



HOLY TRINITY CATHOLIC SCHOOL

WHAT'S IN THIS WEEK'S ISSUE?

A Message from
Kary Scinta
Counselor, St. Matthews

School News

PTA News

Parish News

Book Study Discussion - The Anxious Generation

Thank you to everyone who joined us last week for our book study discussion of Jonathan Haidt's, *The Anxious Generation*. We had a great turnout of parents representing almost every grade level, including Clifton and St. Matthews families, who have children of various ages. This provided diverse viewpoints that led to engaging conversations and honest reflections about the role technology plays in our children's lives.

I'm including the discussion questions we addressed below. I encourage you to think about your answers to these questions in the context of your own family:

- Do you have any tech rules in your home? Do they work?
- The book says that today we overprotect children and adolescents in the real world and under protect them in the virtual world. Do you see this happening? Where?
- Would you want to grow up the way today's kids are growing up? Why or why not?
- What actions can you take, on your own and with like-minded parents, to lessen your kids' time spent in the virtual world and increase their opportunities for fun and responsibility in the physical world?

I urge all of our families to share this information with your social circles; spread the word and make pacts with your children's friends and their families so these practices feel more normalized and less isolating:

- Partner with other families to delay giving your child a smartphone until high school. There are other options for communication devices that don't give children internet access in the palm of their hands (Gizmo watches, flip phones, call or text only tablets, etc.) Check out the program, *Wait Until 8th!*
- Partner with other families to delay giving your child access to social media until age 16
- Monitor group chats and other messaging platforms on your child's device

- Set tech boundaries and limit screen time in your household. For example, no screens during mealtime or before bed. Consider leaving phones in the kitchen or charging in your bedroom (not your child's) overnight.
- Coach your child how to appropriately and safely interact online and on devices. Enforce consequences for inappropriate tech use and violation of your tech time limits.

For additional resources about The Anxious Generation and other helpful tools for protecting your children online and on devices we have compiled a list [here](#).

Also, for additional safe tech tips, click [here](#).

Be on the lookout for a possible Part 2 discussion of The Anxious Generation and other topics for parent book studies in the future!

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

SCHOOL NEWS

Spring Break!

There will be a 1:00pm dismissal on Thursday (March 27th) and no school Friday, March 28th through Friday, April 4th. School will resume on Monday, April 7th. Enjoy the break!

7th Grade Fundraiser for Washington DC Trip

If you would like to purchase flowers to support the 7th Grade fundraiser for their 8th Grade Washington, D.C. trip, [click here](#). Please return the order form and payment to the School Office by Monday April 14th.

Look for the Flower Sale table in the Gathering Space after Mass on Saturday 3/22 and Sunday 3/23 as well as Saturday 4/5 and Sunday 4/6, also at the Fish Fry on 4/11.

Questions? Michelle Frisbie-michcarr16@yahoo.com or Andrea Frey andreafrey872@gmail.com

Congratulations to our KUNA Delegation

Congratulations to our KUNA delegation that represented Mexico while debating ideas at our student United Nations conference this week. Our resolution sponsors spoke on behalf of a Worldwide Universal Emergency Number for all countries to adopt, as their prepared resolution. We're proud of their combined efforts to earn Premiere Delegation distinction, as well as 6th grader, Liam S. who earned Outstanding Ambassador recognition. Great work, Eagles!

SCHOOL NEWS

Spring PEP Classes

Spring PEP Classes Announced: In late April and early May, we'll have our final PEP session of the year - a short 3-week Spring Session. [Check out the classes here](#) and [register online](#) by Friday, April 11.

Summer PEP Classes

Summer PEP Class Added; Reminder to Register - We have an additional Summer PEP class that has been added to the [offerings](#): Cooking at Clifton with Grades 4 - 7 students from June 2 - 6. [Check out the online registration](#) to sign up for this or any other class.

Idle Free

There are lots of rules to remember when driving, but there's an easy one! The 10-second rule. If you will be idling in the carpool for more than ten seconds, simply turn off your car to use less fuel and reduce pollution.

A lot of lungs are counting on us!

FLIK Accounts

Parents, please be sure to log on to your child's My School Bucks account and pay the balance. (Please know that if you do not want to pay a credit card fee, you can always send payment to the school office).

An important thing to keep in mind is the threshold for automatic payments in My School Bucks must be over \$20 unless you change the threshold to a higher amount. For example: If your child's account has a negative \$50 balance, you would need to add more than \$70 to be able to continue receiving automatic notices/payments.

We are trying to avoid forced billing through FACTS.

PTA NEWS

Father(Special Friend)/Daughter Dance

The Father/Daughter Dance Committee needs volunteers to help with set up before the dance and clean up after the dance for the dance on May 9th.

Any questions, please contact Heather Capstick at 317-902-8429.

PTA Meeting

Please join us for our April PTA meeting as we welcome Lillian Lenihan with Tremble Louisville for a mat Pilates class. Start your day off right with a fun, Pilates-inspired workout while connecting with other Holy Trinity parents. Thursday, April 17th at 8am. Any questions reach out to Mary Nancy Chatel Mnchatel@lsir.com

A promotional graphic for a mat Pilates class. The background is a gym with red lighting and yellow neon lines. The text is centered and reads: "LOUISVILLE TREMBLE mat pilates pop-up!" in a mix of bold sans-serif and cursive fonts. Below that, it says "HOLY TRINITY PTA MEETING" in bold red. The main text describes the class: "Join us for a mat Pilates class taught by Lillian Lenihan with Tremble Louisville at our April PTA meeting. Start your day off right with a fun, Pilates-inspired workout while connecting with other Holy Trinity parents. We can't wait to work out with you!". The date and time are "THURSDAY, APRIL 17TH 8AM". At the bottom, it says "MPB AT OUR ST. MATTHEWS CAMPUS *BRING YOUR OWN MAT*".

LOUISVILLE
TREMBLE
mat pilates pop-up!

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**THURSDAY, APRIL 17TH
8AM**

MPB AT OUR ST. MATTHEWS CAMPUS
BRING YOUR OWN MAT

PARISH NEWS

STEWARDSHIP RENEWAL

Thank you to everyone who picked up your Stewardship Renewal packet after the Masses the last two weekends. On Monday (3/9), I mailed out the remaining 1,161 packets, so they should be arriving in your mailboxes by the weekend. If you do not receive your form, you may click [here](#) for the renewal form. Renewals are due March 30, 2025.

You may return your renewal in several ways: 1) via email to Betty Jean at bcobb@htparish.org; 2) via snail mail; 3) by dropping in the collection basket at Mass; 4) via school backpack express; or 5) hand delivery to the school office. If you have any questions, please contact Betty Jean in the parish office. Thank you!