



Newsletter

February 25th, 2026

A Message from Mrs. Thompson

Dear Parents and Guardians,

I am writing to inform you about an incident that took place earlier today on our campus. As a precautionary measure, the Parish Church was evacuated at the start of Mass due to a smell that was suspected to be gas.

Our students, under the guidance of their teachers, responded remarkably well by following all safety protocols and evacuating promptly and safely to the Historic Church where we continued the celebration of the Mass. Their cooperation and attentiveness during this situation was commendable.

The gas company was called to assess the situation immediately. After a thorough evaluation, they identified a gas leak that is isolated in the Parish Church. We are relieved to report that the school building has been declared completely safe.

We appreciate your understanding and support as we prioritized the safety and well-being of our students and staff. Should you have any questions or need further information, please do not hesitate to contact me.

Thank you for your continued trust and partnership.

Grace and Peace,
Mrs. Jennifer Thompson, principal@olsss.org

Upcoming Events

February

- Feb. 27th- ADW Tuition Assistance Deadline

March

- March 5th - Altar Server Training 3:15pm-4:30pm
- March 9th- No School (Collaboration Day)
- March 20th- 12:30 Dismissal

Seahawk Spotlight

Last week marked the beginning of Lent with Ash Wednesday. We are joined together in our Lenten journey focusing on prayer, fasting, and almsgiving.



News & Reminders

Lunch- Orders for lunch must be placed and prepaid through the FACTS parent portal. Orders are available the week prior. To order click on "STUDENT," then "LUNCH." In the top left corner, next to your student's name, you will see "+CREATE WEB ORDER."

Volunteers Needed- Volunteers are needed for lunch help as well as making Cascarones (confetti eggs). Please sign up on Track it Forward to volunteer.

ADW Tuition Assistance- Applications for ADW Tuition Assistance are **due February 27th**. Please see the attached flyer for details.

2026-2027 Enrollment- Enrollment for the 2026-2027 school year has opened for new and returning students. If you have questions please contact Mrs. Muldoon at muldoonc@olsss.org.

Basketball Uniforms & Hoodies- Please return basketball uniforms to Mrs. Grater by March 6th. Now that the Basketball season has ended, basketball hoodies are no longer part of the school uniform and may not be worn in the classroom.

Altar Server Training- All altar servers will have training on March 5th in the Parish Church from 3:15pm-4:30pm.

BOOST Scholarship- Parent applications for the Maryland BOOST Scholarship will open March 9th and will close May 8th. Parents can apply here when the window opens: <https://www.marylandpublicschools.org/Pages/boost/index.aspx>



OLSSS ANNUAL POLAR PLUNGE

The Polar Plunge has been **rescheduled** for **Saturday March 14th**. To register or donate to a participant please visit: <https://myfunrun.com/olssschoo>





Catholic Schools
A Faith-Based Education
that Lasts a Lifetime



2026-2027 ARCHDIOCESE OF WASHINGTON TUITION ASSISTANCE PROGRAM NOW OPEN

Apply Now

The tuition assistance awarding timeline for the 2026-2027 school year ended on February 27, 2026. Families **MUST** apply for ADW assistance prior to requesting OLSS Tuition Assistance.

Beginning October 1, families can apply for ADW Tuition Assistance through their FACT Family Portal or by visiting factsmgt.com.

- ****IRS Integration:**** FACT is implementing IRS Integration to enhance your experience.
- ****Faster Award Notifications:**** Expect a quicker turnaround for award notifications.

****Upcoming Meeting:**** Additional information will be provided during the Home and School Meeting on October 6.

Contact Colleen Muldoon if you have any questions: muldoonc@olsss.org

Chapter 6

The Anxious Generation

Why Social Media Harms Girls More than Boys

Summary

Social media harms girls more than boys. Correlational studies show that heavy users of social media have higher rates of depression and other disorders than light users or non-users. The correlation is larger and clearer for girls: heavy users are three times as likely to be depressed as non-users.

Experimental studies show that social media use is a *cause*, not just a correlate, of anxiety and depression. When people are assigned to reduce or eliminate social media for three weeks or more, their mental health usually improves. Several "quasi – experiments" show that when Facebook came to campuses, or when high-speed Internet came to regions and provinces, mental health declined, especially for girls and young women.

Girls use social media a lot more than boys, and they prefer visually oriented platforms, such as Instagram and TikTok, which are worse for social comparison than primarily text – based platforms, such as Reddit. The two major categories of motivations are agency (the desire to stand out and have an effect on the world) and communion (the desire to connect and develop a sense of belonging). Boys and girls both want each of these, but there is a gender difference that emerges early in children's play: boys choose more agency activities: girls choose more communion activities. Social media, appeals to the desire for communion, but it often ends up, frustrating it.

There are at least four reasons why social media harms girls more than boys. The **first** is that girls are more sensitive to visual comparisons, especially when other people praise or criticize one's face or body. Visually oriented social media platforms that focus on images of oneself are ideally suited to pushing down a girl's "sociometer" (the internal gauge of where one stands in relation to others). Girls are more likely to develop "socially prescribed perfectionism" in which a person tries to live up to impossibly high standards held by others or by society.

