



# LIONS PRIDE MONTHLY

October 2026

**Living the Lion's Faith from Mrs. Luzzo** - The month of October is dedicated to the Holy Rosary. According to an account by fifteenth-century Dominican, Alan de la Roch, Mary appeared to St. Dominic in 1206 after he had been praying and doing severe penances because of his lack of success in combating the Albigensian heresy. Mary praised him for his valiant fight against the heretics and then gave him the Rosary as a mighty weapon, explained its uses and efficacy, and told him to preach it to others. "Since the prayers of the Rosary come from such excellent sources — from Our Lord Himself, from inspired Scripture, and from the Church — it is not surprising that the Rosary is so dear to our Blessed Mother and so powerful with heaven." "Today, when dangers far greater than those of the ancient Turks threaten not only Christianity but all civilization, we are urged by our Blessed Mother to turn again to the Rosary for help. If men in sufficient numbers do this, and at the same time carry out the other conditions that she has laid down, we have the greater reason for confidence that we will be delivered from our dangers." -- *Mary in our Life* by Fr. William G. Most. This month, our school community will be utilizing the Hallow app to pray the Rosary at morning prayer on Mondays (10/5, 10/12, 10/19, and 10/26). All families are invited to join us on any and all Mondays during the month of October. Simply drop your student off in the car line as usual, then meet us in Holy Family Hall (HFH) for 8:05 AM.

**Lion's Learning Lessons from Mrs. Carman** October is a great time to check in on your child's learning habits and celebrate the progress they have already made! As students become more comfortable with school routines, small daily habits can make a big difference in academic growth. Encourage your child to read for **10–20 minutes each day**. Ask them about what they read and have them retell the story or explain something they learned. A few minutes of practice at home can reinforce important classroom skills. Try practicing:

- Sight words and spelling words
- Math facts and counting
- Writing complete sentences
- Reading aloud with fluency

Choose one everyday activity and turn it into a learning opportunity. Count items while putting away groceries, read signs while driving, write a shopping list together, or practice addition while cooking.

## **Raising Lions from Mrs. Hines -The Importance of Being Present**

Regular school attendance plays a vital role in a child's academic success. While we understand that family time is important and that illnesses are sometimes unavoidable, we encourage families to carefully consider scheduling vacations during the many school breaks built into our calendar.

When students miss school for trips during instructional days, they miss more than just assignments. They miss direct teaching, classroom discussions, guided practice, and the opportunity to ask questions in real time. While teachers can provide missed work, it is very difficult to recreate the instruction and learning experiences that take place in the classroom. Often, by the time a student returns, the class has already moved on to new material.

Unexcused absences can quickly add up and may create gaps in understanding that are challenging to close. Consistent attendance helps students stay confident, connected, and successful.

We truly value your partnership in prioritizing school attendance whenever possible. Your support in planning trips during scheduled breaks helps ensure that your child — and the entire class — can maintain strong academic momentum throughout the year.

**The Healthy Roar from Nurse Rene - Fall Into Healthy Habits!** October is here! With cooler mornings, changing temperatures, fall activities, and Halloween around the corner, it's the perfect time to focus on keeping our students healthy, happy, and ready to learn.

**Clean Hands = Healthy Students!** Handwashing is one of the best ways to help prevent the spread of germs. Encourage your child to wash their hands often, especially : Before eating, after use of the restroom, after coughing or sneezing, after playing outside, whenever their hands are dirty. Remember to rub with soap and water for at least 20 seconds!

**Flu and Cold Season is here!** Fall also means the beginning of cold and flu season. Please remind your child to wash their hands frequently, cover coughs and sneezes with their elbow, avoid sharing food, drinks, or utensils, get plenty of sleep, drink plenty of water, eat nutritious meals and snacks. If your child is sick, please allow them time to recover at home and help prevent the spread of illness to classmates and staff. Please follow the school's illness guidelines before sending your child back to school.

**Fever? Know When to Stay Home!** If your child has a fever, they should remain home until they have been fever free for 24 hours without the use of fever reducing medications. Please contact your child's healthcare provider if you have concerns about their symptoms.

**Hydration Station!** Even though temperatures are getting cooler, hydration is still important! Encourage your child to bring a water bottle to school and drink water throughout the day. Especially after recess, PE, and other physical activities. Water is always the best choice!

**Dress for The Weather!** October mornings can be chilly while afternoons may still be warm. Layers are your friend! Please make sure your child comes to school dressed appropriately for the weather and has a jacket or sweater when needed. Don't forget to label jackets and sweaters with your child's name!

**Halloween Safety!** Halloween is a lot of fun but a few simple precautions can help keep it safe: make sure costumes allow children to see and walk safely, use flashlights or reflective materials when walking after dark, check candy before your child eats it, avoid choking hazards for younger children, remind children to never accept or eat treats from strangers.

Wishing all of our families a happy, healthy, and safe October!

## **VIRTUE OF THE MONTH: Hope (Spes)**

Trust in God's promise of eternal life and the grace to attain it.

**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.