



“The Message”

a weekly newsletter of St. Mark School

October 6, 2022

A note from Mrs. Bingham

Dear Parents,

We will begin our day tomorrow with our Lions Roar Run! We are excited for the fun and laughter this day is sure to bring! Tomorrow is also the Feast of Our Lady of the Rosary. The students will spend time praying the Rosary for human life and our Blessed Mother for the peace and calm that she can bring us.

During this month of the Holy Rosary we will continue to ask the intercession of Mary for all the needs of our school, our families, and especially our young children that we may seek to do God's will each day, learn to love and serve more each day, and to be grateful for the blessings that God has given us.

The first quarter is quickly coming to an end. The quarter officially ends on Monday, October 17th. If you still need to sign up for a Parent-Teacher conference, please do so. This is a good time to look at academic progress up to this point and set goals for the remainder of the school year.

St. Mark, Pray for Us.

Mrs. Bingham

NEWS & NOTES



Car Magnets

Show your St. Mark school spirit with our new car magnets! Each family received one free. Additional magnets may be purchased for \$5.00 each. The order form is attached.



It is time to sign up for parent teacher conferences. **Students in grades 5-8 are required to attend their conferences.** Please follow this link to the Sign-Up Genius page. Conferences are on October 19th and 20th.

<https://www.signupgenius.com/go/20F0B48ABAF23A0FC1-fall5>

Conferences will be held in the cafeteria and gymnasium. Please enter through the gymnasium doors.



Join us for Trunk or Treat on October 29th 6:30pm-9:00pm. Please see the attached flyer for more information.

THANK YOU!

Thank you to the South Side Optimist Club for providing our 3rd graders with brand new dictionaries. Mrs. Baldwin and our 3rd grade students were very excited to receive them.

Annual Automated Call Test

On Tuesday, October 11th we will test our automated calling system. We place this test call to make sure that we have the most accurate and up to date phone numbers prior to winter weather. This call will come from (314) 743-8643. The call will be placed at 10 am. Please mark this in your calendars and know there is no need to return the call. If by chance you do not receive the call, please call Mrs. Althage with the correct contact information.



St. Louis Cardinal Dress Down Day ~ Monday, October 10th

Dress in your favorite Cardinal attire to cheer on the St. Louis Cardinals. Hats are permitted as long as they are not a distraction in class.





Congratulations to Mr. Baker and his wife on welcoming their new baby boy. Baby Peter was born on Sunday afternoon.

Fall Uniform Order

The Fall uniform apparel order is attached. We will take orders from 10/6/22-10/14/22. Orders will be delivered by October 28th. Pant Season begins on Tuesday, November 1st.





Support Your SCHOOL

Order from Papa Johns on

Tuesday, Oct 11 | **UP TO 25% OF YOUR PURCHASE PRICE** will be donated to your local school

St Mark Catholic School

YOUR SCHOOL'S PROMO CODE **SSS025**

MUST USE SCHOOL PROMO CODE when ordering on the app, by phone, or online for school to receive credit.


***Achieve \$150 in sales and your school will be awarded a class PIZZA PARTY.**

DONATION PERCENTAGES	SALES AMOUNT	DONATION %
	0 to \$500	15%
	\$501 to \$1,200	20%
	\$1,201 & up	25%

Fundraiser valid at the below participating locations:
2230 Union Rd. 314-631-6161

Order Online at **PAPAJOHNS.COM**
More Great Specials Available Online

LARGE SPECIALTY & LARGE 2 TOPPING PIZZA (OR UP TO 4 TOPPINGS)
\$25.49 AVAILABLE ON OUR SPECIALS PAGE AT PAPAJOHNS.COM



Offers good for a limited time at participating U.S. Papa John's restaurants; prices may vary. Offer may require the purchase of multiple products. Limit two toppings on original to ensure taste quality. No triple toppings or extra cheese. Certain toppings may be excluded from special offer pizzas or require additional charge. Additional toppings extra. Not valid with any other coupons or discounts. Limited delivery areas. Delivery may require a minimum purchase and delivery fee. Delivery fee is not subject to discount. Customer responsible for all applicable taxes. © 2022 Papa John's International, Inc. All Rights Reserved.

