



DIOCESE OF COVINGTON
Department of Catholic Schools

February 24, 2022

Dear Parents,

As we prepare to begin the month of March, I wanted to share information with you about the upcoming Lenten season and let you know about a technology awareness initiative our schools will be highlighting over the next few weeks.

As Catholic school communities, we are preparing for the liturgical season of Lent. Lent begins with Ash Wednesday, which will be celebrated on March 2nd this year. This marks the beginning of 40 days of prayer, fasting, and almsgiving to prepare us for the celebration of Easter. During this time, we are called to repent of our sins and draw into a deeper relationship with Christ.

I encourage you to discuss this season with your children and find ways to participate in the Lenten traditions that help us on this journey. The United States Conference of Catholic Bishops has a resource page to help prepare for this time. It can be accessed at this link: [USCCB - Lent](#) Your parish will also have opportunities to grow in the faith. Be sure to look for them in the weekly bulletins, parish website, or the Messenger.

Throughout the month of March, our schools will also be inviting you to learn more about the technology being used daily by many children. This includes personal devices such as smart phones and tablets, along with the applications (apps) that are downloaded onto them. Unfortunately, we are learning more and more about the dangers of these technologies - especially the unrestricted internet access that accompanies the devices and apps. There is also research that seems to link significant technology use to increased mental health issues.

In response to this, we are establishing “Tech Tuesdays” throughout the month of March. On these days, your school will send an informational email or flyer home highlighting the latest technology research and data. We hope you will take time to read the information, have conversations as parents/guardians, and with your children. We will also share links for additional learning. The schedule for each week is listed below:

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| Tuesday, March 1 st | Family Crisis – Too Much Technology |
| Tuesday, March 8 th | Dangerous Content – Pornography, Sexting, Predators |
| Tuesday, March 15 th | Digital Protection – How to improve safety on your child’s devices |
| Tuesday, March 22 nd | Tech Free Challenge |
| Tuesday, March 29 th | Technology Use - How to moderate our use of technology |

Following our technology awareness month, we will continue seeking ways to promote the safe and balanced use of technology both at school and at home. It is our hope that our school communities will also help support children's safe and appropriate use of technology. Together, we can all work to provide a safe environment for our children to learn and grow - and this includes the digital world too.

In closing, let us remember to thank God for our blessings each day and pray for one another as we journey through the upcoming Lenten season.

Sincerely,

A handwritten signature in blue ink that reads "Kendra M.G.". The signature is written in a cursive style.

Mrs. Kendra McGuire
Superintendent of Schools