



# The Knight's Tablet

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

**April 28, 2021**

## Upcoming Events

April 29~ Blood Drive at the KC Hall see page 2.

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

May 3~ Talent Video due! See page 3 for details.

May 3– 7 Teacher Appreciation Week.

May 4~ Flower Pick up– See page 2 for details.

May 5~ Send a flower to your teacher day. See page 2 for details.

May 7~ **NOON DISMISSAL**/ Faith Friday/ Spirit Day/ Jack and Jill Softball game at Old Monroe Ball Park

May 9 ~ Happy Mother's Day

May 20~ PK Last Day

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

May 25 ~ PK 4 Celebration

May 26~ Last Day of School/ Kindergarten Celebration @10:30AM - **NOON DIMISSAL**

## SERVICE

Good afternoon - If you have some spare time here is a great way to feel like a part of a community. We are in need of some extra help with general up keep. While many may want to give of their time, it can be difficult to align schedules. Please check out this link and consider choosing a task that best suits you and your family to complete on your own time.

<https://www.signupgenius.com/go/805094BABA629A3FA7-grounds>

## Virtue of the Month JUSTICE

*St. Anthony, help us to be fair to everyone. Help us to return everything we borrow. And help us find things when they are lost! Amen. Saint Anthony, pray for us.*





SPPTO Flower Pick up will be on Tuesday, May 4 in the Gym from 2:45PM – 6:00PM



## 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 contact the school office

May 3, 2021 if you are interested in joining the SPPTO Board. THANK YOU!!

## Teacher Appreciation Week!

NEXT WEEK IS NATIONAL TEACHER APPRECIATION WEEK. ST. PAUL PTO HAS A WEEK FULL OF APPRECIATION PLANNED BUT WE NEED YOUR HELP NEXT WEDNESDAY! WE WANT TO THANK OUR TEACHERS FOR HELPING US GROW BY GIVING THEM FLOWERS. WE ARE ASKING THE STUDENTS TO BRING IN A FLOWER FOR THEIR TEACHER ON WEDNESDAY MORNING, WE WILL BE PROVIDING VASES TO THEM TO COLLECT THEIR FLOWERS LET'S SHOW OUR TEACHERS HOW MUCH WE APPRECIATE THEM!

-SPPTO OFFICERS



## BLOOD DRIVE

### St. Paul Knights of Columbus

*Masks and appointments required!*

**Thursday, April 29**

**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 to [www.bloodcenter.org](http://www.bloodcenter.org)

Use sponsor code 9244 to schedule online



All donors will receive SOCKS OR A GIFT CARD!

[BLOODCENTER.ORG](http://BLOODCENTER.ORG)



Mark your  
calendars for  
the next

rosary night on Tuesday,  
May 4 @ 6:30pm. This will  
be a once-a-month occur-  
rence. All ages are wel-  
come! Kids are encouraged  
to come and be the leaders  
in prayer.



## St. Paul's Got Talent! 2021

St. Paul students are once again invited to participate in a school-wide, virtual talent show! Last year was a great success and it will be exciting to see what this year brings! Videos should be around 40 seconds long and each child should state their name and grade at the beginning of the clip. Videos can be saved to Google Drive and shared with:

[mdfabio@stpaulknights.org](mailto:mdfabio@stpaulknights.org)

The deadline to participate is Monday, May 3rd. Please reach out to Ms. DeFabio if you have any questions. Be creative and have fun!



# FORMED®

PICK OF THE WEEK

April 25, 2021

WATCH

### INTO THE BREACH

As we celebrate the feast of St. Joseph the Worker this week, we encourage all men to watch Into the Breach, a groundbreaking series that seeks to answer what it means to be a Catholic today. Inspired by Bishop Olmsted's apostolic exhortation, Into the Breach challenges men to embrace the greatness we are all



INTO THE BREACH

### FORMED LIVE!

Who is St. Catherine of Siena?

