

St. Marcus

Parent Resource

Student Guidance by
Grade Band

St. Marcus BELIEFS

Healthy functioning means more than just learning Math, ELA, and the other subjects. For students to function in healthy ways, students need to use their whole brain. For successful development and functioning, a student needs to continue growing in all areas of life. This requires intentional focus on giving the brain good energy.

Sleep is foundational for healthy brain development and the ability to learn, persevere in complex tasks, and regulate emotions.

The best way to develop Executive Functioning and Social Emotional Functioning is through real life experiences and support. The home is the best place to develop this set of skills.



Screen time directly impacts one's ability to develop healthy attention, relationships, communication, values, and decision making.

The brain and body relies on good energy. Nutrition plays a critical role not only in body development but also brain development.

NUTRITION



- Limit sugar to the recommended daily limit.
- Avoid chemicals and processed foods.
- Avoid bad oils.

Kindergarten: 19 grams

Primary: 24 grams

Middle School: 30 grams

Daily Sugar Combos



17 grams



4 grams

+



4 grams

+



17 grams



5 grams



12 grams



4 grams

Honey Nut Cheerios
(2 cups)



18 grams

Single Servings Above Limit



47 grams



36 grams



39 grams



20 grams



98 grams



33 grams



25 grams



22 grams



48 grams

Bowl of Cereal (2 cups)

Frosted Flakes



22 grams

Fruity Pebbles



22 grams

Honey Bunches of Oats



22 grams

NUTRITION



Did You Know?

Red Dye 40 is ...

- one of the most popular color additives.
- linked to hyperactivity in research studies.
- known to cause irritability and depression.
- linked with asthma in some research studies.
- named Red Dye 40, Red 40 Lake, FD&C Red No. 40.

High Fructose Corn Syrup is ...

- chemically engineered
- linked to diabetes.
- able to drive inflammation and can lead to serious diseases.
- a relatively cheap sweetener and is used in many products.
- named high fructose corn syrup or fructose.

Bad Oils are ...

- processed or chemically engineered.
- linked to chronic inflammation leading to serious health diseases such as; Type 2 diabetes, stroke, heart disease, and arthritis.
- over 50% of packaged foods contain bad oils.
- soybean, canola, peanut, vegetable, corn, cottonseed, sunflower, safflower, grapeseed, rice bran, and hydrogenated.

Examples



Examples



Examples



SLEEP



- Follow the recommendations for sleep.
- Maintain the same bed time all days of the week.
- Keep all screens out of bedrooms.
- No screens 1 hour before bedtime.



Kindergarten
10-13 hours

7:00 PM

6:00 AM

Primary
9-12 hours

8:00 PM

6:00 AM

Middle School
9-11 hours

9:00 PM

6:00 AM

Low sleep leads to ...

3x

MORE LIKELY TO
GET SICK

50%

HIGHER RISK FOR OBESITY

BRAIN EFFECTS

DECREASES
FUNCTIONING BY

2

GRADE LEVELS



Greater Risk For:

- ▶ Depression
- ▶ Irritability
- ▶ Anxiety
- ▶ Forgetfulness
- ▶ Emotional Dysregulation



**Negatively
affects brain
wiring and
long-term
memory**

TECHNOLOGY



- Follow screen limit guidance.
- All leisure screen time happens on weekends.
- No Social Media.
- Keep screens off during meal times and out of bedrooms.

SCREEN GUIDANCE



Daily Screen Time



Viewing



Interactive or Gaming



Social Media

	Daily Screen Time	Viewing	Interactive or Gaming	Social Media
Kindergarten	1 hour or less	Weekdays: None Weekends: Academic	None	None
Primary	2 hours or less	Weekdays: Academic Weekends: High Quality Programs	Only Educational	None
Middle School	2 hours or less	Weekdays: High Quality Programs Weekends: Age Appropriate	Weekdays: Educational Weekend: Age Appropriate	None

“The most common question parents ask me is, ‘is social media safe for my kids’. The answer is that we don't have enough evidence to say it's safe, and in fact, there is growing evidence that social media use is associated with harm to young people’s mental health,”

-US Surgeon General Dr. Vivek Murthy

LITERACY



- Ensure children always have a selected book.
- Engage with high quality texts at grade level.
- Make reading at home a daily routine (>30 minutes).
- Children read aloud to an adult for at least 20 minutes a day.

Lexile Level (L) : a scale which indicates the text complexity.

Find Lexile by searching online (i.e. - lexile.com).

