



LIONS PRIDE MONTHLY

August 2026

Living the Lion's Faith from Mrs. Luzzo - When school bells ring at summer's end, families are craving routine again. But the busyness of back-to-school brings its own chaos. Prayer can easily get lost in the shuffle as everyone adjusts. How can we grow our faith as parents amid school schedules and crammed calendars? Back-to-school feels like a second New Year's for parents: new schools, new supplies and new rhythms. But remember: You can't become a brand-new person on January 1. Instead, try one of these prayer practices to bring fresh air into your faith life. Just as Jesus breathed on his disciples and gave them the gift of the Holy Spirit — as you kiss or hug your kids when they head off to school — the Holy Spirit remains with you, to inspire your daily labors.

- 1) **Start your day with God, even five minutes in prayer.** Begin the day with Scripture, like the daily Mass readings (easy to find online). If waking up before the kids is impossible, find another pocket of time — after breakfast, during nap or over lunch — when you can pray. Fill your cup so you can fill theirs.
- 2) **Routine is everything with littles.** Add to your own prayer routine with theirs: bedtime prayers, mealtime prayers and blessings of gratitude. They'll remind you if you miss a day!
- 3) Like learning to speak or read, **repetition is key to prayer.** Try repeating the ancient Jesus Prayer throughout the day: "Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner." Or memorize a simple line from a Psalm to keep in your back pocket: "This is the day the Lord has made. Let us rejoice and be glad in it" (Ps 118:24).
- 4) **Remember that the desire to pray is the beginning of prayer.** When you're sleep-deprived from tending to young or sick children, you are still serving Christ in your midst. Don't worry if old prayer routines don't work: Ask God to meet you right where you are today.

[How to grow in faith for back-to-school - Catholic Review](#)

Lion's Learning Lessons from Mrs. Carman - The start of a new school year is an exciting time! Establishing routines before the first day of school can help your child feel confident, prepared, and ready to learn.

Here are a few ways you can help:

- **Create a consistent bedtime and morning routine** a week or two before school begins.
- **Read together every day** to keep reading skills sharp and build a love of books.
- **Practice independence** by encouraging your child to pack their backpack, organize their

supplies, and take responsibility for simple tasks.

- **Talk positively about school** to help ease any first-day jitters and build excitement.
- **Review school expectations**, including kindness, respect, listening, and doing their best each day.
- **Label personal belongings** such as backpacks, lunchboxes, water bottles, and jackets.

Working together, we can make this school year a wonderful experience filled with learning, growth, and success. I can't wait to welcome your child into the new school year at Holy Trinity!!

Raising Lions from Mrs. Hines - Strong Routines Start the Year Right

As we begin a new school year, consistent routines at home can make a big difference in your child's success.

Consistent Bedtimes Matter: A predictable bedtime routine helps children feel secure and well-rested. Aim for the same bedtime each night and include simple steps like brushing teeth, reading, and laying out clothes for the next day. Well-rested children are better able to focus, manage emotions, and enjoy their school day.

Prep the Night Before: Calmer mornings start the evening before. Encourage your child to:

- Lay out their uniform or clothes
- Pack their bookbag and place it by the door
- Prepare snacks and lunch (or help pack them)

These small responsibilities build independence and confidence — and help everyone start the day feeling prepared instead of rushed.

A little planning each evening goes a long way toward a smooth and successful school year!

The Healthy Roar from Nurse Rene - A Healthy Start: Ready to Learn, Ready to Grow

As we begin a new school year at Holy Trinity Catholic School, we are excited to welcome our students and families back! August is the perfect time to establish healthy routines that support both learning and well-being. Please help your child start the year strong by:

- Ensuring they get adequate sleep each night.
- Eating a nutritious breakfast before school whenever possible.
- Bringing a labeled water bottle each day to stay hydrated.
- Washing their hands frequently to help prevent the spread of illness.
- Making sure all required immunization records and health forms are up to date.
- Providing any necessary medications and completed medication authorization forms to the school nurse before the first day they are needed.

School Sick Policy: To help keep our school community healthy, please do not send your child to school if they are ill. Students who have experienced vomiting, diarrhea, or fever may not return to school until they have been symptom-free for at least 24 hours without the use of fever-reducing or symptom-masking medications. This includes medications such as Tylenol (acetaminophen), Motrin/Advil (ibuprofen), or anti-nausea medications.

If your child becomes ill during the school day, you will be contacted and asked to arrange for prompt pick-up. Keeping sick children home when they are not feeling well helps protect their classmates, teachers, and our entire school community.

Returning to school can bring excitement and, sometimes, a few nerves. Encourage your child to talk about their feelings and remind them that it is okay to ask for help when they need it. Healthy bodies, minds, and spirits help our children thrive both in and out of the classroom.

As a Catholic school community, we are reminded that our bodies are gifts from God and that caring for our health is one way we honor Him. Together, let us make this school year one filled with kindness, wellness, and joyful learning.

Wishing all of our Holy Trinity families a blessed, healthy, and joyful school year!

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.