



The Knight's Tablet

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

April 15, 2020

The happiest Easter to all of our St. Paul Families!

With the announcement of all schools remaining closed throughout the end of the school year, I am sure many of you are met with mixed emotions. I know all of us here at St. Paul will continue to be here for you and your child throughout all of this. We know and understand everyone is doing the very best they can. If you are having any struggles please reach out to us and let us know so we can assist you in any way needed. The last day of distance learning will be May 8; however the last day to turn in all material for a grade will be May 13. Please continue to watch for more announcements in the coming weeks.

"Be joyful because you have hope. Be patient when trouble comes. Pray at all times." -Romans 12:12

Mrs. Kelly Kaimann



**Wishing a BIG HAPPY
BIRTHDAY to:**

April 16~ Charlie

April 17~ Miss Cato



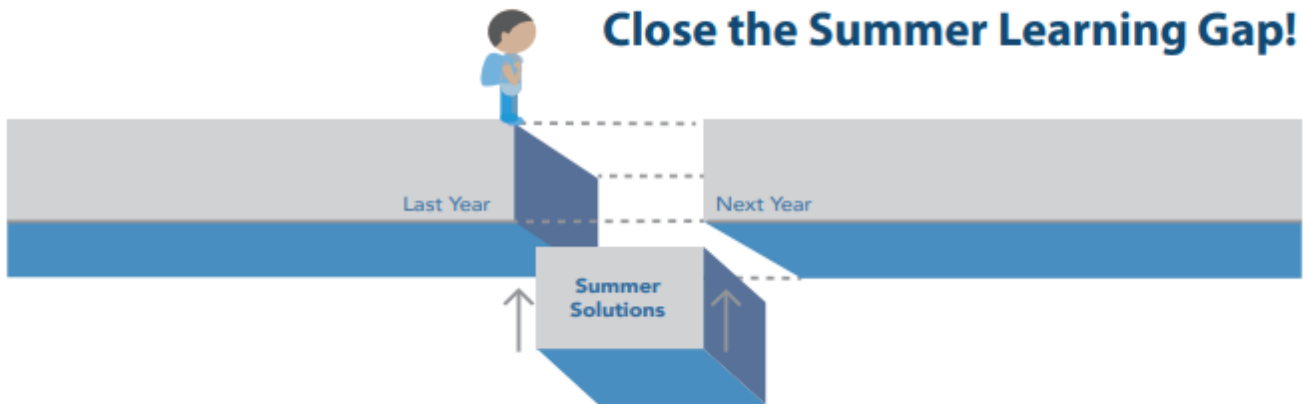
Join the St. Charles City-County Library for its inaugural community reading event, [St. Charles County Reads](#). Introducing *How to Bake Everything* by **Mark Bittman**, our first St. Charles County Reads selection. Discover over 2000 recipes that will educate and entertain the whole family. This will be an exciting opportunity for your students and their families to read (and bake!) together. *How to Bake Everything* is available free with your library card on [Hoopla](#) and [Overdrive](#).

Register to Participate When you [register](#) for St. Charles County Reads, you'll receive email notifications about upcoming events and have a chance to win a gift basket full of baking supplies, or gift cards from delicious local bakeries and community partners!

Connect with us - Spread the word about St. Charles County Reads by sharing your thoughts and pictures about "How to Bake Everything" on social media. Connect with us through [Facebook](#), [Twitter](#), or [Instagram](#) using our St. Charles County Reads hashtag, **#SCCReads**.

Whether your baking attempts are a masterpiece or a "Nailed It" entry, we look forward to seeing how you're learning and using this book. Watch for special **St. Charles County Reads** social media events, virtual classes, and demonstrations too.





