



LIONS PRIDE MONTHLY

November 2025

Living the Lion's Faith from Mrs. Luzzo - In addition to honoring the Saints, the month of November is dedicated to the **Souls in Purgatory**, whose feast is celebrated on **November 2**. With the exception of the last two days, the entire month of November falls during the liturgical season known as **Ordinary Time**, which is represented by the liturgical color green. On the last Sunday of November, which marks the beginning of **Advent**, the liturgical color changes to purple, representing a time of penance.

What does the Catholic Church say about Purgatory? Purgatory is one of the most distinctive teachings of the Catholic Church, often misunderstood both within and outside Catholic circles. Rooted in the Church's understanding of God's mercy, justice, and the need for purification, purgatory is seen as a state of final purification for those who die in God's grace and friendship but are not yet fully purified. It is a doctrine that emphasizes God's desire for all souls to be completely cleansed and ready to enter into the fullness of heaven. Purgatory is not a place in the same way that heaven or hell is described as a place but rather a process or state of purification. The Catechism of the Catholic Church defines purgatory as "the final purification of the elect, which is entirely different from the punishment of the damned." (CCC 1031) In essence, it is the merciful preparation of the soul for heaven, where nothing impure can enter (Revelation 21:27). The souls in purgatory are those who have died in a state of grace - meaning they are ultimately destined for heaven - but who still require purification from the effects of sin. While their sins have been forgiven, there may remain temporal consequences or attachments to sin that need to be cleansed before they can fully enter into the presence of God. Purgatory is thus not a place of punishment or condemnation but one of mercy and hope.

[Liturgical Year : November \(Monthly Overview\) | Catholic Culture](#)

[What is Purgatory? A Catholic Perspective - Living Faith - Home & Family - News - Catholic Online](#)

Lion's Learning Lessons from Mrs. Carman - Creating a balance for screen time is important in protecting a child's physical, mental, and cognitive development. Excessive screen time can lead to eye strain, poor sleep, and less physical activity. A digital balance encourages real-world interactions, physical activity, and focused learning, which are crucial for a child's overall well being.

Physical Health

- Reduces sedentary time: Excessive screen use is linked to a sedentary lifestyle, which can contribute to obesity and other health problems.
- Prevents physical strain: Prolonged screen time can cause eye strain, headaches, neck and shoulder pain, and back pain from poor posture.
- Improves sleep: The blue light from screens can interfere with the body's production of melatonin, making it harder to fall asleep.

Mental and cognitive development

- Supports healthy development: For young children, hands-on, real-world interactions are crucial for development. Excessive screen time can replace essential activities like physical play and face-to-face social interaction.
- Encourages cognitive function: Balancing screen use with other activities can stimulate different parts of the brain and support emotional regulation.

Creating a healthy balance

- Be intentional: Evaluate how digital engagement aligns with your values and goals to use technology mindfully.
- Prioritize other activities: Balance screen time with physical activities like outdoor play, creative pursuits like drawing, or family time.
- Set limits: Establish screen time limits and create device-free zones, especially around mealtimes and bedtime.

Raising Lions from Mrs. Hines - Did you know that giving children age-appropriate chores at home is more than just about keeping things tidy? When children help set the table, put away toys, or feed a pet, they are building responsibility, independence, and confidence. Chores also teach problem-solving and teamwork while showing children that they play an important role in family life.

For our youngest students, simple tasks like putting laundry in the hamper or watering plants help build routines. As children grow, taking on bigger responsibilities—such as packing their own backpack or helping with dinner—encourages perseverance and pride in their work. By including children in daily household tasks, parents give them opportunities to practice

important life skills that support their growth both at school and at home.

If you'd like some ideas to get started, there are great resources that list chores by age. One helpful tool is the free printable checklist from *Treehouse Schoolhouse*, and you can also find wonderful guidance on *HealthyChildren.org* from the American Academy of Pediatrics. These simple resources make it easier to match chores to your child's age while helping them grow in confidence and responsibility.

The Healthy Roar from Nurse Rene - "Stop the Spread : Cold & Flu Readiness for November"

- With colder weather starting to settle in and holiday gatherings right around the corner, November is the start of peak cold and flu season. While it's impossible to prevent every sniffle, there are many ways families can help keep children and our school community healthy. Prevention is key- Handwashing : Encourage your child to wash hands often with warm soap and water, especially before eating and after coughing, sneezing, or blowing their nose. Covering Coughs and Sneezes: Teach children to use a tissue or their elbow to cover coughs and sneezes, and to throw tissues away right after use. Flu Vaccination- The CDC recommends a yearly flu vaccine for everyone 6 months and older. Vaccines are one of the ways to reduce illness and missed school days. Healthy Habits: Adequate sleep, a balanced diet, and regular physical activity all help strengthen the immune system.

When To Keep Your Child Home- Please keep your child home if they have a fever of 100.4, vomiting or diarrhea, severe coughing, sore throat, or body aches that interfere with learning. Children should be fever, vomiting and diarrhea free for a full 24 hours without the use of medication before returning to school. If your child is sent home by the nurse for being sick, you should keep them home the next day. If you are keeping your child home due to being sick, please send an email including myself, Ms. Nicole, administration, and the child's teacher letting us know your child will be out sick. This helps to keep track of what illnesses are going around and allows for the correct attendance code to be put in our system.

By taking small steps at home you not only protect your own child, but also classmates, teachers, and families who may be more vulnerable to illness. Together, we can make this a healthier season for everyone and keep the focus on learning and enjoying the upcoming holidays!



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.