



The Knight's Tablet

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

March 25, 2020

Prayer and blessing to all of you! Please read the reflection from Father Blessing below. I would like to declare this Friday a NO SCHOOL (DISTANT LEARNING) day. I am so proud of all the hard work everyone is doing! As much as I would love to come deliver a personal birthday treat to all of you, I know this is not possible. So I told the teachers to give everyone a day off, you can use this day to catch up on work or if you are all caught up, spend it outside in the sunshine!! I would like to challenge all of you to pray the prayer on page 2 as a family sometime during this week! Love and Prayers to all of our St. Paul Families!

Mrs. Kelly Kaimann

We miss wishing you happy birthday at school so here is a BIG HAPPY BIRTHDAY to:

March 16~ Max (2), Josie (8), and Delta (PK3)

March 21~Gianna (PK4), Gabbie (5)

March 23~Nora (PK4)

March 24~Mrs. Kaimann

March 26~ Joshua (2)

March 30~ Rachel (5)

March 31~ Brynley (3)



So that all may know the saving power of God through the Gospel of Jesus Christ alive in his Church.



**Daily Mass Readings
Wednesday, March 25th, 2020**

Readings: IS 7:10-14; 8:10

HEB 10:4-10

Gospel: LK 1:26-38

Reflections from Father Blessing

Solemnity of the Annunciation of the Lord

I truly believe that this feast day is a direct result of Mary's personal prayer asking God, "What is your 'Will' for me?" I imagine her pondering that question for a long period of time prior to the angel Gabriel's visit. When God' plan was revealed, it must have resonated with her and been consistent with what she was receiving in her private prayer. Hence she was immediately able to respond, "May it be done to me according to your word."

How many of us ask God for guidance without taking the time to hear his voice? In John's gospel Jesus states "the sheep that belong to him hear his voice." There are after all lots of voices out there. If an angel did visit how would we know he was of God?

A caution that I would have for all of us is not to overestimate or underestimate the plan God has for us. We can either think that we don't matter or that we matter too much. Mary had a significant role in God's plan, but so do you. I imagine Mary in all humility recognizing that fact. Elizabeth and the disciples found her comforting because she didn't diminish God's plan in their lives. As we ponder Mary today, may it inspire us to reflect on our own answer of 'Yes' and to see how others are responding likewise.



Prayer For A Pandemic

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for
our children when their schools close,
Remember those who have no options.

May we who have to cancel our trips
Remember those that have no safe place to go.

May we who are losing our margin money
in the tumult of the economic market
Remember those who have no margin at all.

May we who settle in for a quarantine at home
Remember those who have no home.

As fear grips our country,
Let us choose love.

During this time when we cannot physically
wrap our arms around each other,
Let us yet find ways to be the loving embrace
of God to our neighbors.

Amen.



URSULINE SISTERS
OF LOUISVILLE

Prayer: Historic Saint Paul Catholic Church, Lexington, KY

Thank you for
all of your
hard work!



Art Class in Session!





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 Parent's Corner

We're in Your Corner

How to talk about the Coronavirus (COVID-19) with your child

News about the coronavirus (COVID-19) is everywhere. So how can we, as adults who may be feeling some anxiety ourselves about the current situation, help keep our children's fears at bay? In this month's edition of *The Parent's Corner*, we will focus on this topic so that you can reassure your kids and establish some control over how the barrage of news and precautionary measures will affect your family.

Immunity—it's a word that can be understood from an emotional angle as well as from a health perspective. It's worth remembering that **our children are not immune to the fear** that is currently barging into their worlds. ***It's our responsibility, as parents, to communicate to our kids that our job is to keep them safe.***

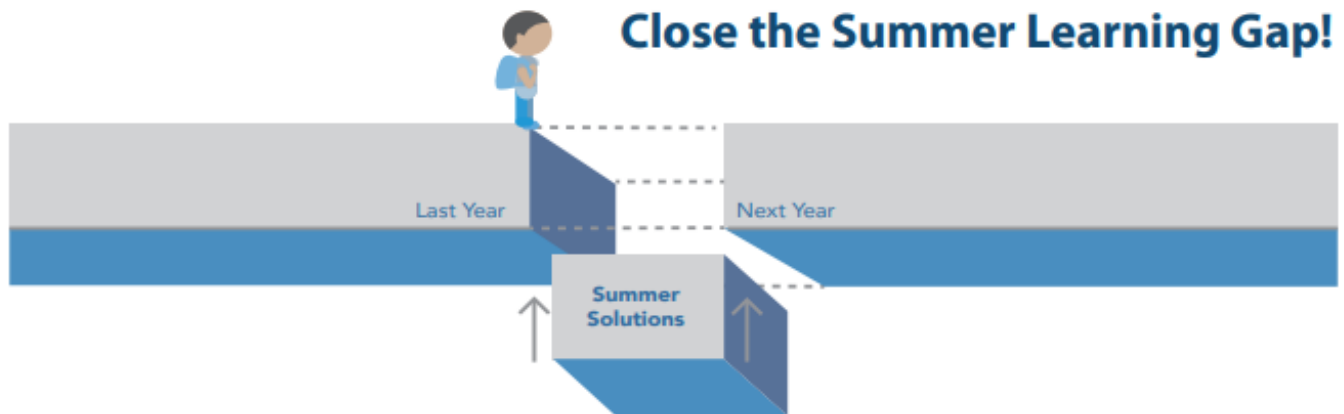
Anxiety peaks in times of uncertainty, so it's natural to feel some anxiety about bringing up this issue with your child, *and* it's natural for you *and* your child to feel anxious about COVID-19. It's likely that at this point, your child has heard about the virus—the facts, the fiction, and even the dramatic. If we approach this like other topics we have covered in *The Parent's Corner*, we can see ourselves as our kid's teachers—their mentors, their guides. Being in those roles allows us to see the COVID-19 conversation as **an opportunity to objectively convey the facts and set the emotional tone**. Because there are still numerous unknowns about the virus right now, it's A-okay if you can't answer everything your child's brain can come up with to ask of you! **Make yourself available, reassure, and empower**. Let's get that rational brain revved up and tackle this together! Here are some ways to do that:

1. **Communicate.** Start by asking your kids what they've already heard and respond accordingly with reassurance and facts. Keep lines of communication open, and allow your child's racing mind to expel itself. Talking things through can be validating and have a stabilizing effect.
2. **Keep it developmentally appropriate.** Give age-appropriate information. Convey safety. Discuss the immune system, good health habits, and what happens when you get sick in general. If you don't know the answer, get back to them once you have the facts.
3. **Re-teach hygiene.** *You are your child's hygiene warrior!* Re-teach kids about the importance of hygiene in general—hand washing, not touching our faces in public settings, and coughing/sneezing into our elbows. These are good habits always, not just during sick season!
4. **Model.** Your reaction matters. Kids are always taking cues from us on how to manage life, and they have HUGE ears. Before you talk with your child, have a talk with yourself. It's our job as parents to manage our own emotions so we don't all end up in panic mode.
5. **Keep things predictable.** In times of uncertainty, keeping things as regular and routine as possible can help ease the tension and panic for the whole family. Sure, we want to be aware and cautious, but we also want to make sure that we keep a sense of normalcy throughout all of this as well.

Let's stay healthy as best we can—physically as well as mentally! We're in your corner!

March 2020





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**