BINGO

2151 Lemay Ferry at Reavis Road



- Every Friday at 6:30 PM, sales start at 4:30
- Pull tabs available
- Newly remodeled hall
- Bring your own food and drink
- Vending machines available
- Bandwagon Hall hotline # 314-2000-8359
- Proceeds benefit St. Mark Church and School

BLOOD DRIVE

BE THE
GIVING TYPE

St. Mark Church & School

Sunday, October 23

8:30 am - 1:00 pm

Gymnasium

4220 Ripa Avenue

Masks and appointments required

To schedule an appointment, **scan QR code**

contact Kelly Goersch at 314.504.5397

email thefourks@live.com

sign up after Mass

or online at bloodcenter.org/group, grp # 10875



BLOOD TYPE MUG OR A GIFT CARD

 **ImpactLife**

Upcoming **EVENTS**

October 7th – Lion's Roar Race

October 7th – All School Rosary

October 11th – Takeout Tuesday ~ Papa Johns

October 17th – End of 1st Quarter

October 19th - Parent/Teacher Conferences / No Aftercare

October 20th – No School / Parent Teacher Conferences

October 21st – No School

October 23rd – St. Mark Blood Drive

October 29th – Trunk or Treat

October 31st – Happy Halloween



Race Day Details

We are excited for the Lions Roar Run THIS Friday! Below are a few details for the day.

- PK-1st will race 8:30-9:15, 2nd-4th will race 9:15-10:00, and 5th-8th will race 10:00-10:45.
- All students should wear tennis shoes, their Lions Roar Race Day t-shirt, and sweatpants or shorts. Friday morning is expected to be chilly, so please send a sweatshirt or jacket.
- We suggest students pack an extra pair of socks and shoes in their backpacks as the fields are cold and wet first thing in the morning.
- The students will race through an obstacle course on the bottom fields.
- After they complete the course on the bottom field, the students will move to the top field for the bounce house obstacle course and refreshments.

**THANK YOU FOR YOUR SUPPORT OF
THE LIONS ROAR RUN.
WE ARE EXCITED FOR FRIDAY!**

SHOW YOUR ST. MARK SCHOOL SPIRIT WITH A CAR MAGNET

ONE FREE
PER
FAMILY



I WOULD LIKE TO PURCHASE
ADDITIONAL CAR MAGNETS.

NAME_____

I WOULD LIKE TO PURCHASE
_____ ADDITIONAL MAGNETS AT
\$5.00 A PIECE.

PAPA JOHN'S®
Better Ingredients. Better Pizza.



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Tuesday, Oct 11

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Better Ingredients. Better Pizza.

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Please email the form back to me at laura@stlsportswear.com or fax 314-772-2366.
You can pay when you pick up the order at the OPEN HOUSE Aug. 14th.

ST. MARK SCHOOL 2022/2023 APPAREL

NAME: _____

PHONE: _____

RED SWEATSHIRTS

STYLE # SIZE DESCRIPTION	YS	YM	YL	YXL	S	M	L	XL	XXL	PRICE	TOTAL
HANES 50/50 SWEATSHIRTS										10.00	
HANES 50/50 SWEATSHIRT										12.00	

NAVY SWEATPANTS & GYM SHORTS

STYLE # SIZE DESCRIPTION	YS	YM	YL	YXL	S	M	L	XL	XXL	PRICE	TOTAL
YOUTH MESH SHORTS										12.00	
ADULT MESH SHORTS										13.00	
YOUTH SWETPANTS										13.00	
ADULT SWEATPANTS										15.00	

RED PHYS. ED. T-SHIRTS

STYLE # SIZE DESCRIPTION	YS	YM	YL	YXL	S	M	L	XL	XXL	PRICE	TOTAL
YOUTH 50/50 T SHIRT										5.00	
ADULT 50/50 T SHIRT										5.00	

