



# SAINT MARK CATHOLIC ACADEMY

A Guiding Light in Sheepshead Bay

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September 11, 2024

Dear Families:

Welcome to another school year! Although the beginning of the academic year is always a special time, this year it is extra special! That's because we're celebrating our 100th anniversary!

On September 22, 1924, Saint Mark School welcomed its first students, and since then we have provided—and continue to provide—a Catholic education to countless children!

As I told the school community in church on Friday, think about this special school year through the lens of your different subjects:

**Math**...throughout the year we're going to be talking about anniversaries, milestones, and special dates. We're going to be hearing a lot of different numbers, so we'll need to do some math!

**Science**...so much of science has to do with change, especially physical change. Our school building and classrooms are nearly 100 years old. A lot of physical change has occurred over the years. There's also life science. The students within the walls of our school change and grow over the years. Think about it...Our eighth graders preparing for high school were once in 3K!

**Social Studies**...The Sheepshead Bay community has changed considerably since 1924. The demographics change. The buildings and neighborhoods change, but Saint Mark has remained a constant. Every day our students come to school they are making history!

**English**...The story of Saint Mark School—now Saint Mark Catholic Academy—continues to be written. There is no final chapter. Each time a new student becomes a part of our school, our story continues.

Finally, and most importantly, is **religion**, our Catholic faith. You can learn math, science, social studies, and English at any school, but what makes Saint Mark special is our faith. It is more than just a subject; it is the driving force behind all we have done these 100 years!

We have reached this milestone thanks to so many great people who have come before us. We reap the benefits of their hard work, dedication, and commitment. That said, Saint Mark continues to not just survive, but thrive, because of you. Thank you for being a part of our school community! Here's to another 100 years of Catholic Education in Sheepshead Bay!

Sincerely,

Mr. Mark Wilson

Principal

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**Continuing the tradition of faith, service, and education.**

2602 East 19th Street, Brooklyn, New York 11235 | (718) 332-9304 | [smcaonthebay.org](http://smcaonthebay.org)

# SAINT MARK CATHOLIC ACADEMY

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# CATHOLIC HIGH SCHOOL FAIR

**WEDNESDAY, SEPTEMBER 25 AT 6PM**

Students in grades 7 and 8 and their families are invited to Saint Mark Catholic Academy to meet with representatives from...

- CATHEDRAL HIGH SCHOOL
- CRISTO REY BROOKLYN HIGH SCHOOL
- FONTBONNE HALL ACADEMY
- LA SALLE ACADEMY
- NAZARETH REGIONAL HIGH SCHOOL
- NOTRE DAME SCHOOL OF MANHATTAN
- ST. EDMUND PREPARATORY HIGH SCHOOL
- ST. SAVIOUR HIGH SCHOOL
- XAVERIAN HIGH SCHOOL
- XAVIER HIGH SCHOOL

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*Enter the gym through the schoolyard on the corner of East 18th Street and Avenue Z. Parking is available.*

# The Program for the Development of Human Potential

Invites you to join us for a

**Free & Virtual**

PDHP Parents As a Resource (PAR) workshop

## A Mindful Journey

*How anxiety affects our children (& us), ways Mindfulness can help, what we can do at home to support our children's academic performance, and strategies to foster communication. How we can ease into leading our families with a mindful approach.*

*\*\*\*For parents/caregivers of all ages\*\*\**



### Facilitator:

**Cary Anne Fitzgerald**

Parent/Community Outreach Coordinator

Program for the Development of Human Potential

[pdhpbklyndioocese.org](http://pdhpbklyndioocese.org)

### Session #1:

**Friday, 9/20 9:30am**

Join Zoom Meeting  
<https://us06web.zoom.us/j/87062993184>

Meeting ID: 870 6299 3184

**Thursday, 9/26 7pm**

Join Zoom Meeting  
<https://us06web.zoom.us/j/87292933176>

Meeting ID: 872 9293 3176

Join Zoom Meeting  
<https://us06web.zoom.us/j/83722606952>

Meeting ID: 837 2260 6952

### Session #3:

**Session #2:**

**Friday, 9/27 11:30am**

September, 2024

Dear Parents and Guardians,

Welcome! I would like to introduce myself to those who may not know me and give a brief description of my role here at St. Mark Catholic Academy. My name is Ms. Morano and my title is, Elementary School Counselor. I am placed in the school with the Program for the Development of Human Potential (PDHP) a prevention program, dedicated to providing educational and counseling services to Catholic schools in Brooklyn and Queens. Our aim is to educate children to decrease risk factors and to enhance protective factors, so that students and their families can be empowered to lead a healthy lifestyle.

My three major responsibilities include individual counseling, group and classroom evidence-based program services. Individually, I will be working with students referred to me for various reasons, either by the principal, teachers, parents or the students themselves. If I will be working with your child individually, on a regular basis, you will receive a consent form before we begin. If your child is referred to me, just to check in about a specific situation, consent would **not** be needed- up to 3 assessment sessions.

Throughout the year, I will be facilitating small groups of about 5-8 students on adolescent developmental issues, such as, self-esteem, social skills and communication skills. The goal is to provide students with the tools they need to work together as a team and to be given the opportunity to relate with others. Students may volunteer for group, or they may be chosen at random.

On the classroom level, I will be working with students in grades Kindergarten through 8<sup>th</sup> on various different evidence based programs. For example, the Life Skills program, which is developed by Dr. Gilbert J. Botvin, Ph.D, is designed to promote positive health and personal development. Students in grades 7 and 8 will be participating in a similar evidence-based program, called the "Too Good" series. This program promotes positive, healthy choices about drugs and alcohol. These students will learn about peer pressure and the harmful effects of smoking and drinking alcohol. They will gain the necessary tools in order to make healthy choices.

If you have any questions or feel I could possibly be of further assistance to your family, please feel free to contact me at the school on Mondays or Tuesdays, between the hours of 8:00am and 3:00pm. If you would like to contact me directly please e-mail me at, [mmorano@pdhpbklyndiocese.org](mailto:mmorano@pdhpbklyndiocese.org)

Thank you for your time and I look forward to a great year ahead!

Sincerely,

Ms. Morano, LPC, BSECE, Elementary School Counselor