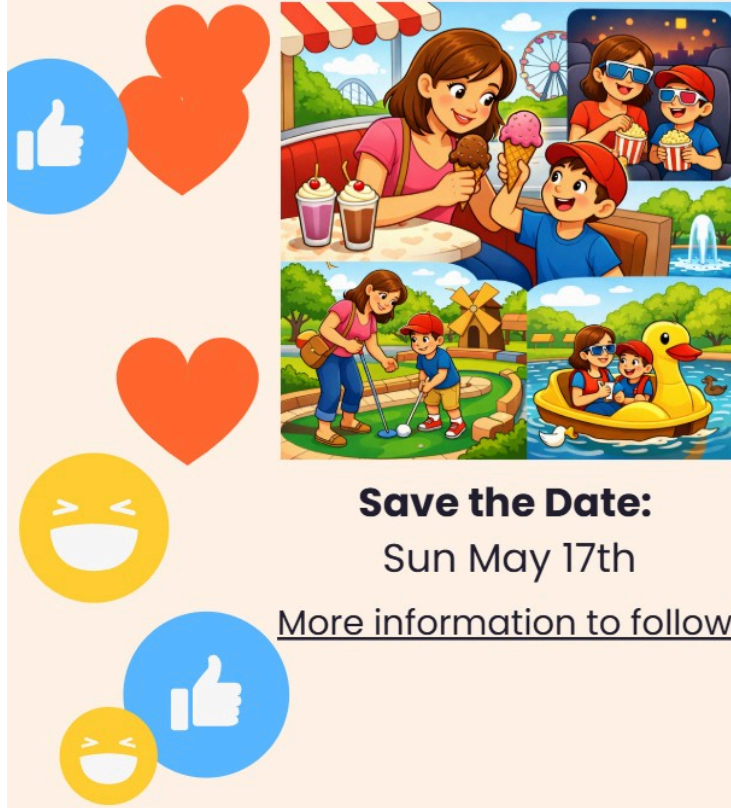
9:45 AM in the St. Mark's Catholic School gym

*You are invited to sit with your grandchildren during Mass.
Immediately after Mass, students will walk back to the school
with their class. You are invited to join them in the school gym
for light refreshments and drinks. Bring a camera to take a photo
with our spring-themed backdrop.*

We kindly request your RSVP by May 1st – emily.cainguitan@gmail.com.

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!

Thank you to all of our families who attended the Steelhead's Community Night in January. We raised \$1,125.00 for the school.

Volunteer Opportunities

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



MANY VOLUNTEERS ARE NEEDED FOR THE ICSI

BASKETBALL TOURNAMENT - Friday, March 13-Sunday, March 15. Sign up on the link below! A great way to finish up those Volunteer Hours!!!!!!

Click here to volunteer.

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!

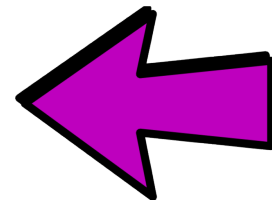
4 LUNCHROOM HELPERS ARE NEEDED EACH DAY from 10:45-12:45 to serve lunches and clean tables in the lunchroom. Volunteers are given a free lunch.

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

An email containing the Re-Enrollment link for the 26-27 school year was sent from FACTS to Primary Parents on Tuesday, February 17. Enrollment links have now been sent out to new students coming into St. Mark's School for next year. **IF YOU WANT TO REENROLL, time is of the essence to get your paperwork in before the classes fill up.** If you have special circumstances, please contact the School Office.



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

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

**SPRING
BREAK**

is Monday, March 16-
Friday, March 20

 **VIRTUS[®]Online**

The next LIVE SEW class will be held on Wednesday, April 8 @ 6:30 p.m. at St. Mark's School. 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 April 8 and sign up.

