



SAINT MARK CATHOLIC ACADEMY

A Guiding Light in Sheepshead Bay

March 1, 2023

Dear Families:

I hope you all had a relaxing and fun mid-winter break! During the time off, we began the season of Lent with Ash Wednesday on February 22nd.

During Lent is customary to “give something up.” Normally, people choose their favorite snack or treat, like ice cream, cookies, or potato chips. During his most recent “vlog” Superintendent of Schools Deacon Kevin McCormack discusses this tradition. He says, “Is Jesus that much happier that I didn’t have sour cream and onion potato chips? I don’t think so, but I do think it’s important that I do that discipline, sort of like spiritual exercise...During Lent, God wants us to change how we act, not what we eat.” In other words, giving something up isn’t a form of punishment, but rather a practice to help us discipline ourselves so we can treat others better.

I found this interesting prayer online that helps to further explain Deacon Mac’s message:

Fast from judging others; feast on the Christ indwelling in them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from apparent darkness; feast on the reality of light.

Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on trust.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures; feast on unceasing prayer.

Fast from hostility; feast on nonviolence.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from facts that depress; feast on truths that uplift.

Fast from lethargy; feast on enthusiasm.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from idle gossip; feast on purposeful silence.

Gentle God, during this season of fasting and feasting, gift us with your presence so we can be a gift to others in carrying out your work. Amen.

Giving up your favorite snack is great for discipline—and it also helps with limiting cavities and improving diets, but more importantly, what are we feasting on? Is it optimism? Trust? Forgiveness? Feasting on these essential qualities are an excellent way to prepare for Lent, and they have far fewer calories than sour cream and onion chips!

Sincerely,

Mr. Mark Wilson
Principal

Continuing the tradition of faith, service, and education.

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



SAINT MARK CATHOLIC ACADEMY

100 Years of Catholic Education
in Sheepshead Bay

BUSINESS OFFICE BULLETIN MARCH 1, 2023 FINANCIAL AID/SCHOLARSHIP DEADLINE FAST APPROACHING

Financial Aid/Assistance/Scholarship is Available on a first-come, first-served basis to registered families. Financial Assistance and Scholarships are limited, so please register, and apply early to be considered.

It is strongly advised that those who'd like to apply for Financial Assistance contact Mrs. Lisa Rizzo (Assistant Principal) in our Business Office at (718) 650-3290 or email her at lrizzo@smsonthebay.com for an appointment. She will be happy to walk you through the process.

Financial aid grants are available for REGISTERED and eligible students in kindergarten through grade eight for those who attend a Catholic Academy or Parish School within the Diocese of Brooklyn. Families must meet financial eligibility requirements to be considered.

The application deadline is usually the end of March for families already receiving assistance and the end of April for first-time applicants.

FACTS is a third-party vendor selected by Futures in Education to conduct fair and confidential financial need assessments for families that may need assistance paying tuition.

To learn more about Futures in Education & Financial Aid and Scholarships, please contact Mrs. Lisa Rizzo (Assistant Principal) in our Business Office at (718) 650-3290 or email her at lrizzo@smsonthebay.com for an appointment.

REGISTRATION REQUIRED:

- **Please CONTACT MRS. LORI RYAN (School Secretary at 718-332-9304)**
If you have not yet re-registered your child(ren) at Saint Mark Catholic Academy for the 23-24 School Year.

Don't miss this opportunity to get financial assistance/scholarship to help pay your child's 23-24 Tuition.

Triple P Overview

What is Triple P?

- Triple P is a parenting program, but it does not tell you how to be a parent. It is more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It is all about making Triple P work for you.

What Does Triple P Do?

- The three P's in 'Triple P' stand for the 'Positive Parenting Program', which means your family life is going to be much more enjoyable.
- Triple P Helps you:
 - Raise happy, confident kids
 - Manage misbehavior so everyone in the family enjoys life more
 - Set rules and routines that everyone respects and follows
 - Encourage behavior you like
 - Take care of yourself as a parent
 - Feel confident you're doing the right thing

Who is Triple P For?

- Triple P is for parents or caregivers of children from 0-16 years of age who have concern regarding their child or adolescent's behavior, development, or potential - or simply want to prevent any problem behaviors from occurring.

