



The Knight's Tablet

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

February 26, 2020

Upcoming Events

February 28 ~ Stations of the Cross

February 29 ~ Confirmation Retreat

March 6 ~ Noon Dismissal

March 9 – 13 ~ Spring Break

March 17 ~ STUCO Dress Down Day:
pay \$1 to wear green!

March 20 ~ 3rd Quarter Ends

**Join us this Friday
evening for a special
Stations of the Cross
beginning at 7:00PM
in Church.**



Server Schedule

February 27

Eli Mullenschlader and Lexi Osterholt

February 28

Morgan Prudlow and John Schultz

February 29

4:30pm John Schultz and Claire Vogel

March 1

7:00am Brennan Rottger and Cole Schoolfield

9:00am Tyler and Zac Von Bokel

11:00am Daniel Alterson and Payten Christ

March 2

Brett Hoff and Kennedy Hoff

March 3

Nora LaChance and Josie Mullenschlader

March 4

Brennan Rottger and Cole Schoolfield

March 5

Tyler Von Bokel and Daniel Alterson

School News /Reminders

Please pray for...

*Those who are sick and
those who have passed*

PLEASE PLAN TO ATTEND THE ANNUAL ST. PAUL CHURCH MEN'S BREAKFAST ENJOY ALL YOU CAN EAT!!

PANCAKES
SAUSAGE
BISCUITS AND GRAVY
SCRAMBLED EGGS
HASH BROWNS
JUICE
COFFEE
SWEET ROLLS

WHEN: SUNDAY MARCH 1ST, 2020

TIME: 7:30am TO 12:30pm

WHERE: ST. PAUL SCHOOL GYM

COST: \$8.00 for ADULTS, \$4.00 for CHILDREN 5 AND OVER

SAVE THE DATE:

Vacation Bible School will be June 15th-19th. Registration will begin in April. Volunteers needed! Contact Mindy Schultz if you're interested:
mindy_rose88@hotmail.com or

314-603-8678

March

R – Recess Monitor, L – Lunch Server

Mon	Tue	Wed	Thu	Fri
		26 (FEB)	27 (FEB)	28 (FEB)
		R – S. Smith L – L. Alterson	R – HELP NEEDED L – HELP NEEDED	R – R. Grohmann L – HELP NEEDED
2 R – K. Dunkin L – J. Gentemann	3 R – C. Pirtle L – K. Schroeder	4 R – S. Smith L – C. Wilmes	5 R – T. Montgomery L – L. Alterson	6 NOON DISMISSAL
16 R – K. Dunkin L – S. Griesenauer	17 R – C. Pirtle L – K. Schroeder	18 R – S. Smith L – C. Wilmes	19 R – T. Montgomery L – HELP NEEDED	20 R – R. Grohmann L – L. Alterson
23 R – K. Dunkin L – J. Gentemann	24 R – C. Pirtle L – K. Schroeder	25 R – S. Smith L – L. Alterson	26 R – T. Montgomery L – HELP NEEDED	27 R – L. Alterson L – HELP NEEDED
30 R – K. Dunkin L – J. Gentemann	31 R – C. Pirtle L – K. Schroeder			

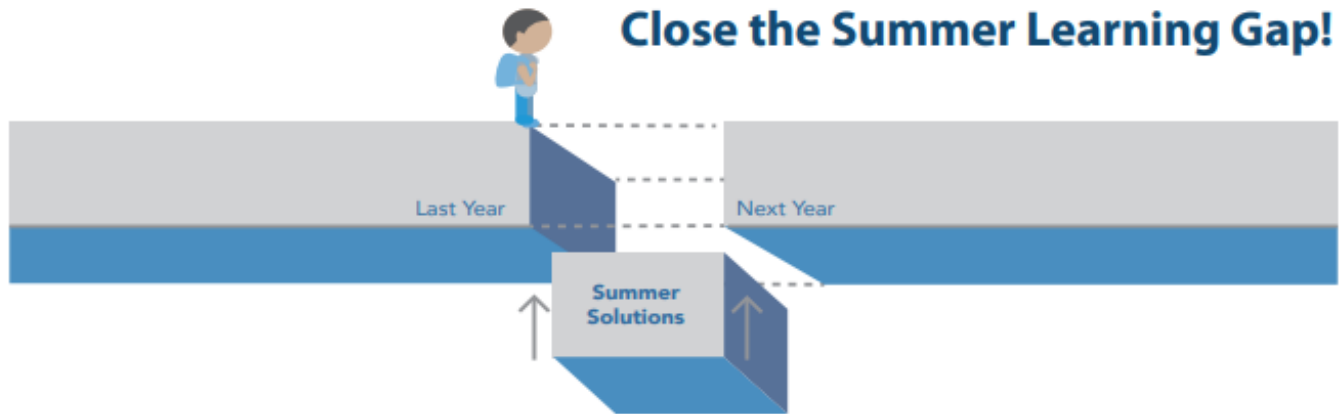
If you are interested in volunteering, please contact the office or sign up using the following links below:

Recess Monitors:

<https://www.signupgenius.com/go/8050F4FACA822A2F85-recess>

Lunch Servers:

<https://www.signupgenius.com/go/8050F4FACA822A2F85-lunch>



Close the Summer Learning Gap!

