



HOLY TRINITY CATHOLIC SCHOOL

WHAT'S IN THIS WEEK'S ISSUE?

Letter from
Kary Scinta
Counselor

School News

PTA News

Student Activities &
Opportunities

Parish News

November Friendly Unit - Stress Less- Breathe Easy

In November we will move into our third Friendly Unit: STRESS LESS—BREATHE EASY. We all have times in life when we feel stressed and anxious. When we are stressed it affects our minds, emotions, and bodies. During this Friendly unit, we will equip students with tools to use as we work through stress and uncertainty as it comes.

Catchphrase (main point for students to catch on to):
“Stress Less—Breathe Easy”

Key Verses (Biblical anchor points):

Matthew 6:26-27 “Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?”

1 Peter 5:7 “Give all your worries and cares to God, for he cares about you.”

Continue the Conversation at Home:

1. God invites us to give our worry and stress to Him. It is not helpful to tell someone who worries to stop worrying. We can give it all to the Lord.
2. We are known and cared for by God. Just as God provides food for the birds, He will provide for all of your needs. You are significant to God, and your worries and cares matter to Him. (Matthew 6:26-27)
3. We can practice techniques that help relieve stress. Deep breathing, exercising, praying, and interrupting negative thoughts can help us have less stress. We can also help our friends who are stressed by sharing positive thoughts and praying for them.

C.A.L.M. TO CALM

Here are some tips taught in this Friendly unit to help your brain and body calm down and think clearly: C.A.L.M.

C—Count your breaths: Take 5 deep breaths. Inhale slowly and deeply through your nose. Slowly exhale through your mouth. Relax the muscles in your body while you breathe.

A—Active: When we are stressed our body can get filled with a lot of nervous energy that we need to get out so our brain can go back to being calm and thinking straight. So when you are stressed, it is a great idea to move your body.

L—Listen and pray: Listen to your feelings and present them to God. Because God cares for us, we can tell Him everything that is troubling us.

M—Make a break: Stop the stress by intentionally interrupting it. We can do this by talking to trusted family members or friends who will speak the truth to us. Meditate on Scripture and speak it out loud when you feel overwhelmed.

We encourage you and your children to try some of these strategies for managing stress. Throughout this next month's unit, share with us what has been successful in your home. We want to hear from you and celebrate the growth and success of our students. We are grateful to be on this journey with your family!

Kindly,
Kary Scinta
Counselor - St. Matthews

CATHOLIC IDENTITY

Weekend Mass Schedule:

Sat. : 5:00 pm
Sunday: 8:30 am
11:00 am

Confession:
Every Sat. : 3:30-4:30 pm

Parish Bulletin

Vision Statement of Holy Trinity Catholic School

To be a school of excellence that encompasses the whole child by modeling Jesus through our Catholic teachings, commitment to academics, service to the community, and devotion as life-long servants of God.

IMPORTANT DATES

Please see the school calendar at the button below for the most up-to-date information regarding upcoming meetings and events.

CALENDAR

Living the Joy of the Gospel

Happy Tuesday, Parents!

We hope you have seen the fruits of bringing Christ into your home through fostering the virtue of joyfulness. As we near the end of the month, consider trying a new suggestion for practicing joy like **Teaching the Value of Simplicity**.

Help your family find joy in simple pleasures, like spending time outdoors, reading together, or enjoying a homemade meal. Encourage activities that involve face-to-face interaction and creativity rather than excessive screen time, which can often lead to disconnection.

We will be praying for you and with you as we all strive to grow in compassion this month!

Sincerely,
Nathan Hadsall

End of First Trimester

Friday, November 8th is the last day of the 1st trimester. Grades will be available on myHTTPS on Monday, November 25th.

SCHOOL NEWS

Halloween Candy

Happy Halloween! Please know that our Counselors and Director of Student Activities offices always welcome your surplus candy donations - - at Halloween, Christmas, Easter, or honestly, anytime you want to share! We share it with students and have it available as a yummy treat in our offices for teachers at all times, too. Students can drop it off at our office doors on their way to classes or parents/grandparents can drop donations off at either campus's school office. Thanks for your support, Mrs. Davenport, Mrs. Khory, Mrs. Moore, and Mrs. Scinta

No All-School Mass on Wednesday, October 30th

Due to the All School Mass on Friday, November 1st for the Feast of All Saints, there will be no All School Mass on Wednesday, October 30th.

