



LIONS PRIDE MONTHLY

September 2026

Living the Lion's Faith from Mrs. Luzzo - September is an exciting time for kids and parents. In academia, students and teachers are starting anew with each other and there is an opportunity to start fresh, regardless of what happened in the past year. It's a wonderful time to deepen a youngster's faith. Effectively engaging in religious formation involves both parents and children actively participating and collaborating with the intention of deepening their understanding of faith and fostering spiritual growth. Here are some ways for parents to help their children get the most out of their religion classes:

1. **Be Actively Involved:** Attend events related to religious formation. This shows your commitment to your child's spiritual development and allows you to stay informed about their progress.
2. **Open Communication:** Maintain regular communication with your child's religion teacher. This partnership can enhance your child's formation experience.
3. **Supplement Learning at Home:** Reinforce the lessons learned in class by discussing them at home. Incorporate religious activities, such as reading from scripture, praying together, and participating in family devotions. Parents – formation is an ongoing process. You do not need all the answers.
4. **Model Faith:** Children often learn through observation. Demonstrate your faith through your own actions, prayers, and participation in parish ministry. Your example of stewardship can inspire your child's commitment to their faith.
5. **Encourage Questions:** Create an environment where your child feels comfortable asking questions about their faith. Discussing doubts and seeking answers is an essential part of spiritual growth.
6. **Attend Worship Services:** Regularly attend Mass and even add a special prayer service, such as Eucharistic Adoration as a family. This reinforces the connection between what is learned in formation classes and the practice of faith in a community setting.
7. **Promote Reflection:** Encourage your child to reflect on their faith journey, values, and experiences. This can be done through journaling, discussions, or quiet moments of contemplation.

Remember that religious formation is a lifelong journey. Both parents and children can benefit from ongoing engagement in their parish/school with an openness to learning, and a commitment to growing in their faith.

Lion's Learning Lessons from Mrs. Carman - As we begin a new school year, September is the perfect time to help students build strong learning habits. Simple routines, such as reading each day, completing homework, getting enough sleep, and coming to school prepared, can make a big difference in a child's success. We also encourage students to ask questions, do their best, and take pride in their learning. By working together at home and at school, we can help every child develop positive habits that will support them throughout the year!

Raising Lions from Mrs. Hines - Working Together to Support Positive Behavior

One of the greatest influences on a child's behavior is the consistency they experience between home and school. When children know that the adults in their lives share the same expectations, they feel more secure and are more likely to make positive choices.

We encourage families to have ongoing conversations at home about how students are expected to act at school — showing respect, following directions, using kind words, and making safe choices. When these expectations are reinforced at home, children understand that good behavior matters everywhere, not just in the classroom.

If we reach out regarding a behavior concern, please know our goal is always to teach and guide. We truly value your partnership. Addressing concerns at home — just as you celebrate successes and achievements — sends a powerful message about accountability and growth. Families are able to implement meaningful consequences and conversations that extend learning beyond the school day.

When children see that home and school are working together, they learn responsibility, integrity, and self-control more quickly. Thank you for partnering with us to help your child grow not only academically, but socially and emotionally as well.

The Healthy Roar from Nurse Rene -

Back To School Health and Wellness- Welcome back! As we settle into a new school year, September is a great time to establish healthy routines that help your students stay happy, healthy, and ready to learn.

Build Healthy Routines- A consistent routine can make a big difference for children. Encourage your child to get plenty of sleep each night. Eat a healthy breakfast before school, bring a refillable water bottle and stay hydrated throughout the day. Wash their hands frequently, especially before eating and after using the restroom, cover coughs and sneezes with a tissue or their elbow.

Help Prevent the Spread of Illness- Cold and respiratory illnesses can spread quickly in a school setting. Please remind children not to share food, drinks, utensils, or personal items. If your child is sick, please follow the school's illness guidelines and allow them adequate time to recover before returning to school.

Supporting Your Child's Emotional Health- Starting a new school year can bring excitement, but it can also cause stress or anxiety. Encourage your child to talk about how they are feeling and remind them that it is okay to ask for help.

Uniform and Clothing Reminders - Comfortable, supportive uniform appropriate shoes are important for recess and physical activity. Consider keeping a complete change of clothes in your child's backpack, especially for the younger students. We do not have much of a selection of extra clothes for the smaller sizes. Please label jackets, sweaters, water bottles, and other personal belongings with your child's name.

A consistent bedtime, healthy meals, and a predictable school routine can help children feel more comfortable and confident as they adjust to the new year!

VIRTUE OF THE MONTH: Faith (Fides)

Belief in God and all He has revealed through His Church.

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.