Library Bookmark Contest



It's that time of the year again--time for all our young artists to create Library bookmarks. Here are the rules for our contest:

1. Bookmarks should have a book/reading theme.
2. Students must use the provided entry form and colored pencils or markers.
3. Entries are due to Mrs. Rosania no later than 3pm on Wednesday, April 22.
4. No joint entries.
5. Only original work, no copies of published work.
6. Only one entry per student.
7. **Click here to download Entry Form.**

There will be one winner and one runner-up chosen per age range: K-2, 3-5, 6-8. Winning entries will be announced on Wednesday, April 29. These bookmarks will be reproduced for distribution to all our students, plus several will be laminated for our winners to give to family and friends. Winners and runners-up will also receive a gift card.

Entry forms for designs are available now in the Library and the file has also been attached to this email. ***If you make copies for students be sure to copy them on white cardstock.***



It's that time of the year for our students ages 4-7 to sign up for the Boise Catholic School T-Ball league.

St. Mark's School is looking for a coach(es) to lead our team(s). Patrick Fithen, St. Mark's dad and former T-Ball coach and league commissioner, is willing to answer questions. **Click here** to contact him. Time spent coaching counts towards your Volunteer Hours.

Our 2026 T-Ball season hinges on getting volunteers to coach, so please know that filling out the forms depends on coaching status. **Click here** to download the Registration Form.



ART CLUB 2025–2026*



QUARTER 4

What is Art Club?

Art club is for students who wish to spend additional time on art through independent studies, team projects, new projects, or increased time to complete art class work. Possible projects include making an art journal and portfolio, making our own paper, working with new techniques, and CERAMICS!!! A wide range of talents and abilities are welcome in art club. However, it is important for potential art club members to have a strong interest in art. They must also be able to work well with other members, follow instructions, and behave in a mature and appropriate manner.

Students will have the opportunity to grow in their art skills and participate in a variety of projects using new skills and mediums.



Who: Students 5th grade and up

When: **Thursdays** during the school year unless otherwise noted

Where: Ms. Hatfield's classroom

Time: 3:05-4:15 pm

Cost: \$110/quarter

We never want the cost to discourage students to participate. Scholarships are available if needed - Please contact the office for further information

Pickup Policy: Pickup is at 4:15 outside the middle school and students will be sent to homework club after 5 minutes



ART CLUB DATES*

Quarter 4

March 26
 April 2
 April 9
 April 16
 April 23
 April 30
 May 7
 May 14 (subject to change depending on end of year schedule)

**Should a class need to be cancelled, a makeup class will be offered on a Monday or Friday.*

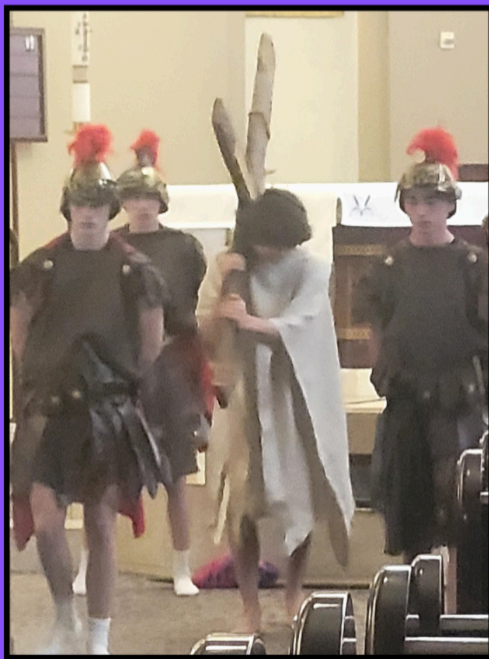
*Application on back of page.



[Click here](#) for Registration Form.

