



LIONS PRIDE MONTHLY

May 2026

Living the Lion's Faith from Mrs. Luzzo - The month of May is dedicated to **The Blessed Virgin Mary**. The first 23 days fall within the liturgical season of **Easter**, which is represented by the liturgical color white — the color of light, a symbol of joy, purity and innocence (absolute or restored). The remainder of the month (beginning the Monday after Pentecost) is in **Ordinary Time** which is represented by the liturgical color green. This symbol of hope is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection.

We, the members of Christ's Mystical Body, are the present-day disciples sent by the Holy Spirit to bring Christ to the world. May we go forth as did Mary, who set out in haste to assist St. Elizabeth (feast of the Visitation, May 31). Come upon us, O Holy Spirit, so that, with Mary, we may proclaim the greatness of the Lord who has done great things for us — for his mercy endures forever! "In the hierarchy of holiness it is precisely the 'woman', Mary of Nazareth, who is the 'figure' of the Church. She 'precedes' everyone on the path to holiness; in her person 'the Church has already reached that perfection whereby she exists without spot or wrinkle'". — JOHN PAUL II *Mulieris Dignitatem*, 1988 [Liturgical Year : May \(Monthly Overview\)](#) | [Catholic Culture](#)

If you're making a Summer Bucket List for your family, here are 20+ ideas to help you live your Catholic faith together all summer! [A Summer Bucket List for Catholic Families](#)

Lion's Learning Lessons from Mrs. Carman - As we head into summer break, we want our students to enjoy their well-deserved rest while staying sharp for the upcoming school year. Research shows that students can lose up to two months of reading and math skills over the summer. The good news? It only takes a little bit of intentionality to keep that momentum going!

How You Can Help at Home:

- The 20-Minute Rule: Encourage your child to read for at least 20 minutes a day. Whether it's a graphic novel, a mystery, or a magazine about their favorite hobby, keeping those literacy skills active is the #1 way to prevent learning loss.
- Make Math "Real": Practice math in everyday life. Have your child help with the grocery budget, measure ingredients for a recipe, or calculate the tip at a restaurant.
- Visit the Library: Local libraries often host summer reading programs with prizes and events that make reading feel like a game rather than a chore.
- Journal the Journey: Encourage your child to keep a summer travel journal or a scrapbook. Writing about their adventures helps maintain their composition and handwriting skills.
- Explore Local History & Science: Trips to museums, zoos, or even local parks provide "stealth learning" opportunities that spark curiosity and keep kids asking "why?"
- Have a safe and relaxing summer. I can't wait to hear about all your adventures when we return in August

Raising Lions from Mrs. Hines - Creating a Simple Summer Routine for a Smooth Start in August

Summer is a wonderful time for rest, fun, and family, but a little structure can make a big difference in keeping children balanced and ready for the new school year. Kids thrive on routine, and maintaining a few consistent habits during the break helps them enjoy summer while still feeling secure and prepared.

A healthy summer routine doesn't need to be strict. A predictable wake-up time, regular meals, daily reading, and limits on screen time can provide stability without taking away the joy of free play. Many families also find success with small responsibilities such as simple chores, outdoor time, or helping with family errands.

By keeping a gentle rhythm throughout June and July, the transition back to school in August becomes much smoother. Students return feeling well-rested, confident, and ready to learn. Thank you for partnering with us to help your child grow both inside and outside the classroom.

The Healthy Roar from Nurse Rene - Summer is a wonderful time to enjoy GOD's creation safely. Teaching children healthy habits now helps them have a fun, safe, and joyful summer!

Summer Safety- As warmer weather approaches and summer break gets closer, it's a great time to talk about staying safe and healthy while enjoying the sunshine, play, and family activities.

Water safety- Always swim with a responsible adult nearby. Use life jackets when boating or near deep water, never swim alone, even in small pools.

Sun protection- Wear hats and lightweight clothing, apply sunscreen before outdoor activities and reapply as needed, encourage children to take breaks in the shade.

Bike, Skate, and Playground Safety- Always wear a helmet when biking, scootering, or skating. Check playgrounds and sports equipment for safety. Teach children to follow rules and watch out for others.

Stay Hydrated and Cool- Encourage water throughout the day- especially during outdoor play. Avoid sugary drinks in the heat. Take breaks in cool areas when feeling tired or hot.

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.

