WEEKLY NEWSLETTER

October 1, 2026

From the Principal's Desk:

Dear Golden Eagle Families,

This October, our Saints in Training will focus on the virtue of Studiousness. Studiousness means having a desire to learn, giving our best effort, and using the gifts God has given us to grow in knowledge and wisdom. It is not just about getting good grades. It is about being curious, working hard, asking questions, and not giving up when learning is difficult.

What Does Studiousness Look Like?

- Comes to school ready to learn.
- Listens and follows directions.
- Asks questions when they need help.
- Gives their best effort.
- Stays focused and avoids distractions.
- Takes responsibility for their work.
- Keeps trying when something is difficult.
- Learns from mistakes.

How Can Families Encourage Studiousness?

- Make time for reading- Encourage your child to read each day and talk about what they are reading.
- Encourage curiosity- When your child asks a question, take time to explore the answer together.
- Praise effort-Notice when your child works hard, practices, asks for help, or keeps trying.
- Allowing children to struggle-Learning can be challenging. Instead of giving the answer right away, ask, "What could you try next?"
- Create a good environment for learning- Set aside a consistent time and quiet place for homework and reading.
- Connect learning to faith-Remind your child that God has given each of us unique gifts and talents. We honor God when we develop those gifts and use them to serve others.

This month, let's encourage our Saints in Training to be curious, work hard, persevere through challenges, and find joy in learning.

We are not striving for perfection—we are striving for growth.

Let's keep learning, growing, and soaring!

Many Blessings,

Mrs. Schoonover
Principal
St. Gerard Catholic School

This Week at St. Gerard

PARENT NEWSLETTER: TECHNOLOGY AND THE DEVELOPING BRAIN
WHY THIS MATTERS

CHILDREN'S BRAINS ARE HIGHLY ADAPTABLE, BUT EARLY AND EXCESSIVE TECHNOLOGY EXPOSURE CAN ALTER THE WAY BRAIN WORKS AND MATURES. RESEARCH SHOWS THAT HIGH SCREEN USE IN THE FIRST FEW YEARS OF LIFE CAN LEAD TO A SHORTENED ATTENTION SPAN AND ISSUES WITH EMOTION MANAGEMENT. EVEN IN OLDER CHILDREN, OVERUSE CAN AFFECT EMOTIONAL REGULATION AND THE ABILITY TO LEARN AND RETAIN INFORMATION.

KEY IMPACTS OF EXCESSIVE SCREEN TIME

- **EMOTION MANAGEMENT**: OVERSTIMULATION CAN MAKE IT HARDER FOR CHILDREN TO MANAGE FEELINGS AND RESPOND SOCIALLY.
- **EXECUTIVE FUNCTION**: REDUCED ABILITY TO PLAN, ORGANIZE, CONTROL IMPULSES, AND MULTITASK.
- **STRESS RESPONSE:** PROLONGED TECHNOLOGY USE CAN KEEP THE BODY IN A "FIGHT OR FLIGHT" STATE.
- **SOCIAL SKILLS:** LESS OPPORTUNITY FOR FACE-TO-FACE INTERACTION AND RELATIONSHIP BUILDING.

RECOMMENDED GUIDELINES

- **UNDER 18 MONTHS:** NO SCREEN TIME (EXCEPT VIDEO CHATTING).
- **AGES 2-5:** NO MORE THAN 1 HOUR/DAY OF HIGH-QUALITY, CO-VIEWED CONTENT.
- **AGES 5-18:** NO MORE THAN 2 HOURS/DAY OF RECREATIONAL SCREEN TIME.
- THESE LIMITS INCLUDE ALL DEVICES — SCHOOLWORK, ENTERTAINMENT, AND TRAVEL TIME.

PRACTICAL STRATEGIES FOR PARENTS

1. **BALANCE WITH INTERACTIVE PLAY** — READING, BOARD GAMES, AND OUTDOOR ACTIVITIES BUILD IMAGINATION, VOCABULARY, AND SOCIAL SKILLS.
2. **SET CLEAR BOUNDARIES** — USE TIMERS, APP LIMITS, AND DESIGNATED TECH-FREE ZONES.
3. **MODEL HEALTHY HABITS** — SHOW CHILDREN HOW YOU MANAGE YOUR OWN SCREEN USE.
4. **ENCOURAGE OFFLINE CREATIVITY** — ART, MUSIC, SPORTS, AND HANDS-ON PROJECTS.
5. **MONITOR CONTENT** — CHOOSE AGE-APPROPRIATE, EDUCATIONAL, AND INTERACTIVE APPS.
6. **PROMOTE SOCIAL CONNECTION** — SCHEDULE REGULAR FACE-TO-FACE PLAYDATES AND FAMILY ACTIVITIES

