



# LIONS PRIDE MONTHLY

March 2026

**Living the Lion's Faith from Mrs. Luzzo - The Gift of the Confessional: More Than Just a Command** - In our busy lives, it's easy to think of Confession as just another "to-do" or a formal requirement. However, a recent reflection reminds us that Jesus instituted this sacrament not just as a divine command, but as a remedy for our very human needs. Here are five ways the Sacrament of Reconciliation serves us:

- **Objective Assurance:** When we pray silently to God, we don't always "hear" the answer. In Confession, we hear the audible words, "*I absolve you.*" This tangible response settles our brains and hearts, leaving no doubt that we are forgiven and ready for a fresh start.
- **True Accountability:** It is easy to "negotiate" with God in our heads or justify our mistakes. Speaking our sins aloud to another person forces us to be honest. It cuts through the "nonsense" and helps us truly own our actions so we can move past them.
- **A Prompt for Self-Awareness:** Most of us aren't living saints who examine our consciences every night. The "forced march" to the confessional acts as a spiritual check-up, prompting us to ask: *How have I failed to love? Where do I need grace most?*
- **Correction and Encouragement:** While the confessional isn't the place for long therapy sessions, a priest can often spot patterns in our lives. A quick word of advice or a specific penance can be exactly the "spiritual nudge" we need to break a bad habit.
- **Solidarity and Example:** There is a beautiful communal aspect to the sacrament. When children see their parents go to confession, or when we stand in line with our neighbors, we are reminded that we are all in the same boat. We are a community of sinners in need of a Savior, and there is a deep joy in seeking that mercy together.

Summarized from: [5 Reasons to Go to Confession \(Besides Forgiveness of Sins\) | Catholic Answers Magazine](#)

**Lion's Learning Lessons from Mrs. Carman** - March is a wonderful time of growth, both inside and outside the classroom. As we transition toward spring, I am proud of the progress our students continue to make academically, socially, and emotionally. Our teachers and staff remain committed to providing engaging instruction and a safe, supportive environment where every child can thrive.

In celebration of Read Across America Day, honoring the birthday of Dr. Seuss, we will promote the joy of reading across our campus. Literacy is a gift, and we are grateful for the opportunity to cultivate strong readers who use their knowledge to make a difference.

**Prayer for Our School:** Heavenly Father, Thank You for the gift of learning and for the families who make up our school community. Help us to grow in wisdom, compassion, and faith. Guide our students to shine Your light in all they do. Amen.

Thank you for your continued partnership and trust. It is a blessing to serve this school community and to walk alongside you in guiding our children to grow academically and spiritually.

### **Raising Lions from Mrs. Hines - Working Together: Reinforcing Expectations at Home and School**

At Holy Trinity Catholic School, we know that students thrive when they see that home and school are on the same team. Children feel most secure when the adults in their lives work together and send consistent messages about expectations, responsibility, and respect.

When a child experiences a reward or consequence at school, reinforcing it at home can make a tremendous difference. This partnership helps students understand that their actions matter and that they are accountable both in the classroom and at home. Even simple follow-through — praising good choices or addressing poor ones — strengthens the connection and encourages better behavior.

When parents support the teacher's decisions and the school's expectations, students respond with improved responsibility, confidence, and behavior. Thank you for partnering with us to help create a positive, consistent learning environment for every child.

**The Healthy Roar from Nurse Rene - Dental Health-** March is a wonderful time to highlight the importance of good oral health, which plays a key role in a child's comfort, confidence, and ability to learn. Healthy smiles help our students feel their best each day at school. Dental pain or untreated cavities can affect: concentration and classroom participation, eating and nutrition, attendance and overall well-being. Encouraging strong dental habits early helps children build lifelong routines. Please remind your child to : brush teeth twice daily with fluoride toothpaste, floss once a day when age-appropriate, visit the dentist regularly for cleanings and checkups. Foods that support dental health include: fresh fruits and vegetables, cheese yogurt, and other calcium-rich foods, water instead of sugary drinks, limiting sticky snacks and beverages can help prevent cavities.

If your child experiences tooth, mouth, or jaw pain during the school day, please encourage them to visit the health office. If your child has a known dental concern or upcoming dental procedure, feel free to notify me.

Caring for our bodies is one way we honor the gift of health entrusted to us. Thank you for partnering with the school in helping our students grow healthy in body, mind, and spirit. Wishing you many healthy smiles this March!

**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.

