



Happy Friday St. Mary's Families,

What an amazing week we have had here at St. Mary's! On Wednesday, we celebrated our Grandparent's Mass followed by a breakfast – what a blessing to have our grandparents as part of our St. Mary's Community! Thank you to Hillary Drashner and Lizzie Hammerle for hosting an amazing breakfast! Today, we have our kindergarten screening – we have 17 students going through this process! Please make plans to attend our St. Mary's student led Mass on Saturday, April 21<sup>st</sup> at 7:00 PM. It is a Spanish speaking Mass and our students will demonstrate their bilingual skills – our Spanish Literacy program is amazing and our students are excelling!

Don't forget to buy tickets for the St. Mary's Zoo night on Sunday, April 29<sup>th</sup>! The cost per ticket is \$10 which includes dinner and zoo admission! Tickets can be purchased in the front office. It is our last St. Mary's Community event for the school year – It will be a fun – we hope you can join us! Please see [the flyer](#).

The employment opportunities at St. Mary's for the 2018-2019 school year are posted on our school website <https://www.stmarys-boise.org/> :

- Secretary position
- Counselor position

We will accept secretary and counselor applications until April 27<sup>th</sup>.

What a great hiring process we have in place for our teacher candidates! Our interviews went great this past week. We have invited four candidates back to teach various lessons on Monday. I will keep you updated!

**Safe Environment Training** –All Volunteers must renew **Safe Environment Training every year**. For online training, go to this website - <https://boise.cmgconnect.org/> and register for the training – please sign up as a volunteer for St. Mary's School. Background checks must be renewed every five years. Please see the link above. Let me know if you have any questions.

**PTO** - We need a few volunteers to be PTO officers – this is a great way to be part of the school community, have a voice in activities and fund raisers, and get volunteer hours! PTO needs a president-elect and a secretary. We need people who are interested in participating in meetings once a month and helping out raising money for the school. Our PTO is instrumental in helping out our school – we couldn't do what we do without them. Please let me know if you are interested in either position.

**Dress Code** - uniform shorts can now be worn since the weather has warmed up a bit! Please remember that Friday is spirit dress day and jeans and a St. Mary's shirts can be worn on that day. If students wear shorts, they must be uniform style shorts – it is not a free dress day.

Here are some upcoming activities to mark on your calendars:

- Student led parish Mass April 21<sup>st</sup> at 7:00 PM – Spanish Mass
- St. Mary's Christian Leader Celebration– virtue this month is Apology and Forgiveness – honor students on April 25<sup>th</sup>
- MAP testing begins the week of April 23<sup>rd</sup> – May 4<sup>th</sup> – see link below

A quote from St. Gianna Molla – “The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day.”

Have a wonderful weekend.

*Tammy Emerich*

Principal

### Weekly Calendar

- April 21 Student Led Parish Mass 7:00 pm
  - Apr 23-May 4 MAP TESTING ([schedule](#))
- April 25 Mass (Food) 7th Grade  
Christian Leaders Reception after Mass
- April 29 St. Mary's Family Night at the Zoo (see below)
- May 2 Mass (Time) 1st Grade
- May 5 First Communion (5:00 Mass)
- May 7-11 Nail Polish & Crazy Sock Week

### Up Coming Dates

- May 8-10 8th Grade Retreat Cottonwood, ID
- May 8 Spring Program (Church) 6:00 pm
- May 9 Mass (Talent) 2nd Grade
- May 11 Mommybird Party (see below)
- May 12 St. Mary's 3 On 3 Tournament BK Carley Ctr
- May 13 Happy Mothers' Day
- May 16 Mass (Treasure) 6th Grade
- May 20 Student Led Parish Mass 12:45 pm

### Tequila Mommybird Party

Friday, May 11th 6-9pm (Mother's Day weekend)  
at Megan's riverside home  
\$40 gets you drinks and yummy eats

contact [jkertzgrant@hotmail.com](mailto:jkertzgrant@hotmail.com) or 208-407-6451

### STEM Revolution

is hosting a celebration.

Join us May 5th  
Open House 1:00pm—4:00pm  
STEM Show 2:45 pm

Location: 1740 E State St., Suite  
120 Eagle, ID 83616  
More Info [HERE!](#)



[Information here!](#)

### Have Your "Herd"?

St. Mary's is having a  
**Family Night at The Zoo.**

Sunday, April 29th  
from 5:30—8:30 pm

Check out [this flyer](#), to learn more  
about it.

Pass on the information to your family and  
friends; it is going to be a great night!



### Nurses Note:

Busy nights juggling sports, dance class, homework, and work or school events can create the perfect storm for making some regrettable food choices.

We know 1 in 3 America children and teens eat fast food daily, according to a [report](#) from the Centers for Disease Control and Prevention's National Center for Health Statistics. As parents and role models, you are responsible for stopping the fast food cycle and getting creative with quick dinner options.

The American Academy of Pediatrics (AAP) offers the following tips to help busy families eat and drink better before, during, and after game time.

- **Go for small frequent meals and snacks.** Try to spread calories throughout the day and avoid large meals in close proximity to exercise.
- **Healthy snacks in the car are ok!** While the single serving snacks from the store are handy, try creating your own pre-packaged snacks that feature the foods your kids like most such as a half sandwich on whole grain bread or a bag of sliced fruit.
- **Have a fueling and hydration strategy.** Young children participating in light activities lasting 1 hour or less may not need to snack before and after exercise. Rather, help these children focus on good nutrition every day.
- **Find energy balance.** Athletes need more energy during times when they are more active than normal (e.g., try-outs, tournaments, multiple or overlapping sports). Encourage and plan specifically for extra food and fueling during these periods. Snacks that combine a carb like a cracker and some protein like peanut butter are the most energy efficient. Make sure your child has access to these kinds of power-packed snack options.

### How to Still Eat as a Family

The busy schedules of our families' means that many nights we are not all home at the same time to have a nice, sit-down dinner. Dump the guilt. [Family meals](#) may not happen every day—that's ok! Make the most of your family meals when they do occur—and it doesn't have to be dinner. Why not make your family meal [breakfast](#)? It is more likely that everyone will be home at the same time early in the morning which means it is easier to get everyone around the table for some healthy food and family bonding.

St. Alphonsus School Health Program

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

