



# LIONS PRIDE MONTHLY

September 2025

**Living the Lion's Faith from Mrs. Luzzo** - The month of September is dedicated to Mary, Our Lady of Sorrows, whose memorial the Church celebrates on **September 15**. September falls during the liturgical season known as **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 ([Liturgical Year: September \(Monthly Overview\) | Catholic Culture](#)). How can you teach your children more about Mary? Let them pray with you, talk to them about Mary as Jesus' mother, pray the Rosary together, and teach them to be caring and empathetic towards others. As parents, you are your children's first and most important teachers and role models of the faith. We are here to support what you are doing at home. Together, we can raise children who say "Yes!" to God and who love others just like Mary did.

**Lion's Learning Lessons from Mrs. Carman** - MAP testing will begin on September 10. A detailed schedule will follow. Please make sure your child has a good night's sleep the night before their testing; and a good breakfast in the morning.

Being well rested improves focus, memory, and problem solving. Lack of sleep can make a student feel groggy and anxious, and cause problems when concentrating.

A healthy breakfast provides energy and helps students stay alert. Skipping breakfast can cause a student to become tired and easily distracted, which makes it harder to do well on tests and throughout the school day.

We encourage each student to take their time and do their best, not only on testing days, but on all the work they do here at school.

As soon as the schedule for testing is finalized, we will be sure to get that out. Thank you for your continued support and partnership.

**Raising Lions from Mrs. Hines** - In today's world, technology is everywhere — and it plays a valuable role in education, communication, and even creativity. However, too much screen time, especially for young children, can have a significant impact on their academic performance, social skills, and overall well-being. As partners in your child's development, we want to share a few insights about the importance of balance when it comes to electronics and screen time at home.

**Academics & Focus** ~ Research shows that excessive screen time is linked to lower academic performance, particularly in reading and attention. According to a 2023 study from the American Academy of Pediatrics, children who spent more than two hours a day on screens

outside of school showed lower scores in language and thinking tests compared to peers with less screen time.

**Social & Emotional Development** ~ For elementary-aged children, face-to-face interaction is essential for building empathy, teamwork, and problem-solving skills. The National Institutes of Health (NIH) found that children aged 5–10 who had higher screen exposure were more likely to have delays in social skill development, such as reading facial expressions and interpreting social cues.

**Health & Well-Being** ~ The World Health Organization recommends that children ages 5–12 get at least 60 minutes of physical activity per day — something that becomes harder to achieve with increased screen time. Screens can also affect sleep quality, especially when used right before bedtime. Sleep is not just about rest — it's when the brain processes learning and emotions from the day.

#### Tips for Healthy Screen Habits at Home:

- Set “no screen” times like during meals, before bed, and family time.
- Encourage device-free play, reading, or hands-on activities after school.
- Use parental controls to manage time limits and access.
- Be a role model: children often reflect the screen habits they observe.

Screens can be wonderful tools — but like all good things, they need balance. By setting gentle boundaries at home, you're helping your child grow into a well-rounded learner and compassionate community member. Thank you for partnering with us to nurture the whole child — mind, body, and spirit.

#### Sources:

1. American Academy of Pediatrics. (2023). Digital Media and Children: Screens, Sleep, and School Performance.
2. National Institutes of Health. (2021). Adolescent Brain Cognitive Development (ABCD) Study.
3. World Health Organization. (2020). Guidelines on Physical Activity, Sedentary Behaviour, and Sleep for Children Under 5 Years of Age.

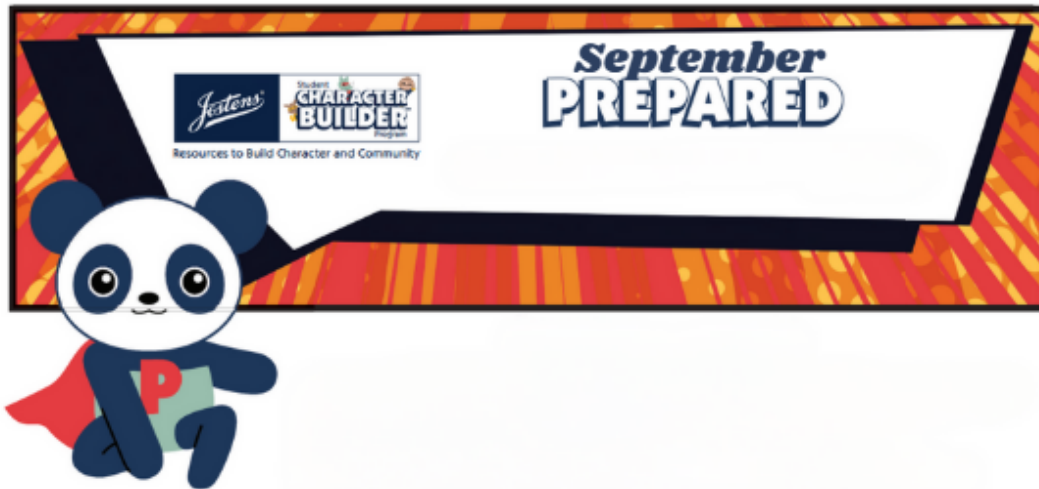
**The Healthy Roar from Nurse Rene - “Eat Well, Learn Well”**- Healthy eating gives kids the energy and focus they need to learn, play, and grow strong. Choosing foods like fruits and vegetables, whole grains, and lean protein helps build healthy bodies and sharp minds.

Limiting sugary drinks and snacks keeps energy levels steady and supports good habits for life. Drinking water throughout the day keeps kids hydrated and ready for action!

To help promote these healthy habits and support our students' learning and well-being, we kindly ask that you try to send nutritious snacks and lunches for your child to enjoy at school. Sugary treats, candy, and highly processed foods can affect concentration, and energy levels, so we encourage healthier options whenever possible. In addition, please ensure that your child brings only water in a reusable bottle. This helps everyone hydrated, reduces sugar intake, and

reduces sticky spills for our teachers to clean up in the classrooms. Thanks for partnering with us in creating a healthier school environment for all students!

For reliable tips on building balanced meals and healthy snacks, we encourage families to visit <https://www.myplate.gov/life-stages/kids> This website offers easy to understand guidance, recipes, and resources to help children make nutritious choices everyday.



**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.