



# LIONS PRIDE MONTHLY

October 2025

**Living the Lion's Faith from Mrs. Luzzo** - The month of October is a special month in the lives of Catholics across the country. It is a month dedicated to two important aspects of the Catholic faith - the **Holy Rosary** and **Respect for Life**. October falls during the liturgical season known as **Ordinary Time**, which is represented by the liturgical color **green**. Both a devotion to Mother Mary, as Jesus' mother and the first Disciple, as well as a steadfast respect for all life from natural conception to natural death are undeniable components of the Catholic faith.

**Mass Note:** Did you know that the priest is the only one who should raise extended arms during prayers at Mass? This is because such gestures are tied directly to the office of the priesthood. When he raises his extended arms, he is fulfilling his role as priest in raising up all of our prayers to God. For more information about this topic, check out [Should we hold our hands up while praying at Mass? | Catholic Answers Q&A](#) and [How Should we Hold our Hands at Mass — and does it Matter?](#).

**Restore the True Meaning of Halloween** - Did you know that Halloween is a Catholic holy day (holiday), with deep spiritual meaning and historical practices? Unfortunately, many Catholic families are either celebrating a secular version of Halloween or avoiding it all together. Well, we've got good news. The most popular Catholic children's book of the season is helping families discover the true meaning of Halloween. The story provides a perfect opportunity for your children and grandchildren to embrace their love for Halloween while praying for the countless souls who died in God's grace and long for deliverance into Heaven. For more info, check out The Catholic.Store at: [All Hallows' Eve](#).

**Lion's Learning Lessons from Mrs. Carman** - Reading with your child is one of the best ways you can support your child's learning at home. Some of the benefits of reading with your child include:

- 1. Language and Brain Development:** Vocabulary growth: Hearing new words in stories helps children expand their vocabulary.
- 2.Cognitive skills:** Reading builds memory, attention span, and comprehension. It strengthens neural pathways related to language and thinking, especially in early childhood.
- 3.Academic Success:** Kids who are read to regularly tend to start school with better literacy skills, and perform better in reading, writing, and even math. Be more prepared for independent learning.
- 4.Emotional and Social DevelopmentBonding:** Reading together creates a close emotional connection between child and adult. Empathy: Stories help children understand different perspectives and emotions. Confidence: When children are read to, they become more confident in their ability to learn and speak.

**Raising Lions from Mrs. Hines** - For many children, connecting online is as natural as breathing. Social media, in particular, can offer fun ways to stay in touch, share creativity, and feel included — but it also comes with challenges, especially when it comes to self-esteem, emotional development, and personal safety. As educators and caregivers, we want to work hand-in-hand with families to help children grow up with healthy perspectives and habits in a world where technology moves fast.

**The Emotional Impact of Social Media** ~ Social media can be entertaining, but it's also built around likes, follows, and comparisons. Even for adults, this can feel overwhelming — and for children, who are still developing emotionally, the impact can be even stronger. Studies show that excessive social media use is linked to higher rates of anxiety, low self-esteem, and poor body image — especially in children and preteens. Young users may begin to measure their worth based on how many likes they receive or how their lives compare to carefully filtered images of others.

**Friendships & Real-Life Connection** ~ While social media helps some children feel more socially connected, it can also lead to feelings of exclusion or misunderstandings. Face-to-face friendships help children learn to read emotions, resolve conflicts, and feel truly seen and supported — things that can be harder to practice behind a screen. It's important to help kids balance online interactions with real-world experiences that build empathy, confidence, and social problem-solving.

**Online Safety Matters** ~ Many social platforms weren't designed with children in mind. They can expose young users to unfiltered content, cyberbullying, and contact with strangers. Even seemingly harmless platforms can quickly lead to risks if privacy settings aren't secure or if children are unsure about what's safe to share. Staying involved, setting boundaries, and talking openly with your child about how they use social media can make a world of difference.

### **How You Can Help:**

- Keep lines of communication open: ask how social media makes your child feel
- Set device-free times, especially during meals and bedtime
- Encourage offline hobbies, friendships, and activities
- Explore privacy and safety settings together
- Model healthy digital habits — kids are always watching

**Social media isn't all bad** — it can be fun and creative, and it's here to stay. But children need guidance as they learn to use it responsibly. By staying informed and involved, we can help them grow into confident, kind, and self-aware digital citizens.

**The Healthy Roar from Nurse Rene** - “Dressing for Success...and Recess!”- As the seasons change, it is important to remember that students go outside for recess every day, and being dressed appropriately for the weather helps them stay comfortable, safe, and ready to learn!

During the fall and spring months, temperatures can fluctuate greatly throughout the day, so layering clothing is the best option. A light jacket or sweater in the morning can easily be removed as the day warms up. In the winter, children need a warm coat, hat, and gloves to protect them from the cold. During the summer months lightweight clothing and sunscreen are strongly encouraged to help prevent overheating and sunburn. One frequent misconception is that being out in the cold directly causes colds or flu. In reality, these illnesses are caused by viruses and not by cold temperatures themselves. However, being underdressed in chilly weather can make children uncomfortable and place excess stress on the body, so proper clothing remains important. Another myth is that sunscreen is only necessary in the summer months, but ultraviolet rays still cause skin damage even on colder or cloudy days. Providing sun protection throughout the year helps keep children safe during outdoor play. By ensuring children are dressed for the season, parents can help them fully enjoy recess and stay healthy, no matter what the weather brings! With the warm weather, mosquitos are also around and become more active. These insects can be more than just a nuisance. They may cause itchy bites that are a distraction for children during play and class. Light loose fitting clothing in the warmer months can help reduce exposed skin, and families may wish to use child-safe insect repellent during peak mosquito season. Reminding children not to scratch bites can also help prevent irritation or infection. Thank you for your continued support in helping us keep students safe and comfortable at school!



**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.