



# The Knight's Tablet

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

**April 14, 2021**

## Upcoming Events

April 15~ 7th Grade Girls Championship Basketball Game details on p.2

April 19 ~ Confirmation

April 24~ First Holy Communion

April 26~ School Board nominations due, see page 3

May 3~ St. Paul PTO Nominations due. See page 2

May 7~ Faith Friday / Jack and Jill Softball game at Old Monroe Ball Park

May 21~ Field Day, Noon Dismissal, Spirit Day, 8th Grade's Last Day

Good Afternoon St. Paul Families,

I am blessed to share with you that next Monday, April 19th, 15 candidates from our school and parish will be receiving the sacrament of Confirmation. They have successfully finished their preparation and are excited to receive this special seal from the Holy Spirit. It has been a great year of spiritual growth and lots of prayer. We thank the teachers, parents, sponsors and friends who have supported them during this time.

Please let us unite in prayer for them in this special time and ask the Holy Spirit to keep igniting their hearts and help them in their journey to Jesus.



## Virtue of the Month **JUSTICE**

This month we are focusing on the virtue of Justice. Justice is being fair and giving each his due.

*Dear God, You have said that when we are just and fair, we are like a light that "shines through the darkness" (Psalm 112:4). Help us to remember to act with justice in all we do so we will shine brightly. AMEN*

## **COVID-19 Reminder**

*If anyone in your family household has symptoms and/or gets tested for COVID-19, please keep your child(ren) home until you have more information. Please contact Mrs. Kaimann if you are unsure what to do. THANK YOU FOR YOUR SUPPORT!*



Mark your calendars for the next rosary night on

Tuesday, May 4 @ 6:30pm.  
This will be a once-a-month occurrence. All ages are welcome!  
Kids are encouraged to come and be the leaders in prayer.



## **St. Paul Parent Teacher Organization 2021-2022 Election of Officers**

Positions are available and needed for the 2021-2022 School Year. You may volunteer yourself or nominate another parent. Please return this form to the school office by May 3, 2021 if you are interested in joining the SPPTO Board. THANK YOU!!!

NAME \_\_\_\_\_

CONTACT INFORMATION \_\_\_\_\_

**CONGRATULATIONS to the  
St. Paul 7th Grade Girls Basketball Team! - They will be playing  
in the CYC City County Championship on  
Thursday, April 15—GOOD LUCK, LADIES!**





## School Board Elections

### Nominee Profile Questionnaire

Please return by April 26, 2021: Parish Office, School Office, [lburkemper3@yahoo.com](mailto:lburkemper3@yahoo.com)

The following are the requirements to be a member of the St. Paul School Board:

- Must be at least 21 (twenty-one) years of age
- Must be a Practicing Catholic that is a registered member of the Parish/parent of a child in the Parish School
- Must be supportive of the Parish educational programs both financially and attitudinally

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Spouse: \_\_\_\_\_

Children's Names and Ages: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Current Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Registered in St. Paul Parish: Yes \_\_\_\_\_ No \_\_\_\_\_

How long have you lived in St. Paul Parish? \_\_\_\_\_

Parish Ministries or Organizations Involved With: \_\_\_\_\_

Brief Biography: (optional) (Where you grew up, schools attended, current employment, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why do you want to run for the School Board?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What long range planning do you see as a positive goal for the School Board?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For Additional Information: Lauren Hall [lburkemper3@yahoo.com](mailto:lburkemper3@yahoo.com)



# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

APRIL 2021

\* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	6	7	8	9
	<b>ENTRÉE CHOICE 1</b> Chicken Wrap/Chopped Lettuce Light Ranch Dressing <b>ENTRÉE CHOICE 2</b> Mini Corn Dogs <b>SIDE ITEMS:</b> Cookie Seasonal Fresh Fruit Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Tossed Salad Chilled Fruit Milk, Fat Free 	<b>CARDINALS PEP RALLY</b> <b>ENTRÉE CHOICE 1</b> Knock it out of the Park Nachos <b>ENTRÉE CHOICE 2</b> Chicken Strips <b>SIDE ITEMS:</b> Grand Slam Fruit Grassy Field Salad Bases Loaded Brownie Home Run Milk 	<b>EARLY DISMISSAL</b> <b>NO FOOD SERVICE</b> 
12	13	14	15	16
<b>NATIONAL GRILLED CHEESE DAY</b> <b>ENTRÉE CHOICE 1</b> Grilled Cheese Sandwich, WG  <b>ENTRÉE CHOICE 2</b> Popcorn Chicken <b>SIDE ITEMS:</b> Fresh Vegetables w/dip Seasonal Fresh Fruit Vanilla Ice Cream Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Waffle and Syrup <b>ENTRÉE CHOICE 2</b> Biscuit & Gravy <b>SIDE ITEMS:</b> *Sausage Patty Seasonal Fresh Fruit Strawberry Yogurt Cup Milk, Fat Free	<b>PAPA JOHN'S CHEESE PIZZA</b> Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> Mini Tacos <b>ENTRÉE CHOICE 2</b> Corn Dog <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Churro Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Fettuccini Alfredo <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks <b>SIDE ITEMS:</b> Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free
19	20	21	22	23
<b>ENTRÉE CHOICE 1</b> *Breaded Chicken Drumstick <b>ENTRÉE CHOICE 2</b> Ham & Cheese on Bagel <b>SIDE ITEMS:</b> Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Toasted Ravioli <b>ENTRÉE CHOICE 2</b> Bosco Stick <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free 	<b>EARTH DAY</b> <b>ENTRÉE CHOICE 1</b> Dinosaur Nuggets <b>ENTRÉE CHOICE 2</b> Soft Taco <b>SIDE ITEMS:</b> Bones (French Fries) "Going Green" Grapes Wonderful World Wafers Save Our Tree Milk 	<b>NATIONAL PIG IN A BLANKET DAY</b> <b>ENTRÉE CHOICE 1</b> *Pig in a Blanket  <b>ENTRÉE CHOICE 2</b> Cheeseburger <b>SIDE ITEMS:</b> Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free
26	27	28	29	30
<b>NATIONAL PRETZEL DAY</b> <b>ENTRÉE CHOICE 1</b> Soft Pretzel with cheese  <b>ENTRÉE CHOICE 2</b> Grilled Chicken Sandwich <b>SIDE ITEMS:</b> Carroteenies/ranch Fresh Fruit, Seasonal Cookie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Chicken Strips <b>ENTRÉE CHOICE 2</b> Meatball Slider <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>PAPA JOHN'S CHEESE PIZZA</b> Tossed Salad/Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> *French Toast Sticks/Syrup <b>ENTRÉE CHOICE 2</b> Pancakes with syrup <b>SIDE ITEMS:</b> *Bacon *Triangle Hash Brown Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Turkey, Bacon & Cheese on Skinny Bun <b>ENTRÉE CHOICE 2</b> Cheese Quesadilla <b>SIDE ITEMS:</b> Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free

DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50

BACON CHEESEBURGER AND CHIPS	GRILLED CHICKEN SANDWICH AND CHIPS	GRILLED CHEESE ON TEXAS TOAST AND FRUIT	2 BOSCO STICKS/SAUCE AND FRUIT	CHICKEN STRIPS AND FRIES
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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.

"A Local Company Serving You With Pride"



April 11, 2021

### WATCH

#### **DIVINE MERCY CHAPLET: FRANCISCAN FRIARS OF THE RENEWAL**

As we celebrate Divine Mercy Sunday this week, join the Franciscan Friars of the Renewal in praying the chaplet and asking God to shower his mercy upon us. This video features breathtaking footage that sheds light on the beauty and breadth of the Catholic Church.



#### A BIBLE STUDY ON: **The Luminous Mysteries**

5-Part Series

FORMEDNOW

#### **A BIBLE STUDY ON THE LUMINOUS MYSTERIES OF THE ROSARY**

In 2002, St. John Paul II introduced the Luminous Mysteries to the Rosary. In unique ways, each of these mysteries reveal that Christ is the "light of the world" (Jn 8:20). To more fruitfully ponder these mysteries, join us in this Bible study with the Augustine Institute faculty.

### LEARN

### LISTEN

#### **THE NECESSITY OF DIVINE MERCY BY FR. CHRIS ALAR**

Fr. Chris Alar, MIC, reveals the urgency to live and share the powerful message of Divine Mercy. He explains the basics of the Divine Mercy feast, image, novena, chaplet, and hour of mercy, and how to incorporate them into your spiritual life. Discover God's transformative message of Divine Mercy through this week.

#### **THE NECESSITY OF DIVINE MERCY**

FR. CHRIS ALAR, MIC



Our parish has a FORMED subscription.

To set up your free account visit [formed.org/signup](https://formed.org/signup) and select our parish.





# Uniform Fitting

Held at Fischer's School Uniforms for

## St. Paul School



### **Receive 10% off your in store and online orders\***

\*Discount is applied when your order is paid in full on the days of your fitting.

**\*Discount applied to online orders Sunday, April 25 – Saturday, May 1**

\*Discount excludes clearance items and layaways.