April 29th, 2020



### FORMED NOW! WHO IS ST. CATHERINE OF SIENA?

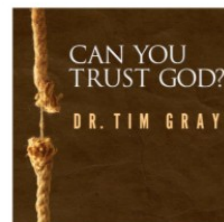
In light of St. Catherine of Siena's feast day, join Dr. Tim Gray and Dr. Elizabeth Klein as they celebrate this holy woman: a nurse and mystic with papal influence who became a doctor of the Church.

LEARN

LISTEN

### CAN YOU TRUST GOD? BY DR. TIM GRAY

To be a saint, we must trust God wholeheartedly. Since the fall of our first parents, however, humanity has been tempted to mistrust the Father's love for us. Scripture scholar Dr. Tim Gray takes us on a journey that addresses the pervasive misconceptions about God, showing us that there is no reason not to follow him.



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



## First Holy Communion

WELCOME TO THE TABLE OF THE LORD!

Audrey Anderson  
Katelynn Auchly  
Olivia Barry  
Magdalene Buerck  
Blake Daugherty  
Cody Daugherty  
Mayli Donovan  
Morgan Dove  
Cheryl Funke

Reese Grohmann  
Alexandra Hawkins  
Hudson Hawkins  
Blake Hemmer  
Landon Licari  
Isabella McCarthy  
Deklyn McDonough  
Madeline Molitor  
Reagan Moore

August Mueller  
Alexander Mullenschlaeder  
Penny Paup  
Mariah Phillips  
Katherine Piazza  
Allison Poinsett  
Brody Schoolfield  
Gretchen Schulte  
Harrison Sigmund

Savanna Smith  
Eli Springer  
Navy Villier  
Adele Vogt  
Logan Vogt  
Jordan Weber  
Kaitlyn Wehmeier  
Sawyer Wilber  
Brynnley Wunderlich

©LPI



Daniel Alterson  
Allen Atchison  
Dominic Bono  
Payten Christ  
Cade Fischer  
Meghan Fowlie  
Clayton Givens  
Carter Grupe

Owen Hemmer  
Liam Huggins  
Madeline Hunsel  
Michael Militello  
Ella Schultz  
Brock Spector  
Gabriel Vogt  
Zachary VonBokel

# Sacrament of CONFIRMATION



ST. PAUL IN ST. PAUL				
Healthy Habits Lunch				
APRIL 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>ENTRÉE CHOICE 1</b> Grilled Cheese Sandwich, WG  <b>ENTRÉE CHOICE 2</b> Popcorn Chicken SIDE ITEMS: Fresh Vegetables w/dip Seasonal Fresh Fruit Vanilla Ice Cream Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Chicken Wrap/Chopped Lettuce Light Ranch Dressing <b>ENTRÉE CHOICE 2</b> Mini Corn Dogs SIDE ITEMS: Cookie Seasonal Fresh Fruit Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Tossed Salad Chilled Fruit Milk, Fat Free  <b>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>CARDINALS PEP RALLY</b> <b>ENTRÉE CHOICE 1</b> Knock it out of the Park Nachos <b>ENTRÉE CHOICE 2</b> Chicken Strips SIDE ITEMS: Grand Slam Fruit Grassy Field Salad Bases Loaded Brownie Home Run Milk  <b>EARLY DISMISSAL</b> NO FOOD SERVICE  <b>EARLY DISMISSAL</b>	<b>ENTRÉE CHOICE 1</b> Crunchy Taco, WG  <b>ENTRÉE CHOICE 2</b> Chicken Drumstick SIDE ITEMS: Spanish Rice, WG Mexicali Corn Seasonal Fresh Fruit Milk, Fat Free
<b>ENTRÉE CHOICE 1</b> *Breaded Chicken Drumstick  <b>ENTRÉE CHOICE 2</b> Ham & Cheese on Bagel SIDE ITEMS: Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Toasted Ravioli  <b>ENTRÉE CHOICE 2</b> Bosco Stick SIDE ITEMS: 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>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>EARTH DAY</b> <b>ENTRÉE CHOICE 1</b> Dinosaur Nuggets <b>ENTRÉE CHOICE 2</b> Soft Taco SIDE ITEMS: 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 SIDE ITEMS: Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Bosco Stick with Spaghetti Sauce <b>ENTRÉE CHOICE 2</b> Toasted Ravioli with Sauce SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit Tasty Grahams Milk, Fat Free
<b>NATIONAL PRETZEL DAY</b> <b>ENTRÉE CHOICE 1</b> Soft Pretzel with cheese  <b>ENTRÉE CHOICE 2</b> Grilled Chicken Sandwich SIDE ITEMS: Carrots/celery/ranch Fresh Fruit, Seasonal Cookie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Chicken Strips  <b>ENTRÉE CHOICE 2</b> Meatball Slider SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Tossed Salad/Ranch Chilled Fruit Milk, Fat Free  <b>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>ENTRÉE CHOICE 1</b> *French Toast Sticks/Syrup  <b>ENTRÉE CHOICE 2</b> Pancakes with syrup SIDE ITEMS: *Bacon Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Popcorn Shrimp  <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks SIDE ITEMS: *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free
<b>DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50</b> BACON CHICKENBURGER AND CHIPS    GRILLED CHICKEN SANDWICH AND CHIPS    GRILLED CHEESE ON TEXAS TOAST AND FRUIT    2 BOSCO STICKS/SAUCE AND FRUIT    CHICKEN STRIPS AND FRUIT				
All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrees). <b>Food Service Consultants, Inc.</b> "A Local Company Serving You With Pride"				

