



LIONS PRIDE **MONTHLY**

December 2025

Living the Lion's Faith from Mrs. Luzzo - The month of December is filled with expectation and celebration. Preparation is the key word for the first 24 days of December. Everyone is getting ready for Christmas — shopping and decorating, baking and cleaning. Too often, however, we are so busy with the material preparations that we lose sight of the real reason for our activity. Christmas is a Christian feast — and we must reclaim it as such! In the same way that a family eagerly prepares for a baby, so in Advent should we prepare for the coming of the Christ Child. We should keep Advent as a season of waiting and longing, of conversion and of hope and keep our thoughts on the incredible love and humility of our God in taking on the flesh of the Virgin Mary. Let us not forget to prepare a peaceful place in our hearts wherein our Savior may come to dwell. The best person we can turn to for help during Advent is Mary, Christ's and our Mother. She awaited the day of His birth with more eagerness than any other human being. Her preparation was complete in every respect. Let's crown our preparation and borrow something of Mary's prayerfulness, her purity and whole-hearted submission to God's will.

Facts about the liturgical colors during December: The first 24 days of December fall during the liturgical season known as of **Advent** and are represented by the liturgical color purple — a symbol of penance, mortification, and the sorrow of a contrite heart. The remaining days of December mark the beginning of the **Christmas** season. The liturgical color changes to white or gold — a symbol of joy, purity, and innocence. For more information, click the link: [Liturgical Year: December \(Monthly Overview\) | Catholic Culture](#).

I hope you all have a blessed, peaceful, and meaningful Advent and Christmas season!

Lion's Learning Lessons from Mrs. Carman - As we enter December, it's a wonderful time to celebrate how much students have learned so far this year. Encourage your child to reflect on accomplishments, set new goals, and take pride in the progress they're making—big or small. Reflection builds confidence and strengthens a growth mindset that will carry them into the new year.

A few activities to consider during the holidays to keep learning alive:

- Build a blanket fort and read under a blanket
- Fractions in baking
- Budget for gift giving
- Build a marshmallow igloo
- Make snowflakes with paper and scissors

As we close out the calendar year, we're grateful for the partnership of families and the hard work of our students. We look forward to a joyful and productive January filled with new learning opportunities.

Wishing all our families a warm, restful, and happy holiday season!

Raising Lions from Mrs. Hines - Learning to Say—and Hear—"No"

As parents, we want to give our children the best of everything. It can feel good to say "yes" when they ask for something, but one of the most valuable lessons we can teach our children is how to handle hearing the word "no."

Children who learn to accept "no" without a meltdown develop important life skills: patience, resilience, and respect for boundaries. In the real world, they won't always get what they want, and home is the best place to begin practicing how to cope with that reality.

Saying "no" doesn't mean we don't love our children. In fact, it's part of our responsibility as parents to guide them. Each "no" is an opportunity to help children understand limits, manage disappointment, and grow in self-control.

The next time you set a boundary, remember: you're not just stopping a behavior—you're teaching your child a lifelong skill. Saying "no" today prepares them to face challenges tomorrow with strength and understanding.

The Healthy Roar from Nurse Rene - The Gift of Sleep: Helping Kids Recharge for the Season- With the excitement of the holiday season, many children are staying up later than usual- but good sleep is one of the most powerful gifts you can give your child! Sleep isn't just about rest. It helps children grow, focus, and stay healthy. Kids who get enough sleep are more alert in class, have better moods, and are less likely to get sick during cold and flu season. Most school-aged children need 9-12 hours of sleep each night, depending on their age.

To help your child wind down, try keeping a consistent bedtime routine, even on weekends. Turning off screens at least 30 minutes before bed, keeping the bedroom cool and quiet, and reading together can all signal to the body that it's time to sleep. If mornings feel rushed or your child is often tired at school, it may be a sign they need an earlier bedtime. A little extra sleep can make a big difference in their mood, focus, and overall well-being. As we head into winter break, let's all remember: sleep is just as important as healthy food and exercise. Encourage your child to slow down, rest, and recharge so they can return to school refreshed and ready for the new year!

Wishing all our families a peaceful, restful, and blessed December full of sweet dreams and good health!



MISSION STATEMENT - Holy Trinity Catholic School, a ministry of Our Lady Star of the Sea Parish, offers to early childhood and elementary school students of diverse ethnic, economic, and religious backgrounds a superior academic program based on Gospel values. Within a family atmosphere, the school strives to develop the spiritual, academic, personal, creative, and physical growth of each student.

VISION STATEMENT - Holy Trinity Catholic School students will be fully prepared to transition to middle school possessing critical thinking skills, an ability to work independently as well as collaboratively, and an awareness of what it means to actively live the Gospel values.