**Date: Tuesday, April 27 through Saturday, May 1, 2021**

**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](http://www.fischersuniforms.com)

### **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.

**Fischer's School Uniforms has everyone's safety in mind.**

We are following CDC guidelines including limiting the number of customers in our store and requiring that customers wear masks when inside our retail store

### **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 2021 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!**





## Spring Admissions Events

Ursuline Academy is proud to announce our spring events in-person and on campus!  
Ursuline takes the safety and well-being of our students, staff and visitors seriously. Protocols for everyone entering campus include masks, social distancing, and personal hygiene practices. Mark your calendars and register now for these sure-to-be fun events.

Afternoon with a Bear (Grades 7 and 8): April 13, 14 and 15  
Bear for a Day (Grades 7 and 8): April 20, 22, 26 and 28  
Scoops and Social (Grades 5, 6 and 7): April 20 and 22

Register at:  
[www.ursulinstl.org/visitua](http://www.ursulinstl.org/visitua)



Welcome to Summer Camp 2021!  
Ursuline is proud to announce a partnership with YMCA, COCA, Saint Louis Chess Club and Bricks 4 Kidz summer camps!

Camps will be available for children and teens in grades Pre-K through 12th grade with the option to participate in multiple camps. All camps take place on Ursuline Academy's campus in Kirkwood, Missouri.

Scan the QR Code for more details, and to register today!

## 2021 Summer Camps



# SPORTING ST. LOUIS SPRING OUTDOOR PROGRAM



PROGRAM COORDINATOR: MARTY PIKE  
[MPIKE@SPORTINGSTL.COM](mailto:MPIKE@SPORTINGSTL.COM) - (314) 393-1164

Boys and Girls Ages 5-12

April-May 2021

Multiple days to choose from Sunday, Monday, or Wednesday. Friday night Games!

**7 Training Sessions with 6 Games: \$220**

**7 Training Sessions with no Games: \$110**

Learn individual ball handling skills in a fun atmosphere that also includes small sided scrimmages!

Located at Sportport International  
12525 Sportport Rd.

Maryland Heights MO, 63043

**Summer Camps Coming Soon!**  
**Check the website for updates.**



**SPORTINGSTL.COM/CAMPS**

Disclaimer: Sporting St. Louis is a non-profit, youth sports organization and is not affiliated with any school district. The views, opinions, and programs of Sporting St. Louis do not necessarily represent or align with those of any school district.

## Summer Solutions.

It is time to order!

Go to [www.SummerSolutions.net](http://www.SummerSolutions.net)  
or call 216.450.5005 to order.

Books are \$16.99 (including shipping) and will be sent directly to your home.

Ordering early saves your more!

Use promo code: **SUMMER3**

Save 10% off of 3 or more books - March 1<sup>st</sup> to April 30<sup>th</sup>.

### Know what to order:

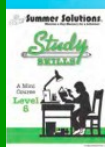
- Order the level of the book that your child has JUST COMPLETED!
- Your school uses the Standards-Based Math and Grammar series. Look for the books with these covers.



Grades K - 8



Grades K - 8



Grades 4 - 8



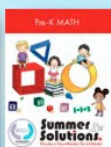
Grades K - 6



Grades 2 - 7



Grades 4 - 5



Pre-K



Pre-K



Camp Name	Dates	Start Time	End time	Girls Entering Grades	Cost
Basketball Camp	June 21 - 24	9:00 a.m.	3:00 p.m.	5 through 9	\$175
Soccer Camp	June 21 - 24	6:00 p.m.	8:00 p.m.	3 through 9	\$85
Golf Camp	June 28 - July 2	9:00 a.m.	11:30 a.m.	6 through 9	\$90
Softball Camp	June 28 - July 1	9:00 a.m.	11:00 a.m.	4 through 9	\$85
Volleyball Camp I	July 12 - 15	1:00 p.m.	3:00 p.m.	3 through 5	\$75
Volleyball Camp II	July 12 - 15	3:30 p.m.	5:30 p.m.	6 through 8	\$75
Volleyball Camp III	July 12 - 15	6:00 p.m.	8:00 p.m.	Grade 9 ONLY!	\$75



The objective of Incarnate Word Academy Red Knight Summer Camps is to involve girls in a variety of safe and fun summer activities. The all-girls setting creates a joyful and supportive environment where girls feel comfortable trying new activities, gaining new skills, and making great friends. All IWA summer camp activities are based on the components of wellness: physical, emotional, spiritual, environmental, intellectual and social. Camps are directed by experienced and caring IWA faculty/staff professionals.

Incarnate Word Academy has instituted health and safety protocols for all our on-campus activities, including summer camps. Each participant is required to bring and wear an appropriate face mask for the duration of each camp session. Social distancing has been incorporated into all planning. In addition, participants are required to complete a mandatory COVID-19 checklist prior to the start of each camp session.

See full camp descriptions and register online at: [iwacademy.org/SummerCamps](http://iwacademy.org/SummerCamps)