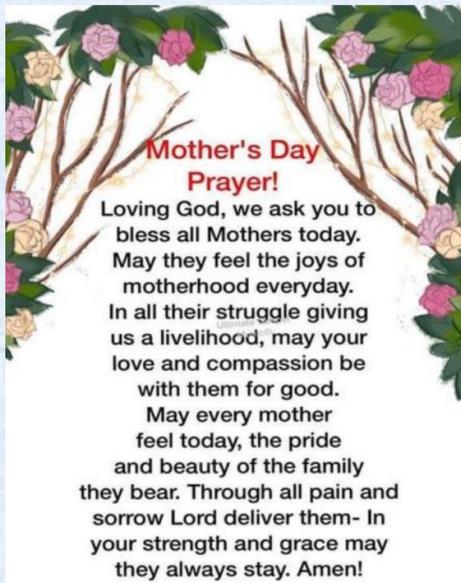




Happy Friday St. Mary's Families,

Happy Mother's Day to all moms! Thank you for all you do for your children – May God continue to bless you:



Thank you PTO for a great Teacher Appreciation Week – we thank you and have felt very appreciated!

Our 8th grade students went to Cottonwood on their 8th grade religious retreat Tuesday through Thursday. Thank you to all the chaperones and Mrs. Herring for making this amazing retreat possible!

We celebrated our May Christian Leaders – our virtues this month are Spirituality and Love!

Tuesday, May 14th at 6:00 is our Spring music program for K-3rd plus both bands and choir. This will take place in the church.

Wednesday, May 15th is our School Advisory Board meeting at 6:00 PM.

Also, there is still time to sign up for Nail polish and crazy socks for the week of 5/13 – 5/17 – see information below.

Just a reminder, parents are responsible for their children when playing in the playground after school. If there is a conflict, parents should take care of the issue.

Job Openings at St. Mary's for the 2019-2020 school year

Lead pre-school teacher

Part time Spanish teacher

Part time technology teacher

Please visit the following link for more information: [https://www.stmarys-boise.org/apps/pages/index.jsp?](https://www.stmarys-boise.org/apps/pages/index.jsp?uREC_ID=387726&type=d&pREC_ID=880844)

[uREC_ID=387726&type=d&pREC_ID=880844](https://www.stmarys-boise.org/apps/pages/index.jsp?uREC_ID=387726&type=d&pREC_ID=880844)

Marketing

The St. Mary's marketing team will be conducting confidential anonymous interviews with St. Mary's families for marketing research purposes. If anyone wants to participate in the survey and/or would like to share a positive story as part of our marketing push, please contact Emily Skoro at eskoro@gmail.com.

FINALS

Middle School Finals will take place on Monday, May 20th – Wednesday May 22nd.

Uniforms for 2019-2020 School Year

Just sending a reminder, Mass shirts for both boys and girls must have our school logo for the 2019-2020 school year. All boys must wear a plaid tie either standard or bow tie. Please let me know if you have any questions.

PTO

Thank you PTO for a fun end of year event for our St. Mary's families last Sunday at McDevitt Park. Special thanks to Patti Walborn and Matt Sato for making this event happen! St. Mary's Trivia Night will be on Friday, May 17th from 6:00 – 10:00 in the school gym – get your teams ready! You can sign up by clicking on the following link: Trivia [this flyer](#).

We have three PTO officer positions open for the 2019-2020 school year. Please let me know or email stmaryscatholicsschoolpto@gmail.com

Please Log Volunteer Hours

Thank you to all who have completed and logged volunteer hours for the 2018-2019 school year. We couldn't do what we do without your help. Please make sure all hours are logged by Thursday, May 30th. You may log your volunteer hours in our PlusPortals system (where you check your child's grades). There is a \$25 per hour charge for any hours short of the required 20.

Math Help

Mr. Eric Thomson will be offering math tutoring on Tuesdays after school from 3:15 – 4:00. Mr. Thomson teaches pre-algebra here at St. Mary's and is great at working with students. If your child needs some help in math, please have them stay after school on Tuesdays. Thank you Mr. Thomson for helping our students and volunteering!!

Avoiding Summer Slide

This is a great and much needed opportunity for our St. Mary's students! In order to prevent "summer slide" or "brain drain", we will be offering IXL to our returning kindergarten – 7th grade students to use over the summer. IXL is an online comprehensive K-12 curriculum that offers a personalized experience for each student in all content areas. We will also offer a summer reading program through Scholastic with incentives to keep kids engaged and reading over the summer. We will be sending an email with more information on these great learning tools in mid-May.

I am seeking parent volunteers to help with an incentive program tied to these summer offerings. Please call or come by my office if you are interested in helping.

Here are a couple of links to a blog with more information on "summer slide" or "brain drain":

<https://www.idtech.com/blog/prevent-summer-learning-loss>; <https://www.idtech.com/blog/summer-slide-facts-for-productive-school-break>

Have a wonderful Mother's Day Weekend!