ST. PAUL IN ST. PAUL				
Healthy Habits Lunch				
MAY 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>ENTRÉE CHOICE 1</b> *Popcorn Shrimp  <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks SIDE ITEMS: *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free	<b>STAR WARS DAY</b> <b>ENTRÉE CHOICE 1</b> Luke Skywalker Chicken Strips <b>ENTRÉE CHOICE 2</b> Hot Dog on Bun SIDE ITEMS: Boba Fett BBQ Sauce Stormtrooper Corn R2D2 Fruit Ewok Cookie Darth Vader Milk	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free  <b>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>ENTRÉE CHOICE 1</b> Mini Tacos  <b>ENTRÉE CHOICE 2</b> Spaghetti with Meatballs SIDE ITEMS: Corn Seasonal Fresh Fruit Churro Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Chicken Patty Sandwich w/ French Fries  <b>ENTRÉE CHOICE 2</b> Fish Sticks SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free
<b>ENTRÉE CHOICE 1</b> Crunchy Taco, WG  <b>ENTRÉE CHOICE 2</b> Chicken Drumstick SIDE ITEMS: Spanish Rice, WG Mexicali Corn Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Bosco Stick with Spaghetti Sauce <b>ENTRÉE CHOICE 2</b> Toasted Ravioli with Sauce SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit Tasty Grahams Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Tossed Salad/Ranch Chilled Fruit Milk, Fat Free  <b>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>ENTRÉE CHOICE 1</b> *Chicken Nuggets  <b>ENTRÉE CHOICE 2</b> Hot Dog on Bun SIDE ITEMS: Green Beans Seasonal Fresh Fruit Rice Krispies Treat Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Chicken Patty Sandwich w/ French Fries  <b>ENTRÉE CHOICE 2</b> Fish Sticks SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free
<b>ENTRÉE CHOICE 1</b> Mini Corn Dogs with Ketchup <b>ENTRÉE CHOICE 2</b> Toasted Cheese Ravioli with Sauce SIDE ITEMS: Tossed Salad Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Waffle with Syrup  <b>ENTRÉE CHOICE 2</b> French Toast Sticks with Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Strawberry Yogurt Cup Milk, Fat Free	<b>PAPA JOHN'S PEPPERONI PIZZA</b> Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free  <b>PAPA JOHN'S</b> Better Ingredients. Better Pizza.	<b>MACHO NACHOS</b> CHIPS, TACO MEAT, CHEESE, SALSA ASSORTED TOPPINGS MILK, FAT FREE  <b>NO ALTERNATE</b>	<b>ENTRÉE CHOICE 1</b> *Chicken Patty Sandwich w/ French Fries  <b>ENTRÉE CHOICE 2</b> Fish Sticks SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free
<b>ENTRÉE CHOICE 1</b> Happy Cheeseburger  <b>ENTRÉE CHOICE 2</b> It's Been Fun French Fries Sleeping In Carrot Sticks Going on Vacation Fruit Good Bye Milk	<b>ENTRÉE CHOICE 1</b> Sunny Skies Ahead Grilled Cheese <b>ENTRÉE CHOICE 2</b> Farewell Chicken SIDE ITEMS: Fun in the Sun Fruit Catch Some Rays Chips Cool Times Ahead Treat Goodbye Milk	<b>1/2 DAY</b>  <b>NO LUNCH</b>	<b>CONGRATS TO OUR GRADUATES!</b>	<b>ENTRÉE CHOICE 1</b> *Chicken Patty Sandwich w/ French Fries  <b>ENTRÉE CHOICE 2</b> Fish Sticks SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free
<b>DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50</b> TOASTED RAVIOLI AND FRUIT    CHICKEN PATTY SANDWICH AND CHIPS    GRILLED CHEESE ON TEXAS TOAST WITH FRUIT    CHICKEN STRIPS WITH FRUIT    TONY'S 5" PIZZA WITH FRUIT				
All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrees). <b>Food Service Consultants, Inc.</b> "A Local Company Serving You With Pride"				