St. Mark's School presents: Living Stations

Friday, March 27th
1:30 pm and 6 pm



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

 Call or text (208) 888-0020

MATHNASIUM
The Math Learning Center

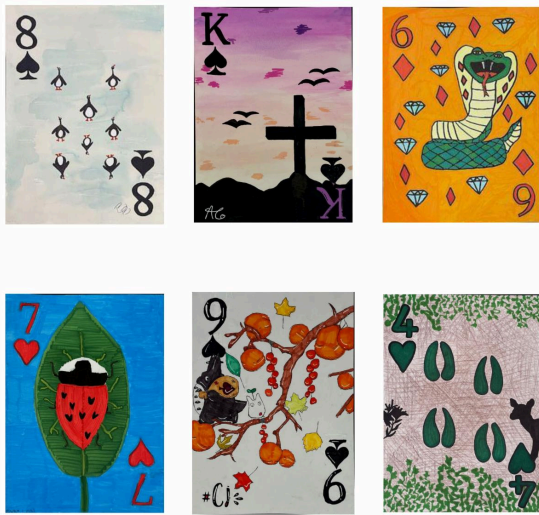
SAINT MARK'S
-CATHOLIC SCHOOL-

8th graders are each designing and making between 1 and 3 playing cards for a full set. We are selling sets of those cards to raise money for the art program. (Options for a regular size deck as well as a micro deck).

Attached is the order form, plus a QR code that will bring you to our art website that I will update as students turn in their cards.

In addition, every deck purchased will enter you into a drawing to win an 11"x14" print of the back of the card (the collaborative "together we rise" artwork 8th grade made for the yearbook cover).

[Click here](#) for order form.



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.

ICSI Basketball Tournament

Jr. Girls 1st game Schedule

St. Mark's 3rd grade vs. Sacred Heart 3rd grade @ 6:00 p.m. @ BK Upper Carley Gym
St. Mark's 4th grade v. St. Nicholas 4th grade @ 8:00 p.m. @ BK Carley Gym

Sr. Girls 1st game Schedule

St. Mark's 6th grade vs. St. Joe's 5th grade @ 5:00 p.m. @ TVAC Court 3
St. Mark's 5th grade vs. St. Nicholas 6th grade @ 7:00 p.m. @ BK Reg

Jr. Boys 1st game Schedule

St. Mark's 3rd grade v. Sacred Heart 4th grade @ 5:00 p.m. @ TVAC Court 1
St. Mark's 4th grade v. Sacred Heart 3rd @ 5:00 p.m. @ TVAC Court 2

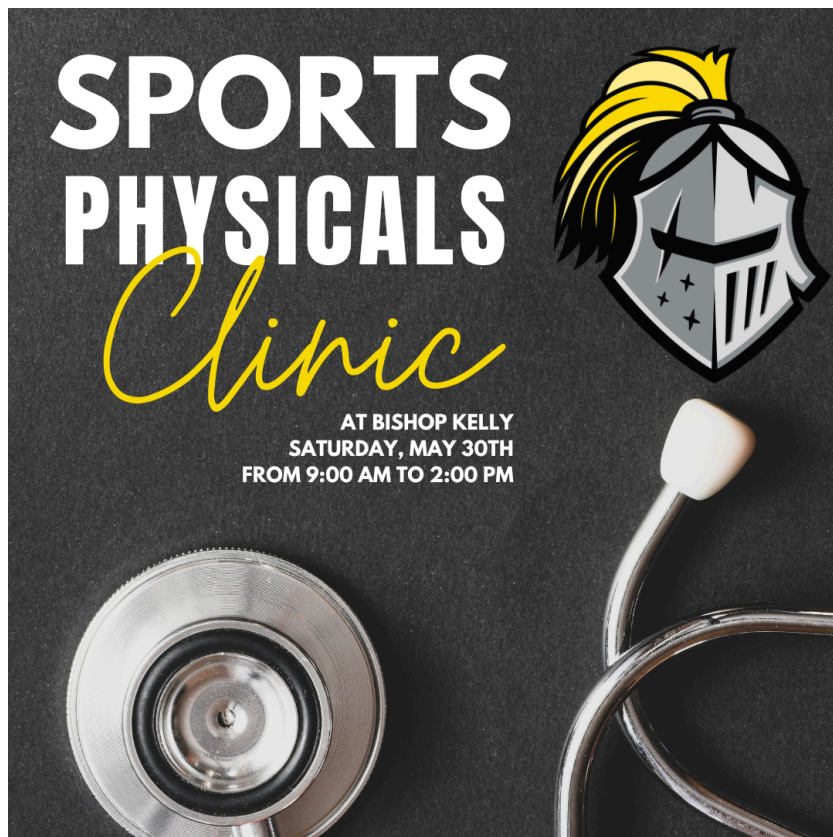
Sr. Boys 1st game Schedule

St. Mark's 6th grade vs. Sacred Heart 6th grade @ 4:00 p.m. @ BK Upper Carley Gym
St. Mark's 5th grade white vs. St. Ignatius 5th grade @ 4:00 p.m. @ TVAC Court 1
St. Mark's 5th grade blue vs. St. Ignatius 6th grade @ 4:00 p.m. @ BK Carley Gym

