



The Knight's Tablet

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

May 02, 2019

Upcoming Events

May 3~ Jack and Jill Game

May 4~First Holy Communion

**May 9~ May Crowning / Pastries with
Parents / SPPTO End of year Meeting/
Flower Pick-up**

May 11~ Makers Market

May 17~ Field Day, Noon Dismissal/Fac. Mtg

May 21~ PK Celebration / 8th Grade Graduation

May 22~ K Celebration Mass

May 24~ LAST DAY/ NOON DISMISSAL

Good afternoon,

Blessings to all! It was wonderful to see so many of our grandparents here for Grandparent's Day! A big thank you to everyone who made the day possible! We have a very busy month ahead, please keep in mind the following dates:

May 3~ **8th Grade Jack and Jill Game** / St. Paul vs ICOM at the Old Monroe Ball Park.

May 4~ **First Holy Communion**

May 9~ **Pastries with Parents** will begin at 7:00AM in the gym. Please join your child for mass and **May Crowning** starting at 7:45 AM. **SPPTO Meeting** and flower pick up

Have a blessed week!
Mrs. Kaimann

Servers Schedule

May 01

Zach Bauer and Aaron Bishop

May 02

Grace Dyer and Ben Fowlie

May 03

Josie Mullenschlader and Brennan Rottger

May 04

4:30 pm Lexi Osterholt and Daniel Alterson

May 05

7:00am John Schultz and Brennan Rottger

9:00am Clare Griesenauer and Dominic Bono

11:00am Tyler and Zach Von Bokel

May 06

Carley Givens and Cole McCoy

May 07

Sabrina Militello and John Schroer

May 08

Levi Fischer and Daniel Alterson

Ms. Bonnie is Retiring!

All are invited to join us in celebrating Bonnie's commitment to St. Paul School at a special Mass on **Sunday, May 19th at 9am.** A reception will be held in the gym following the Mass.

Grandparent's Day 2019



Congratulations Grace Dyer and Ben Fowlie for being a finalist in the Pro Life Essay Contest!





3rd, 4th, and
5th grade
Field Trip to
Towne Park



Faith Works!



PARENTS!!!! It's time for our **LAST** Faith Works session before summer break!!

*****PLEASE NOTE: Additional Adult and Student Volunteers are Needed this month!!*****

- † We'll start as a group with prayer and dinner.
- † Then we'll read a pre-selected bible verse which relates to the quarterly theme. The bible verse will be broken down and we will discuss how it relates to them.
- † This discussion will be strengthened through a hands-on craft that the children can bring home to their families.
- † There will be a song and fun as well.
- † Adult volunteers needed! Must have completed Protecting God's Children
- † High Schoolers and 8th Graders!! Service hours are available!!

This month's theme will focus on Jesus' Resurrection

To RSVP or volunteer, contact:
Ellie Carter @ 636-515-8392
Diana Roettger @ 636-795-5959
(Call or text)



LIMITED SPACE AVAILABLE!
MUST RSVP IN ADVANCE
Our **LAST** Faith Works workshop:
Friday May 10th
6:00-9:00pm
St. Paul Picnic Grounds Hall



ity to experience life as a
ation to the priesthood.

ns, the medical release

e emailed to you as part
f you have any
novak@archstl.org



9) Session: _____

adult sizes!

May

Monday	Tuesday	Wednesday	Thursday	Friday
		1 P – T. Montgomery C – K. Maniaci S – J. Testerman	2 P – K. Dunkin C – C. Schroer S – M. Sigmund	3 P – C. Schroer C – N. Lanter S – K. Maniaci
6 P – K. Dunkin C – B. Steiniger S – J. Genteman	7 P – S. Smith C – M. Hauk S – C. Hoff	8 P – T. Montgomery C – K. Maniaci S – C. Wilmes	9 P – M. Ferranto C – C. Schroer S – K. Schroeder	10 P – C. Schroer C – S – K. Maniaci
13 P – K. Dunkin C – B. Steiniger S – J. Genteman	14 P – S. Smith C – M. Hauk S – M. Sigmund	15 P – T. Montgomery C – K. Maniaci S – J. Testerman	16 P – M. Ferranto C – C. Schroer S – K. Schroeder	17 FIELD DAY/ NOON DISMISSAL
20 P – K. Dunkin C – B. Steiniger S – J. Genteman	21 P – S. Smith C – S – T. Dunkin	22 P – T. Montgomery C – K. Maniaci S – S. Griesenauer	23 P – M. Ferranto C – C. Schroer S – J. Testerman	24 LAST DAY OF SCHOOL/ 11AM DISMISSAL