# 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 you 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.














# 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!





**2ND ANNUAL NUN RUN**  
LITTLE SISTERS OF MARY IMMACULATE  
GULU, UGANDA

Our Inaugural Nun Run 2020 was a great success! We raised almost \$10,000 to help restore the mother house in Gulu, Uganda. Please join us to raise more money for this important effort!

PLEASE BRING CASH TO RACE: One-of-a-kind Handmade Note Cards will be sold to raise money as well.



RACE IS ON...RAIN OR SHINE



**Let's Make it a "Habit" to Run for the Nuns!**

**SUNDAY, JUNE 6, 2021**

Check-in @ 8:30 a.m.  
Welcome, National Anthem & Opening Prayer @ 8:45 a.m.  
Run/Walk 5k Begins @ 9:00 a.m.  
Dames Park in O'Fallon, MO

**Ages 12 & Up: \$25 / Kids 11 & Under: \$15**  
*Unisex T-shirts (2T-3T-4T-5T-6T • YXS-YS-YM-YL-YXL • XS-S-M-L-XL-2XL-3XL) \$30 for a Women's Racerback Tank (S-M-L-XL-2XL) instead*

**Sign up early! Participants are guaranteed to receive a shirt if you sign up before May 16th!**

**REGISTER**

Call/Text/Email: Jeanne Fields @ 636-262-8121  
fieldsjeanne68@yahoo.com  
Shari Dyer @ 636-544-5860

Facebook: @LittleSistersUganda  
Please include Names, shirt types, shirt sizes, etc.

**PAY**

Make checks payable to: Little Sisters of Mary Immaculate of Gulu, Uganda or "LSMIG" - Nun Run 2021 and send to: 4 Woodleaf Ct., O'Fallon, MO 63366 -OR- Pay with Venmo by scanning Code



**INVITE AND/OR BRING YOUR FRIENDS AND FAMILIES ~ PLEASE SHARE ON FACEBOOK! ~**  
If you would like to sponsor our event or have any questions, please call Jeanne @ 636-262-8121 ASAP! Thanks!

Hello Friends!!!

We hope that you, your family and your Company had a blessed 2020, and the New Year 2021 is bringing you much prosperity thus far! Little Sisters of Mary Immaculate of Gulu, Uganda is gearing up for our annual Nun Run. We are reaching out to you to see if we can count on you to be a sponsor.

Our First Nun Run in July 2020 was a huge success and raised almost \$10,000!!! Our goal is to surpass last year's amount raised. Our organization will be using this money to help restore the mother house in Gulu, Uganda. We will continue to use funds that we raise for these important efforts.

Our event will take place on June 6, 2021. We hope that, with your generosity, we can make the 2nd Annual Nun Run more successful than last year. Please consider making a donation and becoming part of the success of the Nun Run. Our Nun Run had over 150 participants last year and your donation will come with many points of recognition throughout the day.