Halloween Spirit Day

Thursday, October 31st is a Halloween Spirit Day. Students may wear orange/black tops with long jeans, Resource Day pants/shorts, or uniform pants/shorts.

Enrolling New Students for the 25/26

Just a reminder that if you plan on enrolling a new student for next year, Early Online Registration for the 2025-2026 school year is open and runs through January 31st. (This is only for new students who will be enrolling. Instructions for re-enrolling current students will be communicated in early January.) To enroll new students online, simply log on to our website (www.ht-school.org) and follow the admissions procedures. For applications submitted by January 31st, priorities for admission to Holy Trinity Catholic School shall be 1) Parishioners with children already enrolled in Holy Trinity; 2) Parishioners with children not yet in school; 3) Non-parishioners, including non-Catholics. After January 31st, applications will be considered on an as-received basis. The status of applications submitted by January 31st will be communicated by mid-February.



The ORTON GILLINGHAM APPROACH



at Clifton

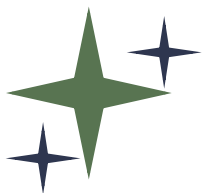
As part of Discover Catholic Schools Week, Holy Trinity Clifton School teachers and administration will share information about Orton Gillingham at Clifton.

Attendees will learn the research behind the approach's effectiveness and how it is delivered. Participants will be able to observe teachers working with students.

Tuesday, November 19, 2024
6:00 pm.

Eifler Theater

2117 Payne Street
Louisville, KY 40206



PTA NEWS

Grandparents Day - Sunday, November 3rd

Please join us for our annual Grandparent or Special Person Day on Sunday, November 3rd. Come for Mass at either the 8:30 am or the 11:00. There will be an all school open house in between the Mass times from 9:30-10:50. We will have coffee and donuts and cannot wait to see you and your Grandparent(s) or Special Person.

Trivia Night

Get your tickets now for our annual Trivia Night. This is always a fun event that sells out every year.

Food trucks, social hour, and table decorating begins at 6pm. Trivia starts at 8pm sharp!

Theme this year is TV Shows, Movies, & Music Videos. Need help forming a table, no problem, email Molly Willer mwiller@ht-school.org

GET YOUR TICKETS!

Annual Fund Update

A HUGE Thank You to our Eagles! We are thrilled to announce that we have raised an impressive \$71,854 with 91% participation for our Annual Fund. Your contributions make a huge difference and we are so grateful to have such a generous community.

Special thanks to our Eagle Walk committee for leading the charge! We were about \$15k short from our goal, but we've got a second opportunity for an extra day off for Spring Break coming soon!

HOLY TRINITY ATHLETICS

ARCHERY SIGN-UPS - Sign-ups are now open for Archery.

The Archery season will begin in a few weeks so please sign up ASAP.

Sign up at <https://gameday.loucsaa.net>

HOLY TRINITY MEN'S LEAGUE: Sign-ups are now open for the Holy Trinity men's basketball league. The league is entering its 40th year and is open to parishioners 30 years old and older. Games include refs and scorekeepers and are on Sunday nights at 7:00, 8:00, and 9:00 beginning in December and ending in March. Teams are evenly divided. If interested in joining email holytrinitymbb@gmail.com.

HOLY TRINITY SWAG: Remember, you can always get Holy Trinity 'gear' at our BSN site. Check it out here:

<https://sideline.bsnsports.com/schools/kentucky/louisville/holy-trinity-catholic-school>

PARISH NEWS

Change to Safe Environment Training

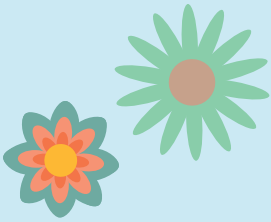
The previously scheduled Safe Environment Training at St. Margaret Mary on November 5th has been moved to St. Albert the Great on Monday, November 11th.

Advent Wreath Decorating

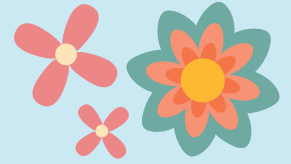
Sunday, November 24th at 9:30 am in the school cafeteria. The cost is \$35 to cover the cost of materials. Spots are limited to the first 50 families or individuals that register.

Scan the QR code
to register.





HOLY TRINITY
CATHOLIC SCHOOL



THANK YOU TO OUR EAGLE WALK SPONSORS