The **second** reason is that girls' aggression is often expressed in attempts to harm the relationships and reputations of other girls, whereas boys' aggression is more likely to be expressed in physical ways. Social media

has offered girls endless ways to damage other girls' relationships, and reputations.

The **third** reason is the girls and women more readily share emotions. When everything moved online and girls became hyper – connected, girls with anxiety or depression might have influenced many other girls to develop anxiety and depression. Girls are also more vulnerable to “sociogenic” illnesses, which means illnesses caused by social influence rather than from a biological cause.

The **fourth** reason is that the Internet has made it easier for men to approach and stalk girls and women and to behave badly toward them while avoiding accountability. When preteen girls open social media accounts, they are often followed and contacted by older men, and they are pressured by boys in their school to share nude photographs of themselves.

Social media is a trap that ensnares more girls than boys. It lures people in with the promise of connection and communion, but then it multiplies the number of relationships, while reducing their quality, therefore making it harder to spend time with a few close friends in real life. This may be why loneliness spiked so sharply among girls in the early 2010s, while for boys, the rise was more gradual.

Reflection

Dear parents,

In chapter 6 of *The Anxious Generation*, Jonathan Haidt helps us understand something many of us are already sensing as parents and educators: while social media affects all children, it tends to harm girls in particularly deep and lasting ways.

Girls are wired for relationship. This is a beautiful gift from God – one that allows them to be empathetic, connected, nurturing, and emotionally attuned. However, social media platforms are designed to exploit this very strength. Instead of face – to – face relationships, grounded in trust and shared experience, girls are often drawn into a world of constant comparison, judgment, and performance.

Social media trains girls to *watch themselves being watched*. Worth becomes measured in likes, comments, views, and followers. Over time, this can quietly erode a child's sense of identity. Instead of asking, “*Who*

am I in God's eyes? girls may begin to ask How do I look? Do I belong? Am I enough?

As a Catholic school community, this should give us pause. Our faith teaches that every child is created intentionally, lovingly, and uniquely by God. Their dignity is inherent – not earned, not voted on, and not dependent on approval from others. When a young girl's developing brain is immersed in an online world that constantly ranks and evaluates her, anxiety, sadness, and self – doubt can easily take root.

Haidt also points out that girls experience more social aggression online – subtle exclusion, gossip, screenshots, and group dynamics that can follow them home and into the night. Unlike playground conflicts that end when the bell rings, social media conflicts are relentless. There is no safe pause, no Sabbath rest for the heart.

As a principal, I see the fruits of this in schools everywhere: increased anxiety, perfectionism, fear of failure, and emotional fragility – often in children who are outwardly successful and kind. These are not parenting failures. These are signals that our children are growing up in a culture that does not always protect what is sacred and tender in them.

So what can we do?

First, we reclaim our role as guardians of childhood. Delaying smartphones and social media is not punishment – it is protection. Second, we intentionally ground our daughters in real relationships: family conversations, structured play, faith communities, service, and friendships rooted in presence rather than performance. Finally, we continually remind them –through words and actions – that their worth is fixed, eternal, and God – given.

In our Catholic tradition, we know that silence, prayer, and authentic community are where God speaks most clearly. Our children need these spaces now more than ever.

Thank you for walking this journey with me. Together, as a school and family, may raise children who know who they are, whose they are, and that they are deeply loved.

Grace and peace,
Mrs. Thompson.



OLSS Knights of Columbus
Lent 2026 FISH FRY FRIDAYS

***Drive-through Fish Dinners for carry-out or
eat-in* in the Providence Room
5-7pm on all dates:***

February 27th, March 13th, March 27



**Dinner includes:
Fried Fish, Green Beans, Mac
and Cheese and a roll.**

Adult Meal: \$15

Child Meal: \$10

Place Advance Orders by email to: KOC9258event@gmail.com

Proceeds will assist us with our charitable giving.

Thanks for your continued support!

Join us for a Pathfinders Pizza Party!!!



Discover Your Path. Fuel Your Faith. Join In Brotherhood!

ALL BOYS GRADES 2 – 12

A night of pizza, games, and fellowship awaits!

Rescheduled from
January due to weather

WHEN: Friday, February 27, 2026 6 pm – 7:45 pm

WHERE: Chesapeake Room

WHAT: Includes pizza, games, Lego church building, a vocation talk, Q&A, a goodie bag – bring friends!

WHY: God calls each of us to a unique mission — and discovering that path starts with community, conversation, and courage. This night is all about brotherhood, faith, and fun.

COST: Free



RSVP Here



What Path Are You Taking
To Get to Heaven?



Marian Pilgrimage

in the Footsteps of St. Josemaría Escrivá

Fátima • Salamanca • Avila • Zaragoza
Torrecciudad • Lourdes • Paris

June 9-20, 2026

Father Robert Kilner

Pastor

Our Lady Star of the Sea Catholic Church
Archdiocese of Washington D.C.

Fátima

Lisbon

Paris

Lourdes

Avila

INFORMATION MEETING

FEBRUARY 26, 2026 - 7:30 PM

Providence Room

Our Lady Star of the Sea Parish

50 Alexander Lane, Solomons MD 20688

Please R.S.V.P.: JMJtours.com/OLSS

St. Catherine Labouré
Miraculous Medal, Paris



JMJtours.com/OLSS



Salamanca