



# LIONS PRIDE MONTHLY

February 2026

**Living the Lion's Faith from Mrs. Luzzo** - The month of February is dedicated to the **Holy Family**. The special devotion which proposes the Holy Family of Jesus, Mary, and Joseph as the model of virtue of all Christian households began in the 17th century. The feast was welcomed by succeeding Pontiffs as an efficacious means for bringing home to the Christian people the example of the Holy Family at Nazareth, and by the restoration of the true spirit of family life, stemming, in some measure, the evils of present-day society.

The Holy Family models for us what family life should exemplify. It is a school of virtue for both parents and children. There we find God, and learn how to connect with God and with others. The family is where love is freely given without self-interest. It is where we learn to love, to pray and to practice the gift of charity. Pope John Paul II has said, "The family, more than any other human reality, is the place in which the person is loved for himself and in which he learns to live the sincere gift of self" (Nov. 27, 2002).

We should ask ourselves if our own families model that of the Holy Family. We need to be open to God's grace to value the positive and to accept our mistakes — and to be willing to rectify them. Parenting is a very challenging responsibility and at times errors are made despite the best intentions. Recognizing this, children should trust their parents and never forget that parents want only what is best for them.

Which leads us to what may be the most important family virtue — forgiveness. Living so intimately within the family nucleus naturally gives rise to unpleasant situations where someone is apt to be offended. St. Paul knew this when he told us to "bear with and forgive one another." The health of our family may depend on how quickly we learn to forgive without harboring feelings of resentment. No family can thrive and grow without constant work. Even the material details that take time and effort are essential to keeping the family strong. Everyone has to pull together for the good of the family — even to the point of putting ahead of our own needs and ambitions the happiness of other family members, setting aside our own selfish desires.

It is also important to pray as a family, especially the holy rosary. Prayer will help us to intensify our closeness with each other and to learn to forgive. During this Year of the Eucharist it is essential to discover the relationship between the Eucharist and family life. Pope John Paul II wrote, "In the eucharistic gift of charity the Christian family finds the foundation and soul of its communion and its mission" (*Letter on the Family*, No. 57). — Excerpted from *The Holy Family models what family life should be*, Archbishop Charles J. Chaput, O.F.M. Cap.

[Liturgical Year : February, Month of the Holy Family | Catholic Culture](#)

**Lion's Learning Lessons from Mrs. Carman** - As the school year moves into its second half, many students begin to feel overwhelmed by increasing academic demands. This is often a sign that executive function skills—the brain skills that help with organization, planning, focus, and self-control—need extra support.

**What Are Executive Function Skills?** Executive function skills help students:

- Manage time and meet deadlines
- Stay organized with materials and assignments
- Start tasks without procrastinating
- Stay focused and regulate emotions
- Reflect on mistakes and adjust strategies

When these skills are still developing, students may appear “unmotivated” or “forgetful,” even though they are trying their best.

### **Simple Ways Parents Can Help at Home**

1. **Create Predictable Routines** - Consistent homework times and bedtime routines help reduce stress and build independence.
2. **Use Visual Supports** - Checklists, calendars, and planners make expectations clear and reduce memory overload.
3. **Break Tasks Into Smaller Steps** - Large assignments feel more manageable when broken into short, achievable tasks.
4. **Encourage Time Awareness** - Use timers to help your child understand how long tasks take and stay focused.
5. **Focus on Progress, Not Perfection** - Praise effort, strategies, and improvement—not just grades.

**Building Skills Takes Time** - Executive function skills develop gradually, and every child grows at a different pace. With patience, practice, and consistent support, students can gain the tools they need to become more confident, organized, and independent learners.

### **Raising Lions from Mrs. Hines** - The Gift of Downtime: Why Kids Don't Need a Packed Schedule

In today's fast-paced world, many parents feel the pressure to keep their children busy with constant activities—sports, lessons, clubs, and events. While extracurricular activities can be wonderful for building skills and friendships, it's important to remember that a child's schedule doesn't need to be filled to the brim.

Children also need time for homework, family connection, rest, and simple unstructured play. Having downtime is not wasted time—it's essential for growth. In fact, boredom is not something to fear. When children have the space to be bored, they begin to use their imagination, creativity,

and problem-solving skills. Boredom is often the birthplace of innovation.

As parents, we give our children a true gift when we allow balance: a mix of structured activities and unstructured time. This balance teaches them how to work hard, how to relax, and how to enjoy both the big and small moments of life.

### **The Healthy Roar from Nurse Rene - See, Hear, and Grow: School Screenings in February -**

February is a busy month for our health office! This is the time of year when many schools complete routine student health screenings to help ensure every child is ready to learn and thrive. These screenings check important areas of development such as vision, hearing, height, weight, and sometimes dental health. They are not medical exams but rather quick checks that can alert families to possible concerns. Catching small issues early- like difficulty seeing the board or hearing the teacher can make a big difference in a student's classroom success. If a screening shows that your child may need further evaluation, you will receive a confidential notice with recommendations for follow up. Please remember to share any reports or results from your child's doctor back with the school nurse- this helps us keep health records current and ensures your child receives the support they need at school. To help screenings go smoothly, make sure your child gets a good night's sleep, eats a healthy breakfast, and wears their glasses or hearing aid if prescribed. Thank you for partnering with us to keep every student healthy and ready to learn. Together, we can help our children see clearly, hear confidently, and grow strong all year long!



**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.