



SAINT MARK CATHOLIC ACADEMY

A Guiding Light in Sheepshead Bay

March 8, 2023

Dear Families:

Each morning, the school community says a Hail Mary as part of our morning prayers. Today, as we prayed together, we remembered the special women in our lives. While we should do this every day, today is special because it is International Women's Day!

According to internationalwomensday.com, "International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women."

Without question, Saint Mark Catholic Academy exists today and continues to thrive because of the many women who have helped to sustain, support, and lead our school.

Of course, there are the many faculty and staff members, who for nearly a century, have helped to shape and form the lives of generations of students. The first of whom were religious sisters. The Sisters of Saint Dominic of Columbus, Ohio helped to establish Saint Mark School in 1924. While we no longer have any religious sisters on staff, we remember and honor them in the work we do every day.

Up until I was appointed principal in 2019, all of the previous leaders of Saint Mark were women. Undoubtedly, I follow in the footsteps of many strong women. They persevered in spite of many challenges, and because of them our school approaches its centennial as strong and as vibrant as it has ever been!

So, today take a moment to thank and remember the special women in your life who have helped you become the person you are today!

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

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

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

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.**