



# LIONS PRIDE MONTHLY

January 2026

**Living the Lion's Faith from Mrs. Luzzo** - The month of January is a time for new beginnings and resolutions to make us better people. It is a great time to think about improving our spiritual lives by committing to regular Mass attendance and daily prayer. January is also dedicated to the **Holy Name of Jesus**, which is celebrated on **January 3**. The first ten days of January fall during the liturgical season known as **Christmas** which is represented by the liturgical color white, the color of light, a symbol of joy, purity and innocence (absolute or restored). The remaining days of January are the beginning of **Ordinary Time**, which is represented by the liturgical color green, the symbol of hope and the color of the sprouting seeds. The liturgical focus for each week of the month is:

**January 3** - Epiphany of the Lord (1/6) - This Gospel is about the Wise Kings' visit to the Christ Child.

**January 10** - Baptism of the Lord - This Gospel is about Jesus' baptism by John in the Jordan.

**January 17** - 2nd Sunday in Ordinary Time - In this Gospel, Jesus says to Peter, "You are Simon the son of John; you will be called Cephas"

**January 24** - 3rd Sunday in Ordinary Time - In this Gospel, Jesus calls Peter and Andrew to be fishers of men.

**January 31** - 4th Sunday in Ordinary Time - Jesus frees the man with the unclean spirit.

For more information: [Liturgical Year : January \(Monthly Overview\)](#) | [Catholic Culture](#)

**Lion's Learning Lessons from Mrs. Carman** - The midpoint of the school year is a valuable opportunity for students to pause, reflect, and reset. By January, grades, assessments, and teacher feedback offer insight into what is working and where adjustments may be helpful. A mid-year check-in encourages students to take ownership of their learning and move forward with purpose.

Reflection helps students recognize strengths, identify challenges, and understand that progress comes from effort and strategy—not perfection. Taking time to review the first half of the year can reduce stress and increase motivation by focusing on growth rather than past mistakes.

A mid-year check-in is not about starting over—it's about adjusting and continuing to grow. With reflection, clear goals, and supportive routines, students can approach the second half of the year with confidence and focus.

### **Raising Lions from Mrs. Hines - Children Aren't Adults—And That's a Good Thing**

In today's world, it can be tempting to treat our children like "mini adults." We want them to feel heard, we want to respect their feelings, and we want to give them choices. All of that is important—but it doesn't change the fact that children are still children. They are still learning, still growing, and still needing guidance.

As parents, it's our job to set boundaries, even when it's not easy. Not everything is up for negotiation. Kids need to understand that rules exist for their safety, their well-being, and their character development. Saying "no" or holding firm on a boundary doesn't mean we don't care about their opinion—it means we care enough to give them structure.

When children learn to respect authority and accept limits, they grow into adults who can handle disappointment, work through challenges, and thrive in the real world. It may not always make us the "popular parent" in the moment, but in the long run, it gives our kids the security and guidance they truly need.

**The Healthy Roar from Nurse Rene - New Year, Healthy You! -** Welcome back and Happy New Year! January is the perfect time for a fresh start- and that includes healthy habits. After a fun and busy holiday season, it can take a little time for students to get back into school routines, but a few small steps can make a big difference. Encourage your child to start the day with a good breakfast to fuel their body and brain. Something as simple as yogurt, fruit, or whole grain toast can help them focus and stay energized. Staying hydrated is just as important in winter as it is in summer. Please send a refillable water bottle to school each day to keep them feeling their best. Consistent sleep routines help children regulate their mood. Try to keep bedtimes steady, even on weekends so mornings go more smoothly. With colder weather still around, remind your child to wash their hands often and cover coughs and sneezes to help keep germs away. If your child isn't feeling well or has a fever it's best for them to rest at home until they are ready to return to school. This January, let's help our students focus on the basics: eat well, drink water, move daily, and get plenty of rest. Small healthy habits build strong bodies, sharp minds, and a great start to a new year of learning!

**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.