JERSEY KNIT POLO

STYLE# SIZE DESCRIPTION	YS	YM	YL	YXL	S	M	L	XL	XXL	PRICE	TOTAL
YOUTH WHITE 50/50 JERSEY POLO										12.00	
YOUTH RED 50/50 JERSEY POLO										12.00	
ADULT WHITE 50/50 JERSEY POLO										14.00	
ADULT RED 50/50 JERSEY POLO										14.00	

MAKE CHECKS PAYABLE TO ST. MARK

ADD \$1.50 FOR XXL _____

CHECK _____

CASH _____

GRAND TOTAL _____



10/6/2022

School/Parish Code 272

TO: Parents, Students, Teachers, Employees and Organizations Representing Parents, Students, Teachers and Employees of St. Mark.

During the summer of 1988, the Archdiocese of St. Louis, the LEA (Local Education Agency) for this School, inspected each school building leased, owned or otherwise used as a school building by the Archdiocese to identify all locations of asbestos-containing building materials (ACBM) in accordance with the Asbestos Hazard Emergency Response Act (AHERA) and the AHERA Regulations. Samples were taken of all ACBM and suspected ACBM, analysis of the samples was performed, and the condition of the material was assessed. An Asbestos Management Plan was prepared from this information.

On October 12, 1988, the Archdiocese of St. Louis submitted a copy of this Management Plan to the State of Missouri, as mandated by AHERA and pursuant to the EPA "Asbestos-Containing Materials in Schools" regulations (40 C.F.R. Part 763, Subpart E) (the "AHERA Regulations").

The Management Plan is available in the Office of Building and Real Estate, Cardinal Rigali Center, 20 Archbishop May Drive, St. Louis, Missouri 63119-5738, and in the Administrative Office of this School located at 4220 Ripa St. Louis, MO 63125.

The Management Plan shall be available at these locations during normal business hours, without cost or restriction, for inspection by the public, including teachers, other school personnel and their representatives, and parents. A reasonable cost may be charged to make copies of any portion of the Management Plan.

Response Actions to the ACBM may include removal, encapsulation, enclosure or repair. All Response Actions at this school are being performed in compliance with AHERA and the AHERA regulations, In accordance with Management Plan recommendations. If abatement activity has been conducted at your school, this information will be located at the "Response Action" tab of your School's Management Plan.

Periodic Surveillance of the ACBM is being performed every six months. The results of each of these inspections are available in the Management Plan located at the school and the Office of Building and Real Estate. Periodic Surveillance consists of a visual inspection of all areas that are identified in the Management Plan as ACBM or assumed ACBM. Any changes in the condition of the materials that require attention are noted by maintenance personnel and reported to the Office of Building and Real Estate, which initiates the appropriate response action.

Join Us for St. Mark's

Trunk or Treat

Saturday, October 29th ~ 7pm-9pm

Bring your candy & join us in the school parking lot. Cars can begin arriving at 6:30pm. Once you are parked, you may not leave the parking lot until 9pm.

**FREE
EVENT**



**DJ Music - Decorated Car Contest - Bubble Machine-
Individual & Family (Group) Costume Contests**

This is an alcohol free event

Grills & fire pits must be taken home that night.
Please do not dispose of fire pit contents on site.



Coming
SOON!

St. Louis Cardinals Calendar Sale

The Birds are HOT right now and headed for the playoffs!

The calendars would make GREAT Christmas gifts!

Watch the bulletin for details.



St. Mark School's November Fundraiser is with
Nothing Bundt Cakes!

Order your cakes starting November 1 and pick-up on
November 21.

Nothing Bundt Cakes will make the PERFECT
Thanksgiving dessert.

Details will be in The Message beginning
October 26.