Tammy Emerich

Principal

Weekly Calendar

May 13-17	Ball & Auction Buy Ins <small>see below</small>
May 14	St. Mary's Spring Program (Church) 6:00 pm
May 15	Mass (Talent) 8th Grade
May 17	Trivia Night (Gym) 6:30–9:30 pm signup here
May 20–22	Finals for Grades 6–8

Upcoming Events

May 22	Mass (Corpus Christi) 7th Grade
May 24	Talent Show (Gym) 1:45 pm
May 27	Memorial Day—NO SCHOOL
May 28	Kindergarten Graduation (Church) 10 am 8th Grade Graduation (Church) 6:00 pm

It is never too early to start thinking about Summer and all the activities there to experience.

Did you know that Bishop Kelly hosts a wide variety of



Did you miss the buy in opportunities at the Ball & Auction?

Have no fear, you can still have your student participate:

Nail Polish for a Week—\$20 per student 5/13-17

Weird Socks for a Week—\$20.00 per student 5/13-17

Contact kellodge@gmail.com for more information.

If you didn't get a chance to buy a spot at one of the following events, there's still time! Take a look at the following events and secure your spot today! Please send your payment to the school office to the attention of Kelly Lodge. Don't miss your chance to enjoy some social time with your fellow St. Mary's parents!

Splash Bash – \$40 per person (adults only)

Hosted by Lindsey & Luke Smith

Anticipated time and date is late afternoon one day during the weekend of July 12th or 19th

Enjoy an adults-only pool party at the home of Lindsey and Luke Smith with beer on tap, wine and heavy appetizers.

Nurses Note: Teaching Teenagers How to Avoid Hearing Loss

(Good Information for all)

As impressionable as teenagers can be, sometimes getting them to follow basic instructions feels a bit difficult. And nowhere can this be more difficult than with things that don't seem obviously important to their young minds, but that are crucial to adults who want to impart a good impression. For teens who are taking risks and making poor choices, sometimes there is no right way to explain the long-term effects that these choices can have on a growing body. And since teenagers do not yet know that they can't live forever, it can be even more frustrating to convince them about boring little facts of life like protecting one's hearing.

However, with the incredible surge in early-onset hearing loss, now is not the time to wait around and see whether or not your teen is going to make the right choice when it comes to headphones and ear protection. One of the main culprits of this rise in hearing trouble is the takeover of the earbud headphone, a cheaply-made internal piece of plastic that practically bombards the eardrum with a low-quality level of music that is essentially just noise. Because this is such a big problem for headphone users, there have even been doctors speaking out about how these headphones shouldn't be used or sold with portable music devices. But since most teens still have them and use them, they are causing a lot of damage with hearing.

The reason that headphones should not go right into the ear canal is that they are essentially then just pumping noise directly to one part of the ear, which happens to be the most sensitive. Without any sort of muffling effect or canceling abilities, these headphones then need to be turned up twice as loud as other pairs do. And this means that there is a whole lot of outside noise pollution pumping in too, not just the sound from headphones. When teens listen to earbud headphones while running around the city or riding the bus or subway, they are pumping loud volume into their ears for too long, alongside the noises of the city. And that means major damage is being done.

A great solution to this problem is getting teens to use better headphones, which might require a somewhat pricey birthday or Christmas gift, but will be worth it. Plenty of cool-looking pairs of headphones exist that have noise-canceling capabilities and that have a volume cut-off level, meaning that those who try to crank mp3 players will find that the headphones themselves give the volume level a limit. For parents who help out with trying to avoid a teen's investment in a better pair is often the best and only way to help out with avoiding hearing loss.

Another important lesson, and one that's even more difficult for parents with teens, is teaching children about the importance of using protection for their ears when going to concerts and clubs. While it might not look particularly cool to be wearing a pair of earplugs at a show, it definitely can make all of the difference about keeping one's hearing at an acceptable level, and blocking it out way too early. Since effective earplugs can be bought at a pharmacy or grocery store for cheap, there's no reason to not stock up on a couple of boxes and keep them around the house for when it's time to go to a show.

Listen Up! Protect Your Hearing. The Noise Meter:

<https://www.nidcd.nih.gov/health/listen-infographic>

St. Alphonsus School Health Program

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



Counselor Corner:

Kindness Week

It is almost time for our first annual Kindness Week! Next week (May 13th-May 17th) our school will participate in a Kindness Challenge that has spread to 4,779,962 students, at 7,701 schools across the U.S., and in 60 other countries! It is a great opportunity for our students to pay attention to how they can show kindness everyday!

SCHOOL COUNSELOR CT

Here are some of the activities planned to spread kindness both within our St. Mary's community and beyond!

All Week Long:

- **Great Kindness Challenge Checklist** --50 kind actions for everyone to complete (each student will have a sheet to complete)
- **Kindness Outreach** -- During Buddy Time, students will make angels with the Guardian Angel Prayer- these will be taken to local hospitals and Veterans Home
- **Kindness Poster**-- there will be a poster in the Gym for everyone to sign their names
- **Sunscreen Drive**--Students can bring in cans/bottles of baby, kid or adult sunscreen, reusable water bottles or sunglasses to donate to Corpus Christi House for the warm summer months

Please encourage your child(ren) to continue their 50 kind actions outside of school. The checklists have many ideas, however, there may be other ideas you come up with, so please feel free to write them on the back of their checklists. The goal is really to have everyone thinking about the many different ways we can show kindness to those around us!

Thank you!

Amaya Eiguren

*Amaya Eiguren, Psy. D., LPC
School Counselor*