ST. PAUL IN ST. PAUL				
Healthy Habits Lunch				
MAY 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		HOT LUNCH PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE NO ALTERNATE	HOT LUNCH * Chicken Strips Mixed Veggies Fresh Fruit/Seasonal Cookies Milk, Fat Free ALTERNATE Meatball Sub	HOT LUNCH CINCO DE MAYO CELEBRATION Crunchy Taco Taco Fiesta Beans Corn Churros Milk, Fat Free ALTERNATE Cheese Quesadilla
6	7	8	9	10
HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Hot Dog	HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free ALTERNATE Turkey & Cheese on Bagel	HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH RANCH CHILLED FRUIT MILK, FAT FREE DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Toasted Ravioli	HOT LUNCH Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Chicken Taco
13	14	15	16	17
HOT LUNCH *Jumbo Corn Dog Broccoli Fresh Fruit/Seasonal Pudding Milk, Fat Free ALTERNATE Bagel Bites	HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free ALTERNATE Egg & Cheese on Bagel	HOT LUNCH CHICK-FIL-A-DAY GRADES PK-4 CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE GRADES 5-8 LARGE CHICKEN SANDWICH WITH FRIES \$5.25 NO ALTERNATE	HOT LUNCH MACHO NACHOS CHIPS, TACO MEAT, CHEESE, SALSA, ASSORTED TOPPINGS MILK, FAT FREE SMOOTHIE KING \$1.00 CASH ONLY NO ALTERNATE	1/2 DAY NO FOOD SERVICE
20	21	22	23	24
HOT LUNCH END OF YEAR SPECIAL Hot Diggity Dog It's Been Fun Chips Catch Me if You Can Veggies Going on Vacation Fruit Goodbye Milk ALTERNATE Sleeping In Chicken	HOT LUNCH SCHOOL'S OUT SPECIAL Sunny Skies Ahead Grilled Cheese Fun in the Sun Fruit Catch Some Rays Chips Cool Times Ahead Treat Good Bye Milk ALTERNATE Farewell Chicken	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH RANCH CHILLED FRUIT MILK, FAT FREE NO ALTERNATE	HOT LUNCH Mini Tacos Veggies Fresh Fruit/Seasonal Treat Milk, Fat Free ALTERNATE Mini Corn Dogs	LAST DAY OF SCHOOL 11:00 DISMISSAL
DAILY SPECIALS (GRADES 5-8 ONLY)				
2 BOSCO STICKS WITH SAUCE \$3.00	TONY'S 5" PIZZA \$2.75	GRILLED CHEESE ON TEXAS TOAST WITH CHIPS \$3.00	BACON CHEESEBURGER WITH CHIPS \$3.20	CHICKEN STRIPS WITH FRIES 2-30
All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrees).				
Food Service Consultants, Inc. "Serving You With Pride"				

MAKERS MARKET!

REMINDER to stop by the Makers Market in the school gym on **Saturday, May 11th** from **11:30am-1:30pm** to see handmade jewelry, homemade pies and other baked goods, pottery, homemade lotions, My Missouri signs, dream catchers and more! We have vendors selling Norwex, Lipsense, Limelife Makeup, Color Street Dry Nail Polish and more! House of Flamingos & Two Hearts Boutique will be displaying their newest and greatest apparel finds! The first **25 people** through the door will receiving **SWAG bags full of FREE goodies!** You don't want to miss out!

St. Paul School & Parish will be benefitting from **10% of vendor sales**, but we are also helping to support Immaculate Conception (Old Monroe) for their St. Vincent De Paul Organization, by **collecting canned goods** and other needed items the day of the event. Please help us to donate as this time of year items are in short supply.