Summer learning loss puts students at a serious disadvantage. This is when skills and knowledge are lost over the summer months, causing students to move backwards instead of progressing.

By spending just **minutes a day** with *Summer Solutions*, students get the practice they need to keep moving forward. It was designed to help students return to school after summer break confident in the skills they've already learned and ready to master new ones.

**Your child worked hard all year. Make sure that progress sticks.
Give your child the advantage of *Summer Solutions*.**

Each book is \$13.00.

School Name: **St. Paul School**

Go to **www.summersolutions.net**

To place your order, enter your school code: **PAU63366**

The school code expires on: **May 1, 2020**

Healthy Habits Lunch











ST. PAUL IN ST. PAUL

MARCH 2020



* = Belief

W = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
HOT LUNCH DR. SEUSS DAY Grinch Hot Dog Sam I Am Logs (Fries) Cat 'n the Hat Applesauce Red Fish/Blue Fish Milk  ALTERNATE Thing 1 Chicken Drumstick	HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free ALTERNATE Jumbo Corn Dog	HOT LUNCH Papa John's Pepperoni Pizza Carrots/Celery w/Ranch Dressing Chilled Fruit Milk, Fat Free  DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	HOT LUNCH SPRING BREAK SPECIAL Relaxing Ravioli Beachside Marinara Sauce Tossed Salad Frolicking Fruit Take it Easy Milk  ALTERNATE Just Chillin' Chicken Strips	HOT LUNCH EARLY DISMISSAL NO LUNCH SERVICE 
9	10	11	12	13
				
16	17	18	19	20
HOT LUNCH SPRING BREAK SPECIAL Bahama Burger St. Thomas Tator Tots "Get Going" Green Beans Frolicking Fruit Oceanside Milk  ALTERNATE Cayman Island Chicken Drumsticks	HOT LUNCH ST. PATRICK'S DAY McChicken Nuggets Irish Tator Tots Shimmering Jell-O Cubes Shamrock Cookie Lucky Milk Carton  ALTERNATE Pot O' Gold Pretzel & Cheese	HOT LUNCH Papa John's Cheese Pizza Tossed Salad/Dressing Chilled Fruit Milk, Fat Free  NO ALTERNATE	HOT LUNCH Chicken Wrap Potato Chips Fresh Fruit/Seasonal Jell-O Milk, Fat Free SUPERVISOR SPECIAL DIRT CUPS \$1.25 CASH ONLY  ALTERNATE Mini Corn Dogs	HOT LUNCH Golden Grilled Cheese Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free ALTERNATE Toasted Cheese Ravioli
23	24	25	26	27
HOT LUNCH Grand Slam Chicken Patty on Bun Baseball Chips Curveball Cookie Bases Loaded Fresh Fruit Homerun Milk, Fat Free  ALTERNATE Cheerleader Crunchy Taco	HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Waffle & Syrup	HOT LUNCH Papa John's Pepperoni Pizza Carrots/Celery w/Ranch Dressing Chilled Fruit Milk, Fat Free  NO ALTERNATE	HOT LUNCH *Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free ALTERNATE Chicken Strips	HOT LUNCH *Fish Sticks & Tartar Sauce Green Beans Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free ALTERNATE Cheese Quesadilla
30	31			
HOT LUNCH Turkey, Bacon & Cheese on Skinny Bun Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free ALTERNATE Chicken Drumsticks	HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free ALTERNATE Meatball Sub			

Daily Specials (Grades 5-8 only) \$3.50

Chicken Nuggets
and Fries

Chicken Patty on Bun
and Chips

Grilled Cheese
on Texas Toast & Chips

Cheeseburger
and Chips

2 Bosco Sticks
w/Sauce & Fruit

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"Serving You With Pride"



Faith Works!



PARENTS!!!! It's time for our next Faith Works session!

- † **\$5 per child** – this includes dinner, snack, crafts, and 3 hours of fun!
- † Agenda:
 - † Prayer and dinner
 - † Bible Verse and Discussion
 - † Hands-on Crafts
 - † Music, Dancing, and fun!
- † Adult volunteers must have completed Protecting God's Children
- † High Schoolers and 8th Graders!! Service hours are available!!
- † **Volunteers are greatly appreciated this month!!*****

This month's theme will focus on "Lent Reflections".