Upcoming Events

MARK YOUR CALENDAR

ST. GERARD CATHOLIC SCHOOL

10/07	**Weekly School Mass**	Please join us for our weekly school Mass beginning at 8:30 a.m. in the church.
10/12	**No School for Students**	St. Gerard School will be closed for students as the faculty will be participating in professional development.
10/21	**8th Grade Visit to LCC**	St. Gerard 8th grade students will be spending the day at Lima Central Catholic.
10/22	**Trunk or Treat/Haunted Hallway**	St. Gerard's annual Trunk or Treat & Haunted Hallway is scheduled from 5:30-7:30 pm. Save the date and stay tuned for more details.
10/23	**End of the 1st Quarter**	This marks the end of the 1st academic quarter.

THE WEEKS HIGHLIGHTS

1ST GRADE FIELD TRIP TO HARMON WOODS

Reminders & Announcements

THANK YOU FOR STAYING CONNECTED.

ALTAR SERVERS

SATURDAY, OCTOBER 3RD AT 5 PM: LILA FAY, ESME BALDWIN, MADI YAHL

SUNDAY, OCTOBER 4TH AT 8:30 AM: SAMUEL TOBE, SAVANNAH TOBE, JAYDEN BAKIES

SUNDAY, OCTOBER 4TH AT 11 AM: KIERSTEN CONTRIS, LOUISE THINES, ALI COOK

PICTURE RETAKES

SCHOOL PICTURE RETAKES ARE SCHEDULED FOR THURSDAY, OCTOBER 29TH. IF YOUR CHILD DID NOT GET PICTURES TAKEN ON PICTURE DAY, THEY WILL NEED TO BE PHOTOGRAPHED ON RETAKE DAY.

IF YOU RECEIVED YOUR PICTURES AND ARE NOT HAPPY WITH THEM, PLEASE RETURN THE PICTURE PACKET TO THE SCHOOL OFFICE AND YOUR CHILD CAN WILL GET PICTURES RETAKEN ON THURSDAY, OCTOBER 29TH.

ONLY STUDENTS WHO WERE NOT PREVIOUSLY PHOTOGRAPHED OR THOSE WISHING TO HAVE RETAKES DONE WILL BE PHOTOGRAPHED ON PICTURE RETAKE DAY.

PURSE BINGO VOLUNTEERS

ST. GERARD'S 2ND BIGGEST FUNDRAISER IS OUR ANNUAL PURSE BINGO SCHEDULED FOR SATURDAY, NOVEMBER 7TH BEGINNING AT 7 P.M. WE ARE IN NEED OF VOLUNTEERS TO MAKE THIS EVENT A SUCCESS. PLEASE CONTACT MRS. TRUEX IN THE OFFICE IF YOU ARE AVAILABLE TO VOLUNTEER.

CONTACT US
1311 N. Main Street
Lima, OH 45801
(419) 222-0431
www.sgslima.org

Reminders & Announcements

FOOD DRIVE

30	Canned Beef & Chicken
30	Mac and Cheese
25	Chunky Soup/Stews
25	Chef Boyardee & the like
25	Pasta Sause
20	Ramen
20	Instant Rice
20	Dry Pasta Noodles
20	Instant Potatoes
15	Cereal Bars

15	Pancake Mix
15	Syrup
15	Granola Bars
15	Canned Tuna/Salmon
15	Jelly/Jam
15	Cereal
10	Broth
10	Pop Tarts
5	Peanut Butter
5	Canned Fruit & Vegetables

Points will be awarded for each item donated and then totaled by House.

DID YOU KNOW THAT OUR SCHOOL OFFERS FOOD PANTRY SERVICES TO FAMILIES IN OUR COMMUNITY WHO ARE IN NEED??

WELL, THE SHELVES ARE GETTING BARE, SO WE ARE HAVING A FOOD DRIVE! STARTING TODAY!

THE FOOD DRIVE, JUST LIKE IN YEARS PAST WILL BE OUR FIRST HOUSE COMPETITION OF THE SCHOOL YEAR!

THIS IS HOW IT WORKS:

POINTS WILL BE AWARDED FOR EACH ITEM DONATED AND THEN TOTALED BY HOUSE. DIFFERENT FOODS ARE WORTH DIFFERENT VALUES BASED ON OUR NEEDS. WE WILL BE TALLYING POINTS EVERY FEW DAYS!

PLEASE CHECK EXPIRATION DATES BEFORE DONATING!

WHICH HOUSE WILL BRING IN THE MOST ITEMS?

HELP MAKE THIS FOOD DRIVE A SUCCESS!

St Gerard Presents

DONUT MISS A DAY!

We are having a 2-week attendance challenge!

