



The Knight's Tablet

"Put on the armor of God and fight the good fight of faith." – St. Paul

February 19, 2025

Upcoming Events

- Feb 25** ~ SPPTO Meeting 6:30
- Mar 5** - Ash Wednesday
- Mar. 7**~ SPIRIT DAY/ Stations of the Cross / Noon Dismissal/ Faculty Meeting
- Mar. 8** ~ St. Paul Trivia, see page 8 for details
- Mar. 14** ~ Stations of the Cross 2:15 PM
- Mar. 17-21** ~ Spring Break
- Mar. 25** ~ Spring Photos
- Mar. 28** ~ Stations of the Cross 2:15 PM
- Mar. 27-29** ~ 40 hours of Adoration
- Apr. 4** ~ Shadow Stations 10:30
- Apr. 11**~ Stations of the Cross 2:15PM

ST. PAUL PTO MEETING!

TUESDAY, FEB. 25 @ 6:30PM
IN THE MUSIC ROOM

Join us for our Winter PTO meeting to find out ways you can help & get involved.

-Free dress down passes for attending.
-A chance to win a \$25 TWB credit!

Servers Schedule

- Feb. 17-21** N. Gentemann & B. Orf
- Feb. 22** 4:30 PM VOLUNTEERS NEEDED
- Feb. 23** 7:00AM C. Fowler & D. Fowler
- 9:00AM C. Lanham & M. Lanham
- 11:00 AM K. Fischer & C. Hoff

BE THE LIGHT

MATTHEW 5:14

School News/Reminders:

HELP!! Recess Volunteers

are needed on:

February 20, 21, 25, 26,
27, 28 [https://](https://www.signupgenius.com/go/8050F4FACA822A2F85-49729409-20242025)



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go/8050F4FACA822A2F85-49729409-20242025](https://www.signupgenius.com/go/8050F4FACA822A2F85-49729409-20242025)

HELP!! Cafeteria Volunteers

are needed on:

February 20, 21, 24, 25, 28



[https://
www.signupgenius.com/
go/8050F4FACA822A2F85-
49730321-20242025](https://www.signupgenius.com/go/8050F4FACA822A2F85-49730321-20242025)

Please join us for a monthly family rosary led by children on Tuesday, March 4. Doors open at 6:30PM. Rosary begins at 6:45 PM. All are wel-



SAVE THE DATE

40 HOURS OF
ADORATION
March 27-29



Registration for our Baseball and Softball programs are currently open and will continue through February.

Please ensure you use the new Team Sideline site for the Northwest Region when registering. You can access it using the following link: [https://
teamsideline.com/sites/cyncnorthwest/
current-programs](https://teamsideline.com/sites/cyncnorthwest/current-programs)

Additionally, the uniform store can be accessed here: [https://
bsnteamssports.com/shop/STPBBSB](https://bsnteamssports.com/shop/STPBBSB)

We are excited to welcome Robyn Roseman as our new coordinator. Please show your support by completing your registration as soon as possible to help streamline the process.

St Paul has joined the New Horizon League



St. Paul Spring Baseball / Softball / T-Ball

Registration is going on NOW and expected to end on February 28th

T-Ball registration will close March 31st

Limited space on teams so register early

Please go to <https://www.teamsideline.com/sites/cyncnorthwest/current-programs> to register.



Any questions you can email baseballstpaul@gmail.com

GO KNIGHTS!





HOME OPENER RAFFLE

Two (2)
ALL INCLUSIVE TICKETS
ALBERT PUJOLS 703 CLUB
OPENING DAY MARCH 27TH

\$20 per ticket

OR

6 TICKETS FOR \$100

**VENMO: MARGARET-DYER-7 OR SEND MONEY
TO ST PAUL SCHOOL
RE: 7TH GRADE CARDS RAFFLE**



LET THE GAMES BEGIN

PUT ON YOUR GAME FACE FOR AN EPIC NIGHT OF FUN!

GAME TRIVIA NIGHT



GAMES BEGIN...

