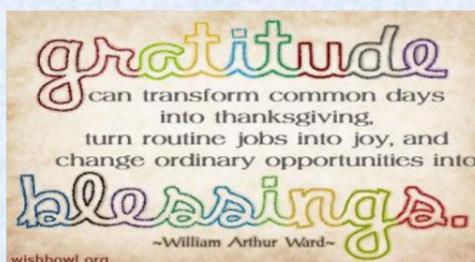




Good Afternoon St. Mary's Families,

THANK YOU for the amazing Valentine surprise on Wednesday morning – the signs and thank you posters brought tears to our eyes! We are so blessed by the support of our families – I hope you know how much we appreciate all of you.



We thought we would send the newsletter out a little early since we will be busy tomorrow with a faculty religious retreat in the morning and professional development with our partner school teachers at St. Ignatius in the afternoon. Students do not have school on Friday, February 16th or Monday, February 19th. Friday is a teacher in-service day and Monday is President's day.

Hallissey is this weekend – a basketball tournament for 7th and 8th grade students from around the state -it is such an amazing way that our middle school students can participate and come together as Catholic Schools and parishes. We will have a pep-rally today -Thursday afternoon to wish them luck!

Re-enrollment

I apologize for the delay in getting re-enrollment forms out to you. I am working with Rediker to get a Pay Now option on our re-enrollment forms-it is taking longer than I expected. . We hope to send out the Re-enrollment email by the end of next week. Please check your primary email attached to our PlusPortals system – I have been sending email updates pertaining to the recent news and offering support for our community. **The pre-enrollment form on the website is only for new families – not returning families.**

Important Information from past week's newsletter:

Student Pick Up – Before and After School

Just a reminder, the road way in front of the school is a drive through- please do not stop and wait for your children – you must park in a parking spot or in the parking lot west of the parish hall. This is for student safety!

Plus Portals System

We need to increase the number of St. Mary's families in our School Directory. Please **OPT IN within the system to be listed in our school directory.** The school directory will be available through our Plus Portals system. Please let Roni or I know if you are having difficulty.

Enrollment and Tuition for Next Year

Tuition has been set for next year- the information is posted on our website under the admissions tab. Roni and I are working on a Pay Now option on our re-enrollment forms – this is taking us a little longer than we anticipated. We hope to send out the Re-enrollment email by the end of next week. We are going to offer a referral incentive program for our current families – if you refer a new family to our school, they mention your name and they enroll their child/children for the 2018-2019 school year, you will receive \$125 off enrollment fees for the 2018-2019 school year (this reduction in fees is per family not per child). This referral incentive program goes into effect February 1, 2018 and runs through the first day of school, August 20, 2018. You, our current families, are the best form of marketing we have – spread the word about our wonderful school! Please let me know if you have any questions.

If you have a child entering kindergarten next year, please make sure you get them on our kindergarten list for 2018-2019 school year. Email Mrs. Davis or come to the office.

Have a wonderful weekend,

Tammy Emerich

Principal

Weekly Calendar

- Feb 16 **Teacher In-Service—NO SCHOOL**
- Feb 16-18 **Hallissey Tournament Weekend** various locations
- Feb 19 **Presidents Day—NO SCHOOL**
- Feb 21 **Mass (Treasure) 2nd Grade**
Christian Leaders Reception after Mass
- Feb 23 **Girl Scouts Selling Cookies** after School
- Feb 28 **Mass (Food) 1st Grade**

Up Coming Dates

- March 7 **Mass (Time) 8th Grade**
Christian Leaders Reception after Mass
- March 8-11 **Scholastic Book Fair** Gym
- March 11 **Daylight Savings Begins** Spring Forward
- March 14 **Mass (Corpus Christi) 7th Grade**
- March 16 **End of Quarter—NOON DISMISSAL**
- March 16-18 **Crusader Tournament** Pocatello
- March 17 **Happy St. Patrick's Day!**

St. Mary's Scholastic Book Fair

(March 8, 9 & 11th)

Mrs. Lawley is gathering a team of enthusiastic, creative, and talented volunteers to help out at our upcoming Scholastic Book Fair, and would like to invite you to help out.

Check out [this link](#) to find the sign-up sheet to see what roles interest you.

Questions? please contact her by email: jlawley@stmarys-boise.org



March Lunches

Don't forget to send in your March [Blimpie](#) & [Pizza Hut](#) Lunch Order Forms by Wednesday, February 21st. They won't be accepted after 3:00 pm on that day.

The 55th Hallissey Tournament is a 7th & 8th grade boys and girls basketball tournament organized for Catholic schools and parishes of Idaho. Named after the late Msgr. Hallissey, it is a fun tradition for Catholic youth. St. Mary's has 3 teams participating this year & their first games are Friday, February 16th:

7th/8th Girls Team @ Sacred Heart @ 4:30pm

7th Boys Team @ St. Ignatius @ 4:30 pm

8th Boys Team @ South JrHi Main @ 6:00 pm

Games continue all weekend, check gyms for times

On Saturday:

Mass @ Our Lady of the Rosary @ 7 pm

On Sunday:

AYCE Pancake Breakfast @ BK from 8:30—noon

ENJOY your Long Weekend!

Nurses Note:

Dental Health



Regular dental care may lead to more than just a healthy smile. Research indicates that a relationship may exist between the health of your mouth and that of your entire body. Researchers have explored connection between gum disease and heart health. They have also found links between periodontal disease and other problems, including premature births and diabetes. Good dental health includes:

- ✓ Regular check ups every six months
- ✓ Brushing at least 2 times/day
- ✓ Daily flossing Good Nutrition-Diet should include dairy for calcium, fruits and vegetables for vitamins, minerals and fiber.

February is American Heart Month

Unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States. Here are a few things to note.

Heart Attack Warning Sign

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- * Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- * Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- * Shortness of breath with or without chest discomfort.
- * Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1.

Heart healthy TIP:

There is overwhelming evidence showing that atherosclerosis, or a buildup of plaque in the arteries starts in childhood, not when you're 50 or 60. Up to one-third of American children, from age 2 through the teenage years have high cholesterol. American children and adolescents also have higher blood cholesterol levels and higher intakes of saturated fatty acids and cholesterol, than their counterparts in other countries, according to the American Academy of Pediatrics. And the American Heart Association reports that young children, even babies, can also have high levels of blood pressure. What can you do? Butter, margarine, cream and lots of oils found in prepared foods target against you. Try more broiled, baked or grilled foods. Trim the fat off of your meat, and take any skin off. Eating more fish, dry beans and poultry is a good way to go. So is cutting down on snacks like chocolate, ice cream and chips and fast foods.