****If you have unused travel-sized toiletries (shampoo, conditioner, soap) – like you would get from a hotel – please bring them with you. We will have a community service project for the kids to work on.**

To RSVP or volunteer, contact:
Ellie Carter@ 636-515-8392
Carrie Walsh@ 314-807-2303
(Call or text)

Only 25 spots available!

Friday February 28th
6:00-9:00pm
Schulte Hall





Uniform Fitting

Held at Fischer's School Uniforms for

St. Paul School



Date: Tuesday, April 28 through Saturday, May 2, 2020

Hours: Tuesday & Thursday: 10:00am-6:00pm

Wednesday: 10:00am-5:00pm

Friday & Saturday: 10:00am-3:00pm

Sunday & Monday: CLOSED

Location: Fischer's Uniforms in St. Peters

626 Jungermann, St, Peters, MO 63376 636-939-3344

www.fischersuniforms.com

Receive 10% off all items in-store & online*

*When your order is paid in full on the days of the fitting.

*Discount only valid during the days of the fitting.

*Discount excludes clearance items and layaways.

***Online orders** will not show discount but will be applied when your order is processed.

Ordering early is the best way to be in uniform the first day of school!

We know your student may grow between your Uniform Fitting Day and the start of school, which is why we fit for growth and have been doing so for many years. If you find an exchange is necessary, keep your receipt, do not remove tags, and do not launder or alter the clothing.

**Mark Your Calendar to Attend
Your Uniform Fitting**

on

Tues, April 28 – Sat, May 2, 2020

Held at

Fischer's School Uniforms

626 Jungermann Road

St. Peters, MO 63376

636-939-3344

REGISTER TO WIN A \$50.00 GIFT CERTIFICATE FOR FISCHER'S!

(To be used toward a future purchase)

Turn in this form on the days of your school's fitting for a chance to win. Three winners will be drawn in July 2020 and the winners will be contacted via phone and/or email. Good Luck!

Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email: _____

School: St. Paul School

You may be contacted via email about special promotions that we are running during the year. We will not sell or share your email with anyone at anytime.

We look forward to seeing you at your school fitting!

The Parents Corner

♥We're in Your Corner♥

Active Listening

We put a pretty huge emphasis on showing acts of love in our society—grand gestures, gifts, elaborate showing of affection. When it comes right down to it, there's a simpler way to show your child that you love them—it's free, it takes a minimal amount of time, and you don't have to include anyone else or make anything. It's called active listening, and it is quite powerful.

Our worlds are busy, and it can sometimes feel like our little people are taking up A LOT of our time and space in addition to all the other things we have going on in life. BUT, as tempting as it can be to rush through a conversation or brush off a problem, our kids are trying to share with us (especially when it's been a long, bad, or busy day), and they need to know that we are listening to them. *Really* listening to them.

Often times, we find that when a child feels misunderstood or unheard, their emotions escalate and so do behaviors. Active listening is another tool for your toolbox for combatting those feelings and helping your child know you're on their team. By actively listening, you are communicating that they are worthy of your attention. By taking time to hear what they have to say, you are demonstrating that their view of the world has merit. By allowing them the time to work through their struggle without jumping in and giving your advice or opinion, you are showing your trust in their ability to solve problems.

When it comes to modeling what it's like to be an active listener, there are just a few things to remember: Give your full attention to your child. Make eye contact and stop whatever you are doing. Get down on their level if possible. And repeat back what you heard them say to make sure you understand. It sounds like a lot, but it can do wonders for your relationship, your connection, and their self-esteem. Listening to the little stuff now makes it more likely they will come to us with the big stuff later. So...are you listening?

1. **Reflect.** Reflection is one way for you to show you are actively listening to your child. You don't have to repeat exactly what they said, but you want to let them know that you are listening and trying to understand them. If you misunderstood in any way, this allows for time to confirm that you understand each other.
2. **Accept.** This is not the time to object, teach, help solve a problem, or ask a ton of questions. This is a time to demonstrate acceptance and let your children talk without interruptions or judgment, while you listen to what they have to say.
3. **Empathize.** Although the situation being discussed may not seem like a big deal to you, your child's perception of the situation is very real to them. Giving them a chance to not only disclose their thoughts and feelings but also have a safe adult letting them know that you can understand where they are coming from can help them de-escalate and focus on solutions.
4. **Model.** As always, you are your child's model of behavior. Showing them how to take time to communicate and take time to listen can help their communication skills flourish and carry over into other relationships they have with peers and adults.

~If you continue to have concerns, contact your school counselor to make a plan for a success—they're full of ideas, and are always in your corner!~

February 2020

