

# St. Marcus

## Parent Resource

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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 added sugars to the recommended daily limit.
- Avoid chemicals and processed foods.
- Avoid bad oils.

Kindergarten: 19 grams

Primary: 24 grams

Middle School: 30 grams

## Eliminate Added Sugar

### Nutrition Facts

11.0 servings per container

Serving size 1/2 cup (123g)

Amount per serving  
Calories 50

	% Daily value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugar 12g	0%
Added Sugar 0g	0%
Protein 0g	0%
Potassium 90mg	2%
Vitamin C 9mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0g Added Sugar

versus

12g Added Sugar



Nutrition Facts	
5 Servings per container	
Serving size 1/2 cup (128g)	
Amount per serving	
Calories 100	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 12g Added Sugars	24%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 70mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Foods You May not Consider that Contain Added Sugars



4 grams /  
tbsp



18 grams  
/ tube



16 grams  
/ 2 tbsp



9 grams /  
bar

## So Much Added Sugar ...



47 grams



36 grams



39 grams



48 grams



20 grams



98 grams



33 grams



30 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.
- Examples are 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**

### 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](http://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 <b>K</b>	200L		<i>Race Day</i> 220L		<i>My Friend is Sad</i> 220L		<i>Green Eggs and Ham</i> 210L
End of <b>1</b>	400L		<i>The Upstairs Room</i> 380L		<i>Calvin Coconut Dog Heaven</i> 390L		<i>Frog and Toad are Friends</i> 400L
End of <b>2</b>	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 <b>3</b>	800L		<i>Chains</i> 780L		<i>Bridge to Terabithia</i> 810L		<i>Inside Out &amp; Back Again</i> 800L
End of <b>4</b>	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 <b>5</b>	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 <b>6</b>	1050L		<i>Hatchet</i> 1020L		<i>The Pearl</i> 1010L		<i>Anne Frank</i> 1020L
End of <b>7</b>	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 <b>8</b>	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 (10:30 service)



# COMMITMENT & COMMUNITY

"If you want to go quickly, go alone. If you want to go far, go together."

-African Proverb

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Parents are encouraged to join a St. Marcus social media community group. Staff members and parents to support and encourage one another. Scan the QR code below to register.



NUTRITION



TECHNOLOGY



SLEEP



LITERACY



**ST MARCUS**  
SCHOOL