



The Knight's Tablet

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

April 01, 2020

Happy **April Fool's Day!**

Prayer and blessing to all of you! I continue to urge you all to read Father Blessing's daily reflection; you can find them posted daily in the digital locker on Teacherease. Third quarter REPORT CARDS are also available on Teacherease. To access this you just need to log into your child's account and select the **report card** tab. If you have any problems at all please email me and I will be happy to help you! Keep sending pictures our way! I would love to see some PARENT approved April Fool's day pranks!!

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:

April 2~ Mrs. Wortmann

April 6~ Zoey (4)

April 7~ Caleb (PK4), Abby (K)



Holy Virgin of Guadalupe,

Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.

Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.

For those already afflicted,
we ask you to obtain the grace of healing and deliverance.

Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust.

In this time of trial and testing,
teach all of us in the Church to love one another and to be patient and kind.

Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence,
knowing that you truly are our compassionate mother, health of the sick and cause of our joy.

Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
help us always to know the love of your Son, Jesus.
Amen.

Getty Images

Positive Tips for Parents & Caregivers

During School Closures

We know it's challenging to have school-age children home every day during school closures, especially when it's unexpected and for an uncertain period of time. Here are some basic steps that can help during the coronavirus outbreak.

TALK WITH YOUR KIDS

Make sure they understand why their school closed—because the people at school care about their health and safety, and don't want this new illness to spread. You can explain that coronavirus, or COVID-19, is a new disease that spreads from person to person through coughs and sneezes. It also spreads by touching surfaces and objects that have germs on them. That's why it's important to stay home and wash your hands often!

BE HANDWASHING SUPERSTARS

Make sure your kids fully understand the importance of washing their hands properly and often. Teach them the following:

HOW TO WASH HANDS

1. Wet hands with warm water.
2. Use a good amount of soap.
3. Scrub all parts of your hands and your wrists for 20 seconds.
4. Rinse well with warm water.
5. Dry completely on a clean towel.



WHEN TO WASH HANDS

1. As soon as you get home or come indoors.
2. Before you eat or handle food, or touch your face.
3. After you cough, sneeze, or blow your nose.
4. After you use the bathroom.
5. After any contact with germs or dirt.

SET STUDENTS UP FOR SUCCESS

- Make it clear to your school-age kids that they need to keep up with the learning resources and activities provided by their school.
- Check the school's website often for updates and instructions on downloading materials.
- Be sure your children have a quiet, comfortable spot to do schoolwork.
- Have them stick to a daily routine similar to a school day: get up at the same time each day, get dressed, have a healthy breakfast, brush their teeth, then work on school assignments and projects.
- Allow for 15-minute breaks every hour or so, and PE or recess in your house or yard for about an hour a day.
- Make this "new normal" fun by staying upbeat, playing games together when they are done with assignments, and providing fun and creative activities throughout the day.
- Try to keep non-school-related screen time (watching TV, playing video games, and using mobile devices, tablets, and computers) to only a couple of hours a day.



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Staying Healthy & Positive

Tips for Parents & Caregivers

Even during challenging times, take steps to be your best for yourself and your kids!

1. Take time each day to do something for yourself, such as exercise, stretching, talking to friends, and reading.
2. If you're feeling overwhelmed, give yourself a timeout, even if it's just stepping into another room for a few minutes of peace and quiet.
3. Keep your sense of humor when things don't go as planned. No one is a perfect parent—or a perfect child.
4. Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.
5. Count to 10 before you react when you get angry.
6. Ease tension with a smile or joke, or by changing the subject.
7. Listen to your child and show you value your conversations. Good communication can prevent conflict.
8. Schedule in family fun and fitness.
9. Learn how children mature so your expectations for your child's behavior are realistic.
10. Make household chores part of your children's day so less busy work falls to you.

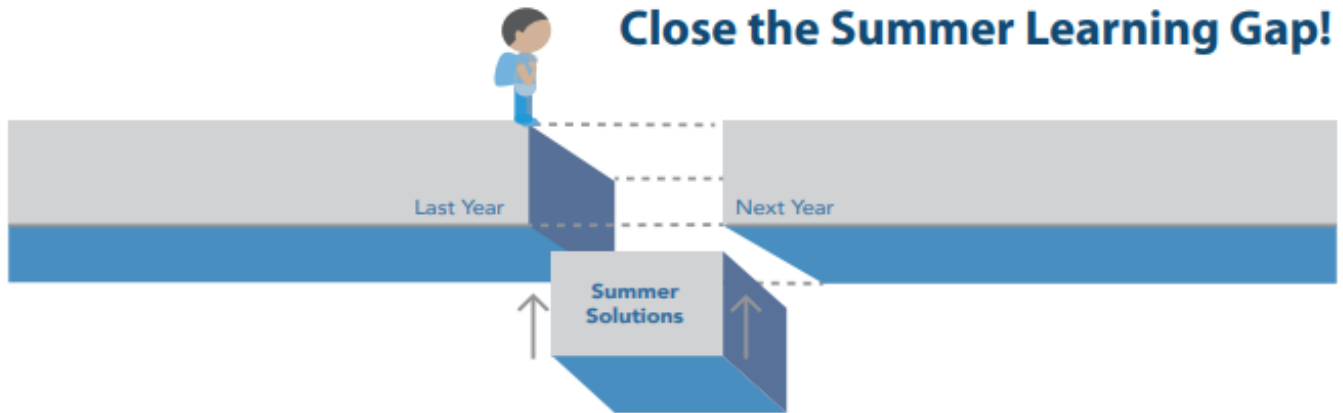


Stay Healthy, Stay Connected

Take care of yourself by washing your hands often, not touching your face, getting enough sleep, eating well-balanced meals, and staying active. Aim for 30 minutes of moderate-level activity five days a week.

Positive social interactions help relieve stress, depression, and anxiety. Maintain a support system of friends and family—keep in touch via phone calls, texts, email, and social media. Open up about how you're feeling. If you're in a relationship, make time for your partner without distractions. And if you need help, ask!





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**



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!