**□ TITLE SPONSOR | \$500**

- Logo prominently displayed on the back of the race shirts
- Logo on LSMIG / Nun Run Facebook Page
- Premium signage throughout race
- Logo on all promotional materials
- Opportunity to place promotional materials in race packets

**□ GOLD SPONSOR | \$400**

- Logo on the back of the race shirt
- Logo on LSMIG / Nun Run Facebook Page
- Logo on all promotional materials
- Opportunity to place promotional materials in race packets

**□ SILVER SPONSOR | \$300**

- Logo on the back of the race shirt
- Logo on LSMIG / Nun Run Facebook Page
- Logo on all promotional materials

**□ WATER SPONSOR | \$200**

- Signage at both Water Stations along the 5k Route
- Company name on the back of the race shirt
- Company name on LSMIG / Nun Run Facebook Page

**□ MILE MARKER SPONSOR | \$100**

- Name/Logo at Prominent Race Mile Markers
- Company name on the back of the race shirt
- Company name on LSMIG / Nun Run Facebook Page

**NAME AND ADDRESS OF ORGANIZATION/BUSINESS**

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

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

**Get in early to guarantee a sponsorship spot on the back of the shirt!**

To secure a sponsorship on the shirts, signage, etc., please contact us before May 16th: Jeanne Fields at 636-262-8121 or fieldsjeanne68@yahoo.com

All sponsorship donations are tax deductible

Make checks payable to: Little Sisters of Mary Immaculate of Gulu, Uganda (LSMIG) - Nun Run 2021 and send to: 4 Woodleaf Court, O'Fallon, MO 63366

OR SCAN THIS CODE TO VENMO: @LittleSistersUganda



**GOD BLESS YOU & THANK YOU FOR YOUR CONSIDERATION!**

Ultimate Frisbee INTRAMURALS  
MakerSpace CROSS COUNTRY  
Tennis SPORTS BROADCASTING  
SOCCER FIELD TRIPS CSI: CBC  
t Board Games Ever CBC Hollywood  
speed & conditioning  
THEATER CAMP tennis  
I GREAT VIDEO GAME DES  
intramural TRACK & FIELD  
STUDY SKILLS GOLF CSI: CBC  
IMPROV FOOTBALL  
HOLLYWOOD MOVIE PRODUCTION SHARK TANK basketball



ROBOTICS cooking for d...  
BAND CAMP Wrestling  
painting sports science golf  
CSI: CBC literary lounge  
BASEBALL FIELD TRII  
ROBOTICS INTRAMURALS  
FIELD TRIPS ROCKETS  
SHARK TANK SOCCER  
Ultimate Frisbee MAKERSPACE sports history  
CSI: CBC

**THE BEST SUMMER EXPERIENCE IN ST. LOUIS!**  
24 EXCITING CAMPS LED BY CBC'S ELITE FACULTY AND COACHES

**For 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Boys**  
June 7-24 | Monday-Thursday | Three 1-week sessions | Full and Half Day Options

**AVIATION**  
**BAND**  
**BASEBALL**  
**BASKETBALL**  
**BOWLING**  
**CREATIVE CADETS**  
**CYBERSECURITY**  
**ESPORTS**  
**FOOTBALL**  
**FUN & GAMES**  
**GOLF**  
**HOLLYWOOD CAMP**


**INTRAMURALS**  
**LACROSSE**  
**OUTDOOR ADVENTURES**  
**SOCCER**  
**SPEED & CONDITIONING**  
**STEM**  
**TENNIS**  
**YOUTUBE SENSATION**  
**ULTIMATE FRISBEE**  
**VOLLEYBALL**  
**WRESTLING**



**SCAN ME**

Scan the code with a camera app for more information

**www.BeACadet.org/summer**



**Office of Catholic Education and Formation**  
**Catholic School Health Newsletter**  
for Parents and Families


ARCHDIOCESE OF ST. LOUIS

**April 2021**

**14 Diseases You Almost Forgot About (Thanks to Vaccines)**  
<https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html>

1. Polio
2. Tetanus
3. Flu (Influenza)
4. Hepatitis B
5. Hepatitis A
6. Rubella
7. Hib (Haemophilus influenza type b)
8. Measles
9. Whooping Cough (Pertussis)
10. Pneumococcal Disease
11. Rotavirus
12. Mumps
13. Chickenpox
14. Diphtheria