**SATURDAY
MARCH 8TH**

DOORS OPEN AT 6:00PM
TRIVIA STARTS AT 7:00PM

LOCATED AT ST. PAUL GYM
MUST BE 21 OR OLDER

PRESENTED BY CLASS OF 2026

VIP TABLE
RESERVATIONS AVAILABLE
(\$240 - 8 PERSON TABLE; DRINKS INCLUDED)

FOR TABLE RESERVATIONS
CONTACT LESLIE DUFFY:
LIFSVR77@GMAIL.COM
314-330-5328

FOR SPONSORSHIPS
CONTACT MINDY SCHULTZ:
MINDYROSE88@GMAIL.COM
314-603-8678

February St Paul School

**FOOD IN
FOCUS**



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| Ground Hog Day Ground Hog Grilled Cheese OR Popcorn Chicken with My Shadow Smiley Fries Sunshine Chilled Fruit No Winter Vanilla Wafers 3 | Chicken Tenders OR Bowtie Alfredo Pasta with Steamed Broccoli Breadstick Mini Rice Krispies Treat 4 | PAPA JOHNS PIZZA Pepperoni with Veggies w/Dip Grapes 5 | ST. LOUIS CITY SOCCER Goalie Pretzel w/Cheese Or Score Mini Comdogs Yellow Card Corn Offsides Cookie Penalty Kick Peaches 6 | No Lunch 7 |
| SUPER BOWL SPECIAL Super Bowl Dog Or Mini Football Tacos Field Goal Fries Touch Down Brownie Huddle Apples 10 | Emoji Waffle OR French Toast Sticks with Golden Hash Browns Tropical Fruit Medley Mini Blueberry Muffin 11 | PAPA JOHNS PIZZA Cheese with Veggies w/Dip Oranges 12 | Bosco Pepperoni Stick OR Toasted Beef Ravioli with Tossed Mixed Greens Diced Peaches Creamy Yogurt 13 | VALENTINE'S DAY Friendship Nuggets Or Cupids Cheese Quesadilla Cupid's Carrots Shimmering Heart Apple Slices Valentine Treat 14 |
| No school  17 | Presidents Day By George Cheeseburger Or Lincoln Chicken Rings No Lie Chips My Little Hatchers Peaches 4Term Sherbert 18 | PAPA JOHNS PIZZA Pepperoni with Veggies w/Dip Apple Slices 19 | Mac & Cheese OR Dino Chicken Nuggets with Steamed Broccoli Pineapple Tidbits Vanilla Wafers 20 | CARDINALS PEP RALLY Ballpark Nachos Or Soft Beef Burrito Grand Slam Fruit Grassy Field Salad Bases Loaded Brownie 21 |
| Popcorn Chicken Wrap Or Comdog Seasonal Fresh Fruit Fresh Vegetables & Dip Vanilla Wafers 24 | Mini Waffle OR Pancake & Sausage on a Stick with Hash Brown Strawberry Yogurt Fresh Melon 25 | PAPA JOHNS PIZZA Cheese with Veggies w/Dip Oranges 26 | Mini Corn Dogs OR Crispy Chicken Tenders with Tossed Salad Vine-Ripened Grapes Mini Rice Krispies Treat 27 | Breaded Popcorn Shrimp OR Bosco Cheese Stick with Golden French Fries Vegetable Medley Creamy Sherbet 28 |

Grades 5th -8th

Monday: Spicy Chicken Patty & Chips

Tuesday: Chicken Nugget & Fries

Wednesday: Pretzel w/ Cheese & Fruit

Thursday: Bosco Stick w/ Sauce & Fruit

Friday: Bacon Cheeseburger w/ Chips

Plate Lunch Prices

Pre-School \$4.25

Grades K-2nd \$4.50

Grades 3rd-8th \$5.00

Extra Entrée \$2.00

Ala Carte Milk or Bottled Water

\$1.50

Available Daily

Snack Rack & Drink Cooler

Many offerings & various prices

Sharon LaBarge, Cafe Manager

cafeteria@stpaulknights.org

Please Check your Meal Magic

Account. Thank You!

MENU IS SUBJECT TO CHANGE

Contact our dietitian at lisa@foodserv.org
for special dietary and allergy concerns.

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org

Did you know?

One study showed that on Super Bowl Sunday the country consumes a whopping 1.4 billion wings!



