



Happy Friday St. Mary's Families,

We have had a great week here at St. Mary's. The students are very focused in their classes and are working hard! Can you believe that we only have 7 ½ weeks left of school?

We had a PTO meeting on Wednesday. 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.

Safe Environment Training –All Volunteers must renew Safe Environment Training **every year**. For online training, go to this website - <https://boise.cmconnect.org/> and register for the training. Background checks must be renewed every five years. Let me know if you have any questions about this.

We will be having students stay outside before school in the mornings from now until the end of school – this gives them an opportunity to play and run around a little bit before school. Please remember the drop off protocol – come in through the alley and exit through the gate off of 27th; or drop off in front of the parish office. We will have cones set up to guide traffic to keep the children safe. Also, uniform shorts can be worn after spring break!

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 have received 18 great applications for our teacher positions! We have a hiring committee consisting of myself, two teachers and an 8th grade parent. We will meet on Wednesday to review applications and then set up interviews for the following week. We will then select finalists to come in and teach a lesson. I will keep you updated on the process.

If you know someone who would be a great fit for our school – please let them know about the open positions. The teaching position will close today - April 6th, and the secretary and counselor positions will close on April 27th.

Here are some upcoming activities to mark on your calendars:

- Pajama Day for those who purchased at Ball and Auction – April 12th
- Grandparent's Mass on April 18th
- Kindergarten screening on April 20th
- Student led parish Mass April 21st at 7:00 PM – Spanish Mass
- Christian Leader Celebration– virtue this month is Apology and Forgiveness – honor students on April 25th
- MAP testing begins the week of April 23rd – May 4th – see link below

The end of the year will be here before we know it. Take a moment to enjoy this time with your kids – they grow up so fast!!

Have a wonderful weekend,

Tammy Emerich
Principal

Weekly Calendar

- **April 11** **Mass** (*Treasure*) 4th Grade
- **April 12** **Pajama Day** (*if purchased at Ball & Auction*)
- **April 18** **Grandparents Mass** (*Corpus Christi*) 3rd Grade
Grandparents Reception after Mass
- **April 20** **Kindergarten Screening** (*Gym*)
- **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

Up Coming Dates

- 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** (*see below*)
- May 8-10** **8th Grade Retreat** Cottonwood, ID
- May 8** **Spring Program** (Church) 6:00 pm
- May 9** **Mass** (*Talent*) 2nd Grade
- May 13** **Happy Mothers' Day**

A very friendly REMINDER for those who purchased special dress days / week at our auction, those dates are coming up!

- ◆ Pajama Day with Breakfast (\$10) April 12
- ◆ Nail Polish for the Week (\$10) May 7 - 11
- ◆ Crazy Socks with Sorts for a Week (\$10) May 7 - 11

If you missed the opportunity to buy these during the Oktoberfest auction, it's not too late! You may do so now by sending **your child's name and payment** to the office: **Attention: Kelly Lodge**. If you have any questions, feel free to email Kelly at kellodge@gmail.com.

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 sports camps? Follow [this link](#) to check them out.



Have Your Heard?

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!



[Information here!](#)



Nurses Note: Permission to Unplug: The Health Benefits of Yoga for Kids

Yoga offers a release from today's fast-paced and tech-heavy world. It only demands that your child "unplug" and leave his or her phone (and shoes) behind—focusing solely on the action of connecting breath and movement. Yoga can help kids learn to live in the moment, focus on the task at hand, and handle problems peacefully. The more often your child practices yoga, the greater the benefits.



Yoga: More Than Exercise, More Than Sport

While any sport played well activates the mind in addition to the body, the practice of yoga is meant to bring the two together. Yoga is much more profound than merely the yoga postures we are familiar with from classes, videos, or movies. It involves a combination of certain postures (*asanas*), regulated breathing techniques (*pranayamas*), hand poses (*mudras*), and meditation (*dhyanas*).

Each particular body posture has been cultivated and fine-tuned over thousands of years to bring about specific effects in the mind and body. Whether a pose is done standing, sitting, or lying down, each one can challenge various muscle groups. At the same time, a child becomes more aware of his or her body and how it functions. Some yoga poses are harder than others, and even flexible kids in good shape should start slowly.

Yoga for cross-training

Many student-athletes, for example, practice yoga as a way to cross-train and prevent overuse injuries. Runners strengthen and stretch the hips, legs, and Achilles tendons. Baseball players strengthen the arms and upper body muscles. Gymnasts increase flexibility, balance, and concentration.

Health Benefits of Yoga

Children and teens are an ideal population to benefit from the therapeutic and health benefits of yoga. Stretching the body can relieve tension and holding yoga poses increases strength when practiced regularly. Yoga also has many bending and stretching poses that can help move and stimulate the digestive system and relieve constipation. Additional physical benefits from yoga include:

- Regulated blood sugar and insulin levels
- Regulated hormone levels
- Decreased abdominal pain in children with irritable bowel syndrome (IBS)
- Improved balance
- Self-confidence
- Mood
- Stress reduction
- Anxiety
- Concentration
- Hyperactivity
- Classroom behaviors
- Emotional balance