K-1st: 100-400 Lexile

2nd-3rd: 420-820 Lexile

4th-5th: 740-1010 Lexile

6th-8th: 925-1185 Lexile

...read **independently**
at 1300L for
college/career ready.



LITERACY



On my way to College/Career when I read ...

End of K	200L		<i>Race Day</i> 220L		<i>My Friend is Sad</i> 220L		<i>Green Eggs and Ham</i> 210L
End of 1	400L		<i>The Upstairs Room</i> 380L		<i>Calvin Coconut Dog Heaven</i> 390L		<i>Frog and Toad are Friends</i> 400L
End of 2	600L		<i>Who Would Win?</i> 640L		<i>Pete the Cat: I Love my White Shoes</i> 460L		<i>After the Rain</i> 600L
End of 3	800L		<i>Chains</i> 780L		<i>Bridge to Terabithia</i> 810L		<i>Inside Out & Back Again</i> 800L
End of 4	900L		<i>Mama Built a Little Nest</i> 860L		<i>Roll of Thunder Hear My Cry</i> 920L		<i>Mr. Popper's Penguins</i> 910L
End of 5	1000L		<i>Harriet Tubman: Conductor of the Underground Railroad</i> 1000L		<i>Tom Sawyer</i> 970L		<i>Mr. Popper's Penguins</i> 910L
End of 6	1050L		<i>Hatchet</i> 1020L		<i>The Pearl</i> 1010L		<i>Anne Frank</i> 1020L
End of 7	1100L		<i>Travels with Charley in Search of America</i> 1100L		<i>Series of Unfortunate Events (2)</i> 1040L		<i>Farewell to Manzanar</i> 1040L
End of 8	1150L		<i>Hidden Figures</i> 1020L		<i>Call of the Wild</i> 1120L		<i>Enchanted Air</i> 1120L

FAITH



- When children belong to a faith community, they:
 - Often have a stronger sense of identity and purpose
 - Tend to form stronger, healthier, longer term relationships
 - Operate more in the real world vs. virtual world

St. Marcus Opportunities

Church Services

Saturday: 5:00 pm
Sunday: 9:00 am/10:30 am

0-2 Yrs: Nursery

K3-K5: St. Marcus Kids

1st-2nd: St. Marcus Kids

3rd-4th: St. Marcus Kids

5th-6th: St. Marcus Kids (9:00 am service)

7th-12th: Fusion Teen Ministry

COMMITMENT & COMMUNITY

“If you want to go quickly, go alone. If you want to go far, go together.”

-African Proverb

Parents are encouraged to select one of the five pillars and join a social community of staff members and parents to support and encourage one another. Scan a QR code below and register to join a community.



FAITH



NUTRITION



TECHNOLOGY



SLEEP



LITERACY



ST MARCUS
SCHOOL

PARENT EXPECTATIONS

82%

Guardians are the #1 Educator

As a parent of a St. Marcus scholar, I believe that I am my child's primary influencer and educator. I commit to the following expectations to support the success of my child:

- **Uphold and adhere to the fundamental school expectations:**
 - Arrival at school by 7:45am
 - Complete, clean school uniform every day
 - Homework checked, completed, signed if necessary
 - Attend all required parent meetings and parent-teacher conferences
 - Notify the main office of absences before 9am
 - Notify the main office of an early pickup before 12pm
- **Respect the school's Christ-centered focus:**
 - Treat all members of the school community with kindness
 - Communicate with love and grace even when frustrated
- **Maintain a growth mindset (along with staff and students)**
 - Parenting is hard. Commit to learn and grow with the St. Marcus community.
 - Remain open to new ideas and approaches
- **Engage fully as an educational partner**
 - Initiate and respond to communications as soon as concerns arise.
 - Engage with and regularly monitor the school's main communication systems:
 - All students: Skyward (grades, missing assignments, communications)
 - Grades K4-4: DOJO; Homework folder (daily)
 - Grades 5-8: SCR Sheets (weekly)
 - Seek out opportunities to serve the school community
- **Meet or Exceed Parenting Expectations (see reverse side)**
 - Ensure adequate sleep based on the child's age:
 - Ages 3-5: 10-11 hours; Ages 6-14: 9-12 hours
 - Provide healthy breakfast, lunch and snacks (if necessary)
 - Limit screen time to within professional guidelines
 - Consider removing screens from bedrooms
 - Ensure social media and gaming platform activities reflect Christ-like behavior

Thank you for your partnership. We honor and respect your role as parent.