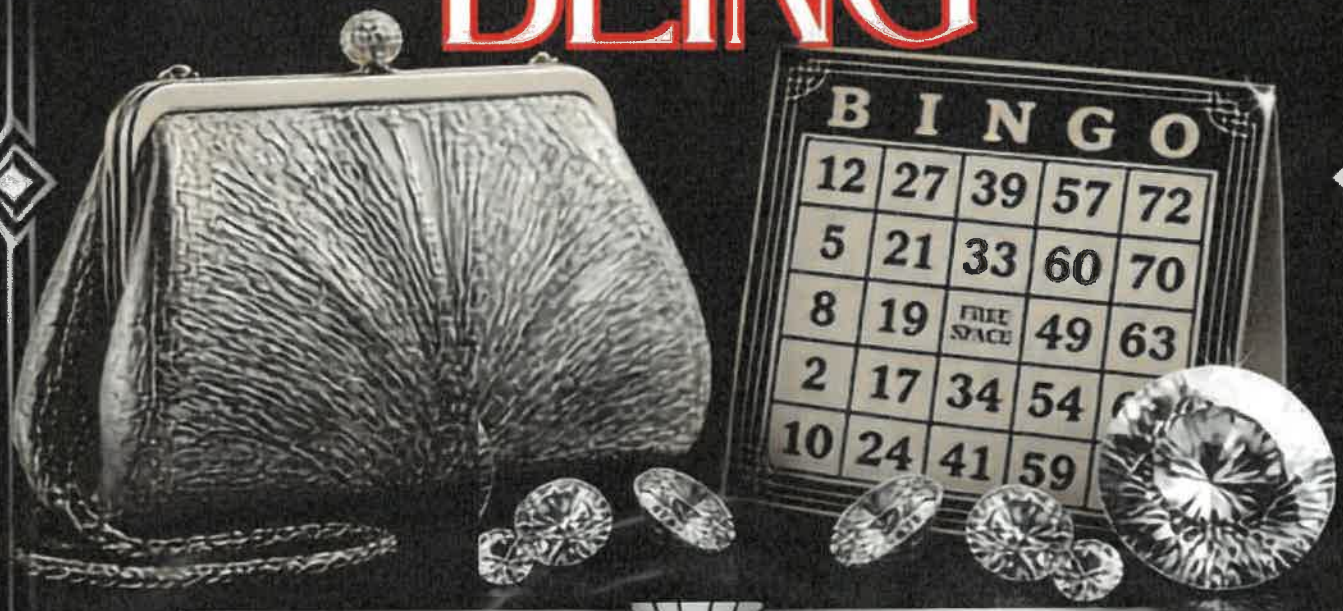
During this time, the class that has the most days of perfect attendance will earn a donut party! Challenge Dates: October 5th-16th, 2026

Golden Eagles

let's show up for perfect attendance!

ST. GERARD SCHOOL'S LADIES NIGHT OUT

BAGS, BINGO & BLING



SATURDAY, NOVEMBER 7TH

7 P.M. (DOORS OPEN AT 6 P.M.)

$40 PER TICKET

Tickets on Sale at St. Gerard School, 1311 N. Main Street

LIMA CENTRAL CATHOLIC
THUNDERBIRD PARENT CLUB
FAITH
FAMILY
TRADITION
T-BIRDS
SHOW YOUR
T-BIRD PRIDE!
ONE SCHOOL. ONE FAMILY. ALWAYS A T-BIRD.
LIMA CENTRAL CATHOLIC
Thunderbirds
LCC
Lima Central Catholic
THUNDERBIRDS
GARDEN FLAGS
YARD SIGNS
$25 EACH
ORDER ONLINE THROUGH THE
HOMETOWN TICKETING APP
PICK UP AT THE LCC BUSINESS OFFICE
DURING SCHOOL HOURS.
SCAN TO PURCHASE!
LCC
THUNDERBIRD PARENT CLUB
Supporting Our School. Strengthening Our Community.

LIMA CENTRAL CATHOLIC CLASS OF 2031

CURRENT 8TH GRADE PARENT/STUDENT INFORMATION NIGHTS

SEPT. 23RD
OCT. 7TH
OCT. 21ST

WE WILL START AT 6:30PM IN THE GREAT HALL AT LCC.

#DISCOVER THE DIFFERENCE
AT LIMA CENTRAL CATHOLIC HIGH SCHOOL

Contact Colin Stolly with Questions
cstolly@apps.lcchs.edu
(419) 604-0354

LIMA CENTRAL CATHOLIC
GIRLS BASKETBALL
OPEN GYMS
BEGINNING
OCTOBER 4TH
SUNDAYS
6:30 - 7:30 PM
LIMA CENTRAL CATHOLIC BIG GYM
FOR 7TH & 8TH GRADERS
BUILD SKILLS. | HAVE FUN. | BE A T-BIRD.