March

St Paul School

FOOD IN FOCUS



Grades 5th -8th

Monday: Spicy Chicken Strip & Fries

Tuesday: Chicken Patty Sandwich & Chips

Wednesday: Texas Toast Grilled Cheese & Chips

Thursday: Toasted Ravs w/ Sauce & Fruit

Friday: Tony's Cheese Pizza w/ Fruit

Plate Lunch Prices

Pre-School \$4.25

Grades K-2nd \$4.50

Grades 3rd-8th \$5.00

Extra Entrée \$2.00

A la Carte Milk or Bottled Water

\$.50

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Contact our dietitian at lisa@foodserv.org for special dietary and allergy concerns.

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| DR. SEUSS DAY Thing One Grilled Cheese Or Grinch Popcorn Chicken Sam I Am Chips Lorax Fresh Fruit Whoville Veggies with Dip  | Turkey & Cheese Croissant Or Chicken Rings Apple Slices Baked Chips Mini Rice Krispies Treat  | PAPA JOHNS PIZZA Cheese with  Veggies w/Dip Grapes | Stadium Style Hot Dog OR Crispy Chicken Nuggets with Tater Tots Corn Creamy Sherbet | No Lunch  |
| Mostaccioli with Meat Sauce OR Toasted Beef Ravioli with Tossed Salad with Dressing Fresh Apple Slices Breadstick | Pancake & Sausage Bites OR Mini French Toast with Golden Hash Browns Frosty Peaches Yogurt | PAPA JOHNS PIZZA Pepperoni with  Veggies w/Dip Apple Slices | Hot Ham & Cheese OR Crispy Chicken Tenders with Lay's Chips Veggies & Dip Pineapple Tidbits | Spring Break Special Relaxing Soft Pretzel & cheese Or Fun in the Sun Fish Nuggets Frolicking Fruit Beach Side Tossed Salad Just Chillin' Ice Cream |
|  | | | | |
| Chicken Snack Wrap Or Corndog Fresh Veggies w/dip Seasonal Fresh Fruit Cookie | Dinosaur Chicken Nuggets OR Golden Grilled Cheese with Smiley Fries Peach Slices Jiggling Jell-O | PAPA JOHNS PIZZA Cheese with  Veggies w/Dip Oranges | CARDINALS PEP RALLY Double Play Dog Or On Deck Chicken Ring: Fair Ball Fries Curve Ball Cookie Stolen Base Strawberries  | Toasted Cheese Ravioli OR Fish Sticks with Green Beans Brownie Tropical Fruit |
| Breaded Chicken Patty OR Grilled Hamburger with Golden French Fries Fresh Veggies & Dip Mandarin Oranges | Did you know? National Registered Dietitian Day is March 12 th . Dietitians plan meals to help people obtain proper nutrition and stay strong and healthy as possible. Thank you to our RD, Lisa Baragiola!  | | | |

miriam

SCHOOL and LEARNING CENTER

MIRIAM LEARNING CENTER

Helping children excel in school

Miriam has provided private specialized education in St. Louis and the surrounding area for more than 60 years and is a hub for students with learning differences and their families. Whatever interventions your child needs to excel in school, Miriam Learning Center offers those services close to your home, in one convenient location. Our certified or licensed educators individually tailor each approach to ensure your child progresses toward grade-level skills. Successfully serving almost 1,600 children each year, we are experts in helping children learn.

Miriam Learning Center provides services at libraries and in 100 area schools. Our Centers are conveniently located in St. Louis County and St. Charles County.

Services Include:

- ✓ Tutoring with Certified Teachers
- ✓ Psycho-Educational Evaluations
- ✓ Psychological Evaluations
- ✓ Autism and ADHD Evaluations
- ✓ Research-Based Academic Interventions
- ✓ Physical Therapy and Evaluations
- ✓ Occupational Therapy and Evaluations
- ✓ Speech/Language Therapy and Evaluations
- ✓ Counseling
- ✓ Summer Skill-Building Camps
- ✓ Functional Behavior Assessments
- ✓ BCBA Services and Paraprofessionals
- ✓ Educational Consultation
- ✓ IEP Representation



Contact Us

314-961-1500

miriamstl.org





COR JESU PENNY QUEEN'S MISSION CARNIVAL

9 AM-12 PM 02.22.2025 \$10 A CHILD!

LOCATED IN COR JESU'S COMMONS!
KINDERGARTENERS-5TH GRADERS WELCOME!
ALL PROCEEDS SUPPORT CJA'S PENNY QUEEN WEEK!



