



SAINT MARK CATHOLIC ACADEMY

A Guiding Light in Sheepshead Bay

September 13, 2023

Dear Families:

Welcome back! It was great to see everyone lined-up in the schoolyard last week. Don't the new uniforms look great?

When I was in school, Staples used to have a back-to-school commercial with a father skipping happily down the aisles, tossing items into the cart, with his frowning children lagging behind, all while "It's the Most Wonderful Time of the Year" played in the background.

When I was kid, I wasn't that eager for school to begin, but what I did enjoy most was shopping for school supplies. I liked picking out new pens and pencils, fresh crayons, and uncreased notebooks. Every September, I vowed to keep my supplies neat and organized. Nevertheless, by Halloween I had broken crayons in my bookbag, crumpled paper in my desk, and I could never find a pen when I needed one—and I'm sure many of our students will find themselves in a similar situation.

But that's ok. Look at athletes. You can tell players have had a good game when their uniforms are torn and dirty. That means they played their hardest and tried their best. In the same respect, the players with the pristine uniforms probably didn't get in the game, or when they did, they didn't put forth their greatest effort.

My message to our students is...your pencils are going to get dull; your crayons are going to break, and your notebooks are going to get a bit crumpled—but that's ok! School supplies are meant to be used. It shows that you're working hard and trying your best. You're in the game! I would recommend, though, that you try not to get your uniforms too dirty or tattered, at least not right away...they're brand new!

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



St. Mark Catholic Academy
2602 East 19th STREET, BROOKLYN, NEW YORK 11235

KARATE

Every Wednesday

(12 Total Sessions)

Beginning

September 27th to December 20th



SCAN ME TO REGISTER



SIGN-UP Fee is \$125 (Due Before First Class)

- You may Register Here: <https://payit.nelnet.net/form/kyDxfxWX>
- Sensei Joe Franklin will be the instructor.
- All children must be picked up at 4 pm unless you are continuing with After school following the Karate session.

Contact Michael Davis at (347) 574-1828 if you have any questions.

Welcome Back Saint Mark Family

BBQ Party & Movie to follow

September 22nd (5pm-7pm)

In the Saint Mark Catholic Academy Yard

All are Welcome



Popcorn & Candy will be available for purchase

If you have any further questions, please contact Michael Davis at (347) 574-1828

Saint Mark & Saint Margaret Mary

Presents



September 30th (6pm-9pm)

In the Saint Mark Catholic Academy Gymnasium

Come and Celebrate Lots of Food & Fun

The Costs will be:

\$25.00 for Adults / Beer will also be available for Purchase (Age 21+)

\$10.00 for Kids (Age 14 and under)

If you have any further questions, and would like to RSVP please contact the Parish Rectory at (718) 891-3100 or Michael Davis at (347) 574-1828

September, 2023

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 8th 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@pdhpbklyndioocese.org

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

Sincerely,

Ms. Morano, LPC, BSECE, Elementary School Counselor



WHEN YOU ARE RESPONSIBLE FOR THE CARE OF A CHILD:

- 1.** Teach your children to identify their network of support! Ask them to identify 3 people they can ask for advice or who will listen to them. Model this important skill by sharing who your support base is. Asking for help is a critical survival skill and sign of strength!
- 2.** Help your children develop self-esteem by letting them feel and experience all emotions. When your child feels lonely, disappointed, sad, etc., avoid the urge to "save" them by distracting them. Allow them to feel all emotions and learn to tolerate a wide array of feelings. When the sadness, loneliness, etc. starts to dissipate, remind them that they survived and will be able to do it again. Remember, your child's feelings are their own. Avoid taking on their emotions.
- 3.** Encourage your children to volunteer for others! Volunteering reduces isolation and focus on oneself. It feels great to share our time and talent with others!
- 4.** As parents and educators, we are not asked to raise children to become our peers; we raise children to become the most independent and successful version of themselves. We are, therefore, responsible for modeling at all times; what we say does not matter as much as what we do. Ask your children questions but first answer the question. Share your struggles and let your children see you stumble, even fail, and carry on. (Be mindful of age appropriate content when sharing.)