

Tips and Hints for a Successful Start

Adjust the Sleep/Wake Rhythm

Now is the time to start shifting to an earlier bedtime routine and waking those late risers a little earlier. We recommend making 30- to 60-minute adjustments once every few days to allow the body to adapt.

Planning Ahead: Clothing and Food

1. Review and follow the uniform policy. Students in grades 1-8 earn an extra Color Day at the end of each semester ONLY IF they have no uniform infractions.
2. Remember your PE days! PE uniforms will be worn all day on PE days. Please make sure uniform items are in good condition (no holes, stains, or excessive fading) and fit well.

K	Gr. 1-2	Gr. 3-4	Gr. 5-6	Gr. 7-8
Friday	Tuesday	Tuesday	Tuesday	Monday
	Friday	Thursday	Thursday	Friday

3. Velcro gym and school shoes make younger students' lives much easier. (Otherwise, help younger children practice lace-shoes so they can tie shoes quickly.)
4. Having a checklist for what students need to bring and a routine for getting ready can greatly simplify your morning. It is often helpful to lay out clothing the night before. (Children should be encouraged to take responsibility in this.)
5. Keep an extra pair of socks in the backpack in case socks get wet at recess or gym.
6. The students will have two recesses (only one recess for 7-8). If you are concerned about ruining school shoes during recess, you may send tennis shoes for your child to wear.
7. We have a time for both snack and lunch, so please be sure to pack for each and include a water bottle (with your child's name on it). Keep crackers or packaged item in backpacks in case students forget a lunch or snack.

Initial Here, Please

1. Label your child's clothing and belongings! This will make finding items in the lost and found much easier.
2. It is very helpful to put student names or initials also on scissors, rulers, and glue sticks.

Wireless Communication

1. Look through the planner/homework book of students grades 1-8 daily to check for homework and notes from the teacher. Kindergarten parents should check the home folder on Fridays. This mode of communication is critical.
2. Read the weekly all-school and classroom newsletters. They are your best source of information for everything happening at school. If you need to know it, you will find it there.
3. If there are any concerns about something at school, please bring it to your child's teacher right away. We want to address any potential problems before they become big issues.

Blessed shall you be when you come in, and blessed shall you be when you go out. (Deuteronomy 28:6)

1. Please refer to the [traffic flow map](#) and [drop-off/pick-up instructions](#) (no changes from 2020-21).
2. Students should be dropped off at the Trinitas entrance. Mr. Marth will be there to welcome you in the morning. Parking spaces nearest the building (against the sidewalk) are reserved for Saint Mark Preschool families and Trinitas families with preschool and kindergarten age children.
3. Students who are picked up between 3:00 and 3:15 will be dismissed at St. Mark's upper entrance, which is accessible from Maple Creek Avenue. Students who are picked up outside of the normal dismissal time should be picked up from the Trinitas entrance.
4. Parents are welcome to accompany their child to class, especially on the first day.

Timing is Everything

1. School begins at 8:00 a.m. Students should arrive no later than 7:50 so they can put their things in their lockers and prepare for their first class. Students arriving after 8:00 a.m. need to be accompanied by a parent to the office.
2. Students are dismissed at 3:00 p.m. If not picked up by 3:15, your student will be taken to the school office or to after care. Please be prompt in picking up your child so that teachers and staff may attend to their work and other meetings or appointments.

We are looking forward to a wonderful school year as we learn and grow together!