The Parent's Corner

we're in your corner

AFTER-SCHOOL MELTDOWNS

September 2022 | By Katie McDonough, MSW, LCSW

A new school year is underway, meaning early mornings waking the kids for school, late nights spent on homework, and rushing around to after-school activities. While many of us head off to a long day of work, students spend eight hours at school, which to a child can feel like an eternity. Eight hours of being expected to mind their Ps and Qs -- to listen to teachers, be respectful, control emotions, stay on task, and retain information. Some students even attend before- or after-care (or both!) while parents are at work, totaling a potential 11- or 12-hour school day. I thought back on all the parents over the years who have brought concerns to me regarding complete meltdowns from their children when they return home from school. They throw tantrums, become clingy to parents, fight with siblings, or make messes. They are quick to become irritated or tearful. I've had parents say, "They are wonderful at school. They are on their best behavior, get all A's, get along with others. But once they get home, it's like they are a different kid!" Around the same time I was thinking about this, a fellow therapist sent me an article, and just like that, there was a name for these after-school episodes: restraint collapse.

Andrea Loewen Nair, a counselor and parent educator, writes that "It takes a great deal of energy, mental motivation, emotional containment, and physical restraint to keep ourselves at our best while at work, daycare, or school." She states that because we work so hard to control our impulses and adhere to school or work rules, this restraint quite literally "collapses" when we return home to a safe environment. Restraint collapse is thought to lessen as children get older (around 12) and gain more skills in their emotional toolbox. However, it is very common for even us, as adults, to feel the effects of restraint collapse every now and then. For kids, it may look like a loss of impulse control, or even regression to behaviors of younger children. Psychotherapist Nancy Brooks observed that children "will act younger than their age and whine, cry, throw tantrums, act needy, moody and generally have a meltdown." We may see it in ourselves too, with our after-work eating habits, being quick to snap back at a child pushing our buttons, or feeling totally drained and in need of a nap after a work day.

So, what do these experts suggest us to do? One of the most important steps is something you've already done - acknowledge what restraint collapse is. This will provide you with a greater sense of understanding when your child has these moments. Therapists also suggest giving your child a brain break when they get home. Rather than jumping right into homework, go to the park, let them jump on the trampoline or eat a snack. Of course, put boundaries on this, as I know letting your children "play one video game" will more often than not turn into 4 hours of video games, and that homework will be left untouched come bedtime. However, breaks are important, and anything active or outside will especially help as it boosts serotonin levels and provides an energy outlet. When they have their meltdown moments, listen to them. Respond with empathy and reminders that adults struggle with restraint collapse as well. Then provide them with calm-down strategies for these moments. And that also means, if we are empathizing with the children, we also have to give ourselves some grace. Don't beat yourself up about being more easily irritated after a long day at work; it's just restraint collapse, after all! :)

As always, we are in your corner if you need extra support!

" Together We're Better "

Where, How & When you can buy: *Parish office from 8:00 am - 3:00 pm (M-F)

*After the 9:00 & 11:00 am Sunday Masses

*By sending an order with your child through

school

Welcome to the 2022-2023 school year!

Questions: call Diane Little @ 314-757-1996 or Alice Wilcox @ 314-743-8603.