Game Facilities Addresses

BK (Bishop Kelly) - 7009 Franklin Rd, Boise, ID 83709

TVAC (Treasure Valley Athletic Center) - 1251 E Piper Ct, Meridian, ID 83642



Gear Up for Game Day: BK Sports Physicals & Heart Screenings

Ensure your student-athlete is cleared and ready for the upcoming season! Bishop Kelly is proud to host our annual **Sports Physical Event**, offering a convenient and affordable way to meet your yearly requirement while supporting the BK Sports Medicine program. For only **\$30** your student athlete will receive their annual sports physical, and be ready to play next year!

Advanced Heart Health Screenings: This year, we are elevating our care. For athletes aged 14 and older, we are now the first and only high school in Idaho offering **ECG screenings**.

Sudden cardiac death is the leading cause of death in young athletes, often caused by conditions that a standard physical might miss. In states like Florida, they have taken steps to make ECG testing mandatory for high school athletes. While ECG testing is not mandatory in Idaho, here at BK we are taking the initiative to offer this additional testing. We are offering this screening for an additional \$10.

Thanks to a generous donation, we have acquired four industry-leading ECG machines—the same technology used by professional and collegiate teams—boasting the lowest false-positive rates in the industry. Every ECG will be interpreted by our **team cardiologist**, with referrals provided if necessary.

- **Date: Saturday, May 30th**
- **Time: 9:00 AM – 2:00 PM**
- **Location: Father Wilson Science Wing, BK Campus**
- **Pricing: Physical \$30, ECG \$10**
- **Impact: All proceeds directly fund essential equipment and supplies for our athletes.**

For questions and information about this event and what we are offering, please contact our athletic trainer, David Redinger. dredinger@bk.org

For scheduling and/or payment questions, please contact Katie Hays. khays@bk.org

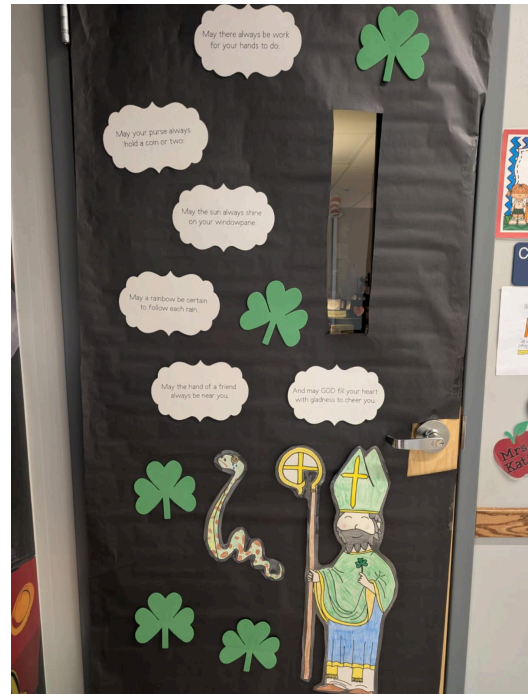
If you need to cancel your registration, please reach out to Katie Hays ASAP. Refunds will be offered until May 13th.

Are you a provider who would like to volunteer at this event?

Bishop Kelly is in need of volunteer providers who are MD's, DO's, NP's and PA's to help with our Sports Physical Clinic at BK on Saturday, May 30th. Your volunteerism benefits the Sports Medicine program at Bishop Kelly, and every BK athlete! Thank you for giving your time and talent to our school community.

