



SAINT MARK CATHOLIC SCHOOL

# *The Bridge* September 25, 2015

POSITIVE ATTITUDES    COURAGE    PATIENCE    WISDOM    PEACEFUL WAYS

**"Keep alert, stand firm in your faith, be courageous, be strong. Let all that you do be done in love."**

Parents,

Last week my head was filled with a lot of random thoughts, this week they are fairly specific. This week's Bridge topic will make some parents squirm with uncomfortableness, others will read a few sentences and flip to read the rest of the information included and some will read it carefully to the end. This week, as a parent, I want to share with you some things that I need to improve on myself. It is taking time to talk to my children about things that are sometimes awkward and uncomfortable to talk about, things that when I was younger was discussed very briefly in school, not real often at home, and very little on the TV.

Sexual activity, drug use, alcohol abuse, pornography, suicide, sexting, cyber bullying, school shootings, sexual abuse and the list goes on. Not the funnest things to sit down and talk to your child about. The excuses on why not to talk to them are endless: "It makes me uncomfortable", "my child is too young to learn about this kind of stuff", "someone else will teach them". I have thought them all. But when I turn on the news, and I see what is going on in the world, I begin to put myself in some other parents shoes.

As a parent we are responsible for being the primary educator of our children. We are their first teacher. We are the ones that should be the first to discuss the items listed above with our children. Not YouTube, not Netflix, not the neighbor kids, not the internet, not the news, not a magazine, not a movie, not a stranger, not an actor, not a videogame, none of these should be the educator for our children when it comes to life changing topics. We are our children's first teachers. They watch us, they listen to us, they model us.

There are many statistics out there: According to the 2013 National Survey on Drug Use and Health (NSDUH), 35.1 percent of 15-year-olds report that they have had at least 1 drink in their lives. In 2013, 47% of high school students reported being sexual active (ReCAAP). The Crimes against Children Research Center has reported that 1 in 5 teenagers who regularly log onto the Internet have received a sexual solicitation via the web. Around 16 percent of a nationwide survey of high schoolers reported that they considered suicide. About thirteen percent of those created a plan while about eight percent actually followed through within a year (Nobullying.com)

Some of you will ask what does this have to do with my Pre-K student or my child that is 7 years old. This has to do with formulating a plan. A plan to lay the foundation of what is right and what is wrong from a very early age. To start a dialog at an early age, about appropriateness of what we do. To be very informed on what our children are being exposed to at a very early age, such as commercials, song lyrics, shows on TV, billboards, and products being sold for children. Asking your child questions, being there to discuss things with them. Discussing the beauty of what God has given them and how He intended that they live their lives.

In my 26 years of being a parent and of being an educator, I have seen the age of exposure to serious topics such as these, get lower and lower. Children are not allowed by society to be children for very long. They

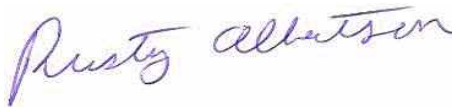
have become marketing targets, and with this targeting comes exposure to things that children are not ready for mentally or physically, nor should they be. It does not just happen to other people's children. Our children do not have a "great big super protective Catholic school bubble" around them. Our children are being exposed to, are becoming educated about, and are having thoughts that are dangerous at a much younger age than we did and even more than children 10 years ago.

So what is the answer? Formulate a plan. Involve other family members in the plan. Make the plan age appropriate. Don't over react, be proactive. Lay the foundation. Teach them faith. Have frank discussions often. Be a good listener. Don't be surprised by their questions. Don't try to be their friend, be their parent. Be a good role model. Be their first teacher.

I hear the horror stories about what children are doing at a much younger age, and I pray that God will give us the strength, no matter how uncomfortable it may be, to be proactive, to be a good listener, to be unafraid, to be a good parent. We will continue to work with you on helping your child to make good decisions, to be appropriately educated and develop a foundation that is based on what is right for them to grow closer to God.

I hope that you have a great weekend. That you can sit down and continue to build the foundation of faith with your child. That you enjoy the beautiful days of Fall and that we will see you at Mass with your family!

Thanks and God Bless,



Rusty Albertson  
Principal  
St. Mark Catholic School

**Proverbs 3:5-5** *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

## GENERAL ANNOUNCEMENTS

### Upcoming Events

**September 11-28** McQ's Pizza Sale

**October 1-2** 6th grade Camp Tecumseh trip

**5-9** Spirit Week

**6** End of First Quarter

**7** Report Cards/Second Quarter Begins

**8** Parent/Teacher Conferences

**Pick up pizzas and cards - 4:30 - 6:00**

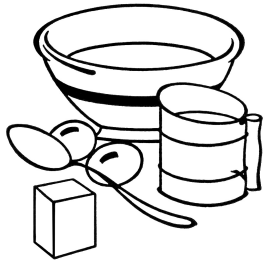
**8-9** Mum, Pumpkin and Bake Sale

**9** Parent/Teacher Conferences, **Students Dismissed at 12:30 pm**

**(No After Care)**

**12-16** **Fall Break, No School**

**22** Dine Out Night ~ Firehouse Subs on US 31S



## Calling all Bakers

The 8th graders will be collecting baked goods October 8th during morning drop off. This is for the Mum, Pumpkin and Bake Sale that will be on October 8th and 9th. If they are individual servings please have wrapped that way. The 8th grade sincerely thank you for all that you do!

## TECHNOLOGY NOTES

Open computer lab will be Thursdays from 3:00-4:00. Students may stay after school to work on any school related activities on the computer. This may include homework, ALEKS, IXL, First in Math, etc."

If you have any questions regarding jupiter grades, please email Mrs. Cline at [lcline@stmarkindy.org](mailto:lcline@stmarkindy.org).