A publication of the School Nurse Partnership through Cardinal Glennon



**WELL-CHILD VISITS ARE ESSENTIAL**

In recent months, families have been doing their part by staying at home as much as possible to help stop the spread of COVID-19. As communities open up, it's important your child goes in for their well-child visit. These well-child visits are essential for many reasons, including:

- Tracking growth and development including milestones, social behaviors, and learning
- Discussing any concerns about your child's health
- Getting scheduled vaccinations to prevent illnesses like measles and whooping cough (pertussis) and 12 other serious diseases

Did you know that there were several outbreaks of measles and whooping cough in recent years? These diseases are extremely contagious and can be very serious, especially for babies and young children. As schools and daycares also begin to reopen, protecting children against these and other diseases makes these vaccinations particularly important.

Not sure what vaccines are needed when? Check out this [easy-to-read schedule](#). Concerned about keeping your child safe? Call your doctor's office to see what special measures they might have in place. Many offices and clinics are taking extra steps to see children safely during this time, like:

- Scheduling sick visits and well-child visits during different times of the day
- Asking patients to remain outside until they are called into the facility to reduce crowding in waiting rooms
- Offering sick visits and well-child visits in different locations

If you need help paying for vaccines, ask your child's doctor or nurse about the [Vaccines for Children program](#). This program provides free vaccines to children who are Medicaid-eligible, uninsured, underinsured, or American Indian/Alaska Native.

These are challenging times, but you have the power to help keep your child healthy. Making sure that your child sees his or her doctor for well-child visits and vaccines is one of the best things you can do to protect your child and community.

The School Nurse Partnership is a collaboration with SSM Cardinal Glennon Children's Hospital and the Office of Catholic Education and Formation of the Archdiocese of St. Louis.

Source: CDC.gov



# SUMMER CAMPS 2021

## Athletic & Academic Summer Camps Grades K-8



No matter what your child's interests are, camp helps children develop important social, emotional and cognitive skills. The memories made at camp with their friends will last a lifetime.

We look forward to a summer in which we will return to some semblance of normalcy. These summer camps are a great way for students to help re-connect and feel a part of something.

We look forward to the day we see the kids walking into camp for the first time, seeing their friends, and feeling an overwhelming sense of connection.

Duchesne High School

Summer Camps

2550 Elm Street

St. Charles, MO 63301

[www.duchesne-hs.org](http://www.duchesne-hs.org)

636.946.6767 ext 6902

PLEASE TURN PAGE OVER FOR AVAILABLE SUMMER CAMPS

SELECT	ATHLETIC CAMP	GRADES	LOCATION	DATES	TIMES	COST
	Boys Baseball	Grades 5 - 7	Blanchette Park	July 12 - 15	8:30 am - 11:00 am	\$75
	Boys Baseball	Grade 8	Blanchette Park	July 12 - 15	11:30 am - 1:30 pm	\$75
	Boys Basketball	Grades 3 - 5	Duchesne Gym	June 7 - 10	8:30 am - 11:00 am	\$55
	Boys Basketball	Grade 6 - 8	Duchesne Gym	June 7 - 10	12:00 pm - 2:30 pm	\$55
	Girls Basketball	Grades 3 - 5	Duchesne Gym	June 1 - 4	12:00 pm - 1:30 pm	\$55
	Girls Basketball	Grades 6 - 8	Duchesne Gym	June 1 - 4	1:30 pm - 3:00 pm	\$55
	Girls Cheerleading	Grades PreK - 8	Duchesne Performing Arts Center	July 26 - 30	9:00 am - 12:00 pm	\$75
	Girls Danceline	Grades PreK - 8	Duchesne Performing Arts Center	June 7 - 10	8:30 am - 11:00 am	\$60
	Boys Soccer	Grades K - 7	Duchesne Field behind Gym	June 21 - 24	4:00 pm - 6:00 pm	\$55
	Boys Soccer	Grade 8	Duchesne Field behind Gym	June 21 - 24	6:00 pm - 8:00 pm	\$55
	Girls Soccer	Grades K - 7	Duchesne Field behind Gym	June 21 - 24	4:00 pm - 6:00 pm	\$55
	Girls Soccer	Grade 8	Duchesne Field behind Gym	July 12 - 15	6:00 pm - 8:00 pm	\$55
	Boys & Girls Tennis	Grades 5 - 8	Duchesne Tennis Courts	June 7 - 10	8:15 am - 10:00 am	\$55
	Boys & Girls Track	Grades 6 - 8	Duchesne Stadium	July 6 - 9	3:30 pm - 5:00 pm	\$30
	Boys Volleyball	Grades 6 - 8	Duchesne Gym	July 6 - 9	4:00 pm - 6:00 pm	\$55
	Boys & Girls Volleyball	Grades 3 - 5	Duchesne Gym	July 6 - 9	8:00 am - 10:00 am	\$55
	Girls Volleyball	Grades 6 - 8	Duchesne Gym	July 6 - 9	10:30 am - 12:30 pm	\$55