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**

The Parents' Corner

☞ We're in Your Corner ☞

If you are feeling exhausted, afraid, overwhelmed, or you're on an emotional roller coaster—join the club! **None of what we are experiencing right now is normal, and you don't have to pretend it is to make anyone feel better.** We are all going through a really weird, unexpected time. And not being able to predict what will happen will shake us and make us more irritable. That is normal! Maybe it would help to put our feelings and reactions into a visual context. Picture an empty water glass in front of you, and everything that feels like a "bummer" fills the cup with some water every morning. You are used to life one way, but now you can't play with friends (*cup fills*), and you can't play on your sports teams (*cup fills*), and you can't go to school (*cup fills*), and you can't, can't, can't (*cup fills almost to the top*). By the time something happens that you think might not be a big deal, your water cup has only a fraction of open space left at the top, and adding even an ounce of water makes the cup spill over. We call that the "window of tolerance". The reaction is big and doesn't fit the size of the problem, but it is a normal response: It is regressing or unraveling due to this traumatic experience. It can be extremely frustrating for us parents when that happens with our kids.

Whether said out loud or not, your child may feel like they're in danger. Children worry about getting sick themselves or about people dying. Our kids pick up on our stress, and it makes them feel less safe. We engage in power struggles over schoolwork, because we didn't sign up to work, parent, and teach all at once, especially with no warning to prepare. Our routines have been majorly disrupted, and our usual support systems that we find through friends aren't available like they were a few weeks ago. It feels like everything is off-limits and off-balance. So what can help? Expect regression, expect behaviors, expect stress to happen. That way, you can **make a plan for how to ease the impacts of the reactions.**

What is difficult for our children to digest is often the same for us. Life right now is hard...on everyone. Find a plan that works for you and do what feels right for you and yours—you know best! Here's one idea that may help:

1. **Name Your Feeling.** Talk about feelings. Yours, theirs, everyone's. Naming feelings makes them less powerful. Feelings aren't dangerous, they are just visitors letting us know we don't like something, want to change something, or need something.
2. **Model Coping Strategies.** Build in family habits that help everyone work through big emotions—coping skills are good for all of us. We may not have a lot of control right now, but we can increase our child's inner resources. Your reaction matters, and modeling ways to cope with big feelings can help our kids practice and learn.
3. **Empathize.** Empathy can create emotional safety so your child feels comfortable sharing their feelings. Sometimes we will lose patience with our kids—a break, a hug, and an "I love you" after something happens is extremely powerful. Think about it even from the perspective of a fight with someone as an adult. We feel embarrassed or wounded. We want to know we are still loved.
4. **Keep things predictable.** Much of the anxiety we're feeling right now comes from the uncertainty. Creating some certainty, whether through a routine or some kind of daily structure, can help the anxious moments in your head when you don't know what to expect. Create a new normal. ***And take it one day at a time!***

~If you continue to have concerns, contact your school counselor to schedule a video conference appointment— they're full of ideas, and are always in your corner!~

April 2020



FISCHER'S SCHOOL UNIFORM

These past weeks have certainly been challenging ones as we have adapted to our ever changing schedules in order to keep employees and customers safe and healthy. We wanted to reach out to you to let you know that we are working on how best to accommodate you for the 2020-2021 school uniform fittings.

At this point in time, we are unsure of the exact date that we will be allowed to reopen our stores. Therefore we encourage you to place orders for uniforms online at our website www.fischersuniforms.com. You can use the size charts on the site to help determine what size to order. Orders placed online May 1 through May 31 will receive 10% off all items. We are also available to answer phone calls Tuesday, Wednesday and Thursday from 10 a.m. - 2 p.m. to help determine sizes.

Once we are notified our stores can be open, we will contact your school with that information. Please know that we are doing our best to make the most of this unique situation and that we appreciate your patience and understanding during this time.

Fischer's School Uniforms
636-939-3344
Just Me Apparel, Inc.
636-391-3551

BLOOD DRIVE

**St. Paul
Knights of Columbus**

Thursday, April 23

3:30 pm - 6:30 pm

Knights of Columbus Hall

1270 Church Rd

To schedule an appointment,
call The Blood Center at 866.448.3253
or go online to www.bloodcenter.org

Use sponsor code 9244 to schedule online

**BY
APPOINTMENT
ONLY**

**CHANGE
THE WORLD
BE THE KIND TYPE**

#STLSavesLives

www.bloodcenter.org