	%	Denom.	Qty	Total		%	Denom.	Qty	Total
Grocers					Restaurants				
Dierbergs	5%	\$25			LongHorn	8%	\$25		
Dierbergs	5%	\$100			Maggiano's Little Italy*	11%	\$25/\$50		
Kenrick	10%	\$10			McAlister's Deli*	6%	\$25		
Save-A-Lot	5%	\$10			Noodles & Co.*	8%	\$10		
Restaurants					O'Charley's	13%	\$25		
Applebee's*	8%	\$25			Olive Garden	8%	\$25		
Arby's	8%	\$10			Outback Steakhouse	10%	\$25		
Bob Evans	10%	\$10			Papa John's Pizza	8%	\$10		
Bonefish Grill*	10%	\$25			Pizza Hut	8%	\$10		
Buffalo Wild Wings	8%	\$10			Qdoba*	7%	\$25		
Burger King	4%	\$10			Red Lobster	8%	\$25		
Chili's	11%	\$25			Red Robin	8%	\$25		
Chipotle Mexican Grill*	10%	\$10			Sonic*	8%	\$10/\$25		
Chuck E. Cheese's*	8%	\$10			Starbucks	4.5%	\$10		
Cold Stone Creamery*	11%	\$10			STL Bread Co.	8%	\$10/\$25		
Cracker Barrel	8%	\$10			Steak 'n Shake	8%	\$10		
Dairy Queen	3%	\$10			Subway	4.5%	\$10		
Denny's	7%	\$10			Taco Bell	5%	\$10		
Domino's	8%	\$10			Texas Roadhouse	8%	\$25		
Dunkin' Donuts*	3%	\$10/\$25			TGIFriday's	9%	\$25		
Fazoli's*	9%	\$25			Wendy's	6.5%	\$10		
Freddy's*	8%	\$25			Gasoline				
Golden Corral*	9%	\$25			7-Eleven	3%	\$50		
Hardee's*	5%	\$10			BP Oil	1.5%	\$50		
Honey Baked Ham*	12%	\$25			Circle K	1.5%	\$25		
IHOP*	8%	\$25			Mobil/Exxon	1%	\$50		
Jack in the Box	4%	\$10			Phillips 66	1.5%	\$25		
Subtotal 1					Subtotal 2				

*denotes a card that we don't stock but can be ordered

Orders for gift cards that are not on hand are placed each Monday at 10:00 a.m. and are delivered to us by Friday.

Updated 7/28/22
(More on back)

Retailers				Retailers			
ACE Hardware*	4%	\$25		iTunes	5%	\$15/\$25	
American Eagle*	10%	\$25		JCPenney	5%	\$25	
Banana Republic	14%	\$25		Joann Fabric	6%	\$25	
Barnes & Noble*	8%	\$10/\$25		Kohl's	4%	\$25/\$100	
Bass Pro Shops*	10%	\$25		Lowe's	4%	\$25/\$100	
Bath & Body	12%	\$10		Macy's*	10%	\$25	
Bed, Bath & Beyond	7%	\$25		Marshalls	7%	\$25	
Best Buy	4%	\$25		Maurices*	7%	\$20	
Build a Bear*	8%	\$25		Menards*	3%	\$25/\$100	
Burlington*	8%	\$25		Michaels	4%	\$25	
Cabela's*	10%	\$25		Old Navy	14%	\$25	
Claire's*	9%	\$10		PetSmart*	5%	\$25	
CVS Pharmacy	6%	\$25		Ross Dress for Less*	8%	\$25	
Dick's Sporting Goods	8%	\$25		Shoe Carnival*	5%	\$25	
Dillard's*	9%	\$25		Target	2.5%	\$25/\$100	
Express*	10%	\$25		T.J. Maxx	7%	\$25	
Famous Footwear*	8%	\$25		ULTA*	7%	\$25	
Foot Locker*	8%	\$25		Walgreens	5%	\$25	
GameStop*	5%	\$25		Walmart/Sam's Club	2.5%	\$25/\$100	
GAP	14%	\$25		Other			
Great Clips	8%	\$25		AMC Theatre*	8%	\$10/\$12	
Groupon.com*	7%	\$25		AMC Theatre*	8%	\$25	
Home Depot	4%	\$25/\$100		Amazon.com	1.7%	\$25/\$100	
Home Depot*	4%	\$500		Marcus Theatres	8%	\$25	

Subtotal 3

Subtotal 4

Special order

Subtotal 1

Name/Grade

Subtotal 2

Home Phone

Subtotal 3

Subtotal 4

I will pick up at next week's Mass

Call when ready, I will pick up at the parish office

Special

Please send home with my child ASAP

Total

Receipt

Together We're Better Gift Cards

Name: _____

Received on: _____

Total: _____

Received by: _____

Check#: _____

Gift cards: _____