Please complete and return this form to Duchesne, using one form per child. Or visit us at [www.duchesne-hs.org](http://www.duchesne-hs.org) for an on-line form and camp descriptions. No refunds will be granted after May 28, 2021. PLEASE MAKE CHECKS PAYABLE TO DUCHEсне HIGH SCHOOL.

SELECT	ACADEMIC CAMP	GRADES	LOCATION	DATES	TIMES	COST
	Boys & Girls Science *	Grades 5 - 8	Duchesne Room 10	July 6 - 9	10:30 am - 12:30 pm	\$65
	Boys & Girls Escape This! *	Grades 6 - 8	Duchesne Room 10	July 6 - 9	8:00 am - 10:00 am	\$65
	Boys & Girls Band Camp	Grade 5 - 8	Duchesne Band Room	June 14-17	8:00 am - 10:00 am	\$65
	Boys & Girls Choir Camp	Grade 5 - 8	Duchesne Band Room	June 14-17	10:30 am - 12:00 pm	\$65
	Boys & Girls Robotics	Grades 6 - 8	STEM Lab	July 12-15	8:00 am - 10:00 am	\$100
	Boys & Girls Exploring Foreign Language	Grades 6 - 8	Duchesne Room 45	July 12 - 16	9:00 am - 12:00 pm	\$70

\*TEE SHIRT NOT INCLUDED IN THIS CAMP

CHILD'S NAME: \_\_\_\_\_ GRADE IN FALL '21: \_\_\_\_\_

RETURNING CAMPER (CIRCLE ONE) YES NO

GRADE SCHOOL ATTENDING IN FALL '21: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

PARENT EMAIL: \_\_\_\_\_

(confirmation of camp registration is sent through e-mail)

Tee Shirt Size: \_\_\_\_\_

(circle one) Y-MED Y-LG SM MED LG XL

Registration must be received by May 15 and include size to guarantee a tee-shirt! Each camp will hand out a tee shirt.

### WAIVER OF LIABILITY

We, the parents, agree not to hold Duchesne High School or the attending staff liable in the event of any accidents or injuries that may occur while our child is attending the camp(s). If we cannot be reached in the event of an emergency we also give our consent for the camp staff to obtain through a physician or a hospital of its choice, such medical care as is reasonably necessary for the welfare of my child, if he/she is injured in the course of camp activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### PERMISSION FOR INCLUSION IN MEDIA AND INFORMATIONAL MATERIALS.

We, the parents, authorize Duchesne High School and/or the Archdiocese of St. Louis to publish, reproduce and/or display photographs or video images of our child in news feature stories, media and marketing materials, or other informational materials. We understand that these marketing materials include, but are not limited to, news releases, advertisements, school brochures and fliers, and content on the Duchesne Website.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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, 24 and 28  
Scoops and Social (Grades 5, 6 and 7): April 20 and 22

Register at:

[www.ursulineschool.org/visitua](http://www.ursulineschool.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



# JUNE-JULY 2021

Basketball

Golf

Soccer

Volleyball

Softball

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)

DISCOVER URSULINE ACADEMY | VISIT OUR CAMPUS TODAY!