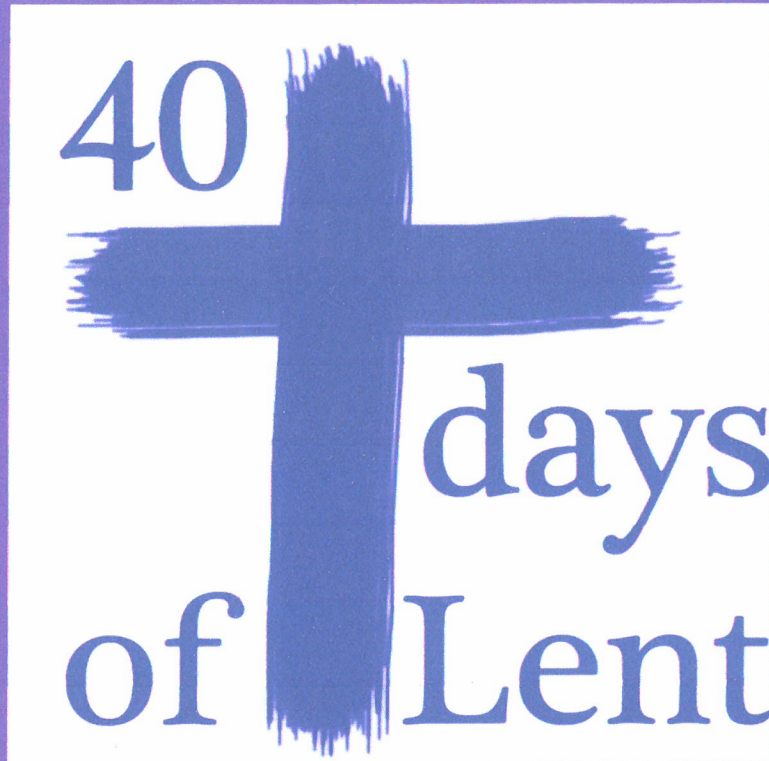
How is Triple P Delivered?

- Triple P is Delivered as two-hour small group sessions, targeting a specific problem behavior or issue. Each discussion group can be taken as a stand-alone session or as part of a series.
 - Four topics for parents of children 0-12: (Dealing with disobedience; Managing fighting and aggression; Developing good bedtime routines; and Hassle-free shopping with children)
 - Four topics for parents of 12-16-year olds: (Coping with teenagers' emotions; Reducing family conflict; Getting teenagers to cooperate; and Building teenagers' survival skills).
- Triple P can be delivered both in-person and virtually.

Contact for More Information:

Brooklyn Academies
Dara Fein, Pauline Melchoir- Morris,
Megan Morano, & Valentina Naula
718-871-7777

**This Holy Pilgrimage is coming to the
Parish of St. Mark & St. Margaret Mary**



All are Welcomed to join

March 2nd 6pm-7pm

Location will be in St. Mark Church

**-Mr. Michael is inviting you all to join the youth
on this special evening pilgrimage.**

-The evening will conclude with a Mass service.

For more information, please call **Michael Davis @ 347-574-1828**

CLASS CARD PARTY BASKET

Saturday, March 25th is our 26th annual card party.
It is our biggest fundraiser of the year.

Thanks to the generosity of many business and donors,
we are able to raffle off some wonderful baskets and
prizes.

This year, we'd like each class to create a basket for the
Card Party, too.

Each student is asked to bring in \$3.
This \$3 will go toward a collection that the classroom
teacher will use to put a basket together.

Those students who bring in \$3 will be entitled to a
dress down day on March 31st.

Thank you for helping to make our Card Party a success!

Please send in your \$3 in a clearly marked envelope
with your child's name and grade no later than
Friday, March 10th.

Grades 5-8 Only

SECOND TRIMESTER EXAM SCHEDULE

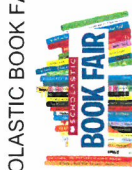
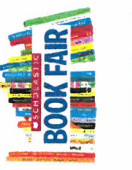
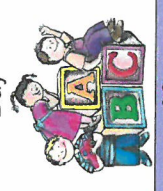



CLASS	Friday 3/10	Monday 3/13	Tues 3/14	Wed 3/15
5	Social Studies(AM) Religion(PM)	ELA	Math	Science

CLASS	Friday 3/10	Monday 3/13	Tues 3/14	Wed 3/15
6	Math (AM) Religion(PM)	Science	Social Studies	ELA

CLASS	Friday 3/10	Monday 3/13	Tues 3/14	Wed 3/15
7	ELA(AM) Religion(PM)	Math	Science	Social Studies

CLASS	Friday 3/10	Monday 3/13	Tues 3/14	Wed 3/15
8	Science(AM) Religion(PM)	Social Studies	ELA	Math

March 2023 Saint Mark Catholic Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
		SCHOLASTIC BOOK FAIR 	SCHOLASTIC BOOK FAIR  Re-registration fee increases to \$200	Math Bee for Grades 3, 4, and 5		
5	6	7	8	9	10	11
					Middle School Trimester Exams	National Preschool Day 
12	13	14	15	16	17	18
	Middle School Trimester Exams	Middle School Trimester Exams	Middle School Trimester Exams		Early Dismissal Day for Kindergarten through Grade 8 (Full day for 3K and Pre-K) HAPPY SAINT PATRICK'S DAY! FREE DRESS GREEN DAY	
19	20	21	22	23	24	25
	St. Joseph's Day Dress Down Fundraiser (\$5) supporting the Joseph Lewinger '00 Scholarship for Future Educators at St. Joseph's University 			Tomorrow is the deadline for families who received a Futures in Education Award to reapply for the 2023-2024 school year.	SCHOOL CLOSED: Professional Day Report Cards Issued	
26	27	28	29	30	31	1
					Pizza & Dress Down (\$5)	