



Good Afternoon St. Mary's Families,

It is hard to believe we are already four weeks into the school year. Next week, our fall MAP testing begins (please see attached schedule). We are changing things up a little bit and extending testing one week; the reason for the additional week is so all of our tests take place in the morning. Our 2nd – 8th grade students will be tested in the areas of reading, language arts and math. Our 4th and 8th grade students are also tested in the area of science. Please make sure your child eats a good breakfast that includes some type of protein – this helps in brain function not only during testing, but every day!

On Wednesday, we celebrated our first Christian Leader recognition. The virtue for September is Welcoming Spirit. As a faculty and staff, we decided to change this a little this year to recognize our kindergarten through 5th grade students. We will be recognizing our middle school students in a different way as part of our quarterly honor roll recognition.

As the weather gets cooler, please make sure to send a light jacket or sweater for the cool mornings – it is helpful to have your child's name written inside any garments – just in case it is left on the playground.

The MOSS fun run is Friday, September 21st. The information went home last Friday.

MOSS Fun-run

When: Friday September 21, 2018
Who: All St. Mary's Catholic School students
Where: St. Mary's Catholic School parking lot
Why: Our 5th and 6th grade students are going to McCall Outdoor Science School (MOSS) Camp from Oct. 15th to 19th. MOSS is a unique opportunity for our students to learn about Idaho ecosystems, critical thinking and teamwork. Our school's investment for our students, teachers, and chaperones to attend MOSS is over \$11,000. The MOSS Walk-a-Thon will also help raise money to offset the \$234/student fee that would otherwise be paid by our 5th & 6th grade families.

Enjoy this beautiful weather and have a great weekend!

Blessings,

Tammy Emerich
Principal

Weekly Calendar

Sept. 17 – Oct 4	Fall MAP Testing (2nd–8th grades) see schedule
Sept 19	Mass (Talent) 5th Grade
Sept 21	MOSS Fun Run (Playground) afternoon
Sept 26	Mass (Corpus Christi) 4th Grade
Oct 3	Mass (Treasure) 3rd Grade
Oct 5	Teacher In-Service—NO SCHOOL
Oct 10	Mass (Food) 2nd Grade St. Mary's Christian Leaders after Mass

Upcoming Events

Oct 13	St. Mary's Oktoberfest (Riverside Hotel)
Oct 15—19	5th & 6th Grades to MOSS (McCall)
Oct 19	End of 1st Quarter
Oct 24	Early release 2:00 pm Parent Teacher Conferences 2:30-end
Oct 25	Teacher In-Service—NO SCHOOL Parent Teacher Conferences—12:30—4:00
Oct 26	NO SCHOOL

October Lunch Orders

Due September 19th

Please read [this information letter](#) before going following the links. You will better understand the process of Lunch Ordering for this year.

[October Lunch Orders](#)
[October Blimpie Slips](#)

It's Oktoberfest at St. Mary's.

This year our Ball & Auction event will be an Oktoberfest and is being held at the Riverside on Saturday, October 13th. Invitations Were Sent Out This Week!

Things to know:

- ◆ **Procurement** is key, we are asking each family to support the effort by donating something for the event. [Here are ideas.](#)
- ◆ We won't be sending raffle tickets home for sale by students, but we will be having a wonderful raffle that evening.
- ◆ Invite family and friends to this great event! The more the merrier.....Doors Open at 5 pm.....

Get your tickets or make adonation today!

www.oktoberfest.afrogs.org

TVCS Band—Fall 2018

6th—8th graders are invited to join the first ever TVCS band! There are 2 instrument try-out nights to see which instrument might work best for you, and balance the whole ensemble. Attend EITHER Sept. 10 or Sept 17, dropping in sometime between 3:30 and 4:45 pm at Sacred Heart.

Complete beginners are perfect for this ensemble, but be aware that we'll move faster than a typical school class. We'll rehearse Mondays and some Tuesdays at BK. We'll also perform at BK on Tuesday, December 11, 2018.

Email me regarding interest, questions or instruments.

Thank you ,

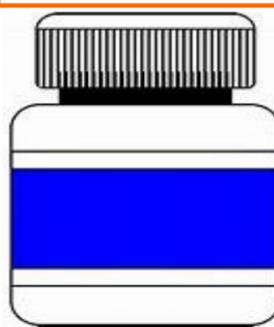
Mrs. Kathy Bailey
kbailey@sacredheartboise.com



Calling All Bakers/Artists

Can You Help Us?

Edible Art is being requested for the Oktoberfest event. [This flyer](#) has all the details.



If you would like to make a donation of ibuprophen to our School Health Program (either in pill form or chewable pill form—no liquids please), we would gladly accept such donations. Just drop them off in the Office.

Thanks
 School Health Program Nurses.

Nurses Note:

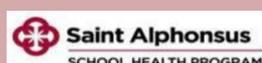
ATTENTION PARENTS!

As a busy parent, keeping your child healthy and safe is always a top priority. This information will help you recognize, respond to, and minimize the risk of **concussion** or other serious brain injury.

A **concussion** is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head, OR by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. Children and teens who continue to play while having concussion symptoms or who return to play too soon-- while the brain is still healing--have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal. It is also very important for parents to report concussions that may have occurred off school campus so that we can all work together in observing, planning and participating in the healing process of your child. For more information, tips and symptoms download the CDC HEADS UP fact sheet at www.cdc.gov/headsup/youthsports/parents.html and keep it in your first aid kit or with your sports equipment. You can also download the free CDC HEADS UP app to get concussion information at your fingertips. Go to the CDC HEADS UP website to download. In addition, there are local resources: Saint Alphonsus STARS program is an excellent local resource for information, assessment and treatment. www.starspt.org/services/brain-injury-rehabilitation/ or call 208 377 -7000 St Luke's concussions clinic offers evaluation and management of concussions. You can visit stlukesonline.org/concussion or call 208 381-2665.

St. Alphonsus School Health Program

Kim O'Sullivan, RN, Linda Miller, RN, Sherry Placido, CNA, & MaryLou Cunningham, RN.



Counselor Corner:

As we finish up week 4, hopefully students and families are getting into the routine of school again. It can always be a little bit difficult getting back to the structure of the school year after summertime. This may cause some frustration at times and I thought this may be a good time to refresh everyone's memory on the TOOLBOX program that St. Mary's implemented two years ago and that most students are currently reviewing in the classrooms.

SCHOOL COUNSELOR CT

TOOLBOX is a program that promotes the development of resilience, self-mastery and empathy for others in children by strengthening their innate capacity to manage their own emotional, social and academic success. TOOLBOX is comprised of 12 tools, or 12 human capacities that we all have. Many of the students are already familiar with each of the 12 tools and teachers have visual aids in the classroom to remind students to use any of the tools as appropriate. Some important concepts that TOOLBOX teaches include:

- How to belong and contribute their uniqueness
- How to be proactive rather than reactive
- How to realize their innate goodness and intrinsic wholeness
- How to care for themselves and experience empathy for others
- How to be forgiving when it is time

Many of these are qualities that we also foster as a Catholic community, therefore making the TOOLBOX program a very nice fit with the St. Mary's school environment. Over the next several weeks I will highlight one or two of the tools each week so that hopefully you can assist students in using these tools to handle everyday frustrations or other situations.