[PROVIDERS - click here to volunteer](#)

Preschool Happenings



Our little Lions & Cubs have been working hard on their festive St. Patrick's day craft. We are in denial that it is the end of the 3rd quarter! However, we are all looking forward to Spring Break this coming week. Please pray for all of our school families who may be traveling. We are praying for you!

Happy Spring Break and Happy St. Patrick's Day! Our St. Patrick's Day prayer on our door reads:

- May there always be work for your hands to do.
- May your purse always hold a coin or two.
- May the sun always shine on your windowpane.
- May a rainbow be certain to follow each rain.
- May the hand of a friend always be near, and may God fill your heart with gladness to cheer.



Church Connection

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



Easter

**EGG HUNT
VOLUNTEERS
NEEDED**

Please contact Ginger Mortensen for more details: gmortensen@stmarksboise.org

Sunday, April 5, 2026

**This time will count towards your families
24 volunteer hour requirement**



St. Mark's is looking for a lead for our Manna Ministry



Lead the Manna Ministry

This role consists of receiving requests and creating sign ups for your team to choose a day to bring people meals.



Who receives manna meals?

- Parish families who have welcomed a child into their lives
- Parish families who have had surgery
- Parish families dealing with illness

To learn more information, contact Parish office at 208-375-6651

Notes from the Nurse

Saint Alphonus School Health Program

Through the St. Alphonus 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

Sassing

“What's wrong with that kid? No respect. Every time I turn around, she's talking back. It seems as if she always must have the last word. Kids today just don't respect adults like they did in my day.”

This question reminds me that concerns about children who “talk back” are common.

Sassing is a frustrating problem for many parents.

Solving the “sassing problem” usually requires a behavior change in both the youngster and the parent. First, I'd like to look at my own behavior because it is something I can control. I do this by waiting until the next time my youngster talks back. Then I ask myself what did I say the split second before the sassing took place?

Often, we find that the child felt criticized and was reacting to this criticism. Even adults have a hard time handling criticism. In fact, criticism usually does very little good even when it is well intended. It is difficult for me to remember a time when I reacted positively when someone said to me, “I'm only doing this for your own good.”

It is a good practice to state reasonable expectations for child. It is also a good practice to apply consequences with empathy when the child does not meet these expectations. Criticizing a youngster does not usually bring about any long-term behavior change. Instead, it breeds resentment and erodes self-confidence.

Explore the child's real feelings.

Now that I have a handle on my own behavior and have eliminated criticism, it is time to work with the youngster. I'd like to have a little discussion, but I must remember that this is only effective when the child is happy. It does not pay to discuss problems with children when they are upset. The purpose of this talk is to encourage the child to think about his or her actions and learn new ways of talking so there is better understanding.

“Sandy, I've noticed that you often have words for me when I asked you to do things. I wonder if I'm hearing it in the same way you really mean it. I guess I'm pretty confused about what you're trying to tell me. Are you trying to say that:

- You're embarrassed,
- or that you feel put down,
- or that you want to be the boss,
- or that you hate me,
- or that you don't know a neat way to answer....

Does any of this sound familiar to you?

This usually leads to some kind of discussion. **It is absolutely necessary to listen without defending or judging.** The reaction that works best is to say, “Thanks for sharing.”

Help with problem solving.

Most kids are willing to work with us after a discussion like this. However, they are often at a loss for better ways to answer us when they are angry or embarrassed. The following type of discussion is often helpful.

Dad: “Sandy if I hear you right, you're really don't mean to sound the way you do. So, what are your thoughts on different ways to answer?”

Sandy: “I don't know.”

Dad: “That's sad. Why don't you give it some thought and let me know if you need some suggestions. I bet that you can come up with some new ideas. If not, I can tell you some of the ways that adults handle things like these. Good luck.”

While the youngster is thinking it over, try to think up some suggestions to provide if necessary.

We often make progress with sassing by eliminating criticism, helping the youngster express his or her real feelings, helping the child find new words, and then by providing

practice opportunities.

Have a wonderful Spring Break next week. (This idea is from Love and Logic Parenting Journal v4.1)

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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