## Box Tops and Labels for Education ...

## CONTINUING FUNDRAISERS

An easy way to support St. Mark is by taking a few moments to look for the points, labels, or box tops on the products you purchase, then clip and save them. They can be sent to school with your child or placed in the yellow boxes as you enter school and in the Narthex of the church. Points earned for these items are redeemed for music, art, gym, & teacher supplies! Labels for Ed. can be found on products such as **Prego, Goldfish, Pop Secret, V8, Swanson, Emerald nuts, Bic products, Campbell's products, and Pepperidge Farm**. (A complete list can be found on the Labels for Education website.)

## My Coke Rewards ...

Only 75 points can be entered weekly, so, we ask families to establish their own Coke Rewards account by visiting [MyCokeRewards.com](http://MyCokeRewards.com). Points entered can then be donated to **St. Mark Catholic School 46227**. Coke point donations are then converted into cash for our school!

## KROGER COMMUNITY REWARDS PROGRAM...

- Register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)
- Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- If a member does not yet have a Kroger Plus card, please let them know that they are available at the customer service desk at any Kroger.
- Click on Sign In/Register
- Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- You will then get a message to check your email inbox and click on the link within the body of the email.
- Click on My Account and use your email address and password to proceed to the next step.
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- Update or confirm your information.
- Enter NPO number or name of organization, select organization from list and click on confirm.
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- Do you use your phone number at the register? Call [800-576-4377](tel:800-576-4377), select option 4 to get your Kroger Plus card number.
- Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping for each purchase to count.



### FROM THE CAFETERIA

#### **Lunch Menu - Week of September 28**

<b>Monday</b>	Spicy Chicken Patty Sandwich and Potato Smiles
<b>Tuesday</b>	Beef Chili (no beans), Macaroni and Garlic Toast
<b>Wednesday</b>	Cheddar Omelet Biscuit with Jelly Potato Wedges
<b>Thursday</b>	Sweet Chili Thai Chicken, Fried Rice and Peas
<b>Friday</b>	Beef Hamburger and French Fries

# SPORTS

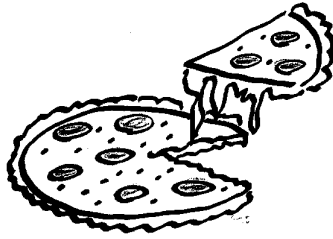
## Sports Notes-September 25 - October 2

<u>Event</u>	<u>Day of Week</u>	<u>Opponent</u>	<u>Time, Location</u>
<b>Sept 25 – Oct 2</b>			
Cross Country	Saturday (9/26)	SSFC Inv.	9:30, CGMS North
K-2 Flag Football	Saturday (9/26)	St. Barnabas 49ers	10:00, St. Mark
34 Football	Saturday (9/26)	Holy Spirit Geist	11:30, St. Jude
HS Volleyball	Sunday (9/27)	St. Susanna	1:00, Little Flower
Cadet Football	Sunday (9/27)	Christ the King	2:15, Bishop Chatard HS
56 Football	Sunday (9/27)	Christ the King	3:45, Bishop Chatard HS

### St. Mark CYO Boys Basketball Registration

Registration for boy's basketball (Grades 4-12) is now underway. CYO boys basketball is open to all Parish boys in grades 4-12. The CYO team registration deadline is October 9 and we need to get a team count as soon as possible. **Please register boys no later than October 9.** St. Mark registration and CYO physical exam forms are available in the church narthex, parish office, school office, and the school and parish web sites. You must register for each sport using a St. Mark registration form PLUS complete a CYO registration. CYO registration is performed online at [www.cyoarchindy.org](http://www.cyoarchindy.org). Follow the "Register Child" link and complete the information requested. Please contact Athletic Director Bob Jones at 889-6155 or [bobjennyjones@yahoo.com](mailto:bobjennyjones@yahoo.com) for more information.

Let's Go Sell Some Pizzas!



McQ's Pizza Sale ends Monday, September 28

Turn in pizza form and monies to homeroom teacher

October 8th- Pick up pizzas and cards in the Art Room from 4:30-6:00

(order form attached)



MUM , PUMPKIN AND BAKE SALE!

OCT.8<sup>TH</sup> 3:30-7:30

OCT.9<sup>TH</sup> 12:30-4:30

PLEASE COME BUY SOME FALL MUMS, PUMPKINS, AND BAKED GOODS TO HELP SUPPORT THE 8<sup>TH</sup> GRADE LIONS ENJOY THEIR LAST BLAST HERE AT ST. MARK CATHOLIC SCHOOL! WE WILL BE SET UP BETWEEN THE SCHOOL AND CHURCH. THANKS FOR ALL OF YOUR SUPPORT!





# Save the Date: 50/50 Drawings

Sunday September 27th at  
McQ's Pub & Eatery 2-8 pm Join us for the 2nd Annual Fundraising Tent Party  
All Proceeds Benefit  
THE GOOD HOUSE

This event will host Live Music from young musicians including:  
Pushing Daisy's, Breanna Jaffe, October Borne and Dynamite!!  
Along with with great entertainment there will be in attendance many vendors  
such as Premiere Jewelry, Mary Kay, & Thirty-one with part of the profits  
donated to

THE GOOD HOUSE

Pacers and Colts tickets  
being raffled off along with  
some other great raffles!!

**Bounce House!!  
Face Painting!!**

**Kids Free under 12!!**  
Students 13 and up \$5.00  
Adults \$10.00  
All admission fees will benefit  
THE GOOD HOUSE



*The Good House provides  
free temporary housing for  
families of cancer and bone  
marrow transplant patients  
traveling to Indy for treatment.*