Canned chicken
Canned beef
Cans of porknbeans
Jars of grape jelly
Boxes of crackers – saltines
Cheerios, Corn Flakes, Raisin Bran
Cans of Manwich
Canned peaches
Cans of Fruit Cocktail

Volunteers
Needed!!! Adults
& students
entering 7th grade
& up



Vacation Bible School is now enrolling!!!

When: June 10th-14th, 9am-noon

Where: St. Paul Gym

Who: Children ages 4 through 6th grade

Cost: \$30 per child/\$50 per family

How: Please return the attached registration form and your payment to the school office or parish center by May 28th.

Registering by May 28th guarantees a t-shirt & CD

VBS Procedures:

- Please drop your child off between 8:45-8:55 in the gym lobby. We will have a check-in table each morning.
- The kids will receive a snack each day (please indicate allergies on the registration sheet).
- Pick up each day will take place in the gym, except for Pre-K, they need to be picked up from their classroom.

Contact Mindy @ mindy_rose88@hotmail.com or 314-603-8678 to volunteer or with questions.



Registration Form

(One Per Child)

Please make checks payable to St. Paul
\$30 per child / \$50 per family Due by: May 28th

Child's name: _____ Child's gender: _____

Child's age: _____ Date of birth: _____ Last school grade completed: _____

Name of parent(s): _____

Street address: _____

City: _____ State: _____ ZIP: _____

Home telephone: (____) _____

Parent/caregiver's cellphone: (____) _____

Home email address: _____

Home church: _____

T-Shirt size: _____ (youth + adult sizes available)

Crew number or name (for church use only): _____

Allergies or other medical conditions: _____



In case of emergency, contact: _____

Phone: _____

Relationship to child: _____

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United States Department of Agriculture

Nutrition Tips and Menu Ideas for Healthy Summer Meals

The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals, that meet Federal nutrition guidelines, are provided to all children 18 years old and under at approved SFSP sites in areas with many low-income children.

Because it is important that children receive healthy meals all year, including in the summer, here are some tips you can use to make SFSP meals healthier. While not required, these tips can go a long way in creating healthy habits for kids:

Go for whole grains

- Offer breads and cereals that contain whole grains.
- Choose those that have "whole" in the name of the first ingredient (e.g., whole wheat, whole oats, whole rice).

Offer a rainbow of colors

- Include dark green, orange, yellow, red, and purple vegetables and fruits.
- Try for different colors every day!

Choose lower-fat options

- Serve only low-fat (1%) or fat-free (skim) milk.
- Serve lean cuts of meats, or serve fish, nuts, or beans instead.
- Limit or avoid fried and prefried foods. Instead, offer baked, broiled, or grilled vegetables, chicken, and fish.

Use unsweetened or naturally sweetened foods

- Serve fresh, frozen, or canned fruit (no sugar added) instead of fruit juice or fruit-based desserts.
- Use fruit to sweeten plain yogurt.
- Serve unflavored milk.

Avoid excess sodium

- Limit or avoid processed meats.
- Choose less-processed options, like rolled whole turkey breast instead of lunch meat or baked fish instead of fish sticks.
- Choose fresh or frozen vegetables. When using canned vegetables with added salt, rinse them first.



Summer Food Rocks!

USDA is an equal opportunity provider and employer.

Here are some menu ideas to get you started

Sample breakfast:

- Whole-grain cereal
- Non-fat milk
- Fresh or frozen blueberries (no sugar added)

Sample lunch or supper:

- Southwest chicken wrap (whole wheat wrap, chicken, lettuce, and salsa)
- Refried beans (no added fat)
- Pineapple chunks (no added sugar)
- Non-fat milk

Sample snack:

- Red and yellow bell pepper strips
- Hummus
- Water



USDA Resources

For more ways on serving healthier SFSP meals that kids will enjoy, check out these resources:

- **Nutrition Guidance Handbook for Sponsors**
<http://www.fns.usda.gov/cnd/summer/library/HandBooks/NutritionGuide.pdf>
- **Recipes for Healthy Kids**
http://teammnutrition