MIDDLE SCHOOL Trivia Night

FRIDAY, FEB 21 | **5:00 - 7:00 PM**
Cor Jesu Academy
10230 Gravois Road

We can't wait to see YOU for the 3rd annual Middle School Trivia Night. Sign up individually or with a group of friends and join in on the fun!

This event benefits Cor Jesu Academy's mission week, Penny Queen, and the funds raised will be donated to 5 incredible charities. Test your knowledge in categories like movies, music, and more in this spirited event designed for girls in grades 6-7 plus CJA's incoming freshman.

To register, head to corjesu.org/visit

TUITION ASSISTANCE INFORMATION 2025-2026 SCHOOL YEAR

Contact Teresa Boehmer at 636-978-1900, ext. 302,
or tboehmer@st-paulchurch.org if you have any questions

Directions for families seeking tuition assistance:

Step 1:

- Families must first complete the Archdiocese TTEF application form. Scholarships available with this application are Alive in Christ, Beyond Sunday, Catholic Family Tuition Assistance, and Parish Employee Endowment Fund (PEEF). Applications at ttef-stl.org/scholarships/

If you have ever applied to TTEF before or are currently on scholarship, you must use the email address TTEF has on file for you. If you do not know what this email address is, please email the office at ttef@archstl.org or call them at 314-792-7777. If you know what your email address is but forgot your password, please visit the family login page and click Forgot Password below the family login box. To access the Family Login Page, go to www.ttef-stl.org and click APPLY HERE.

Individual students may not receive more than one scholarship if awarded. However, Catholic Families Tuition Assistance and Parish Employees Endowment Fund are tuition aid programs that may be awarded in addition to another scholarship. Families may have multiple children receiving scholarships.

Documents needed to complete applications include: Proof of income: Adjusted gross income (2024 or 2025 W-2, or most recent tax return, or 3 most recent paystubs) and any other assistance you may provide (including but not limited to Child Support, Food Stamps, and Social Security). PLEASE VISIT THE TODAY AND TOMORROW WEBSITE FOR MORE INFORMATION ON ACCEPTABLE DOCUMENTATION AND APPLICATION SUPPORT at www.ttef-stl.org

- Applications open on January 21st, 2025 at 8:00am
- Many scholarships are distributed on a first come, first serve basis, so **early application is strongly encouraged.**
- Application deadline is February 28, 2025

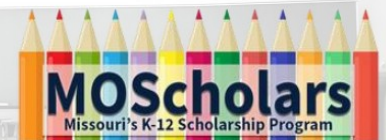
Step 2:

- In addition to the Today and Tomorrow scholarships, St. Paul Parish also provides tuition assistance for St. Paul School. Any family requesting tuition assistance from St. Paul Parish must **FIRST** complete the Today and Tomorrow Educational Foundation Scholarship application **AND** then submit a "FACTS" application (at no charge) at <https://online.factsmgt.com/signin/430P9>.
- Applications due by February 28, 2025.

MO SCHOLARS SCHOLARSHIPS

Applications for 2025-2026 open February 1st, 2025-see flyer for more information

Scholarships Family & Student Information



Powered By



Missouri's Empowerment Scholarship Program

About MOScholars:

The Missouri Empowerment Scholarship Accounts Program known as MOScholars, provides financial support to qualifying families to offset educational expenses including tuition.

Families Must Pre-Qualify to Apply

ttef-stl.org/MOScholars

Or
Scan the QR Code



Contact the Today and Tomorrow

Educational Foundation:



Jeanette Katic
Program Director
314-792-7043
mottef@archstl.org

Application Period Opens February 1, 2025

Benefits

- A \$6,375 annual scholarship for eligible K-12 students
- Renewable through high school
- Access to exceptional private education and approved educational resources

Who is Eligible?

All of Missouri residents are eligible.

OR

IEP/ISP

- Private School
- Not intended for students remaining in public schools

100% Free & Reduced Lunch

and
Must have attended a public or charter public school for one semester within the year prior to applying
or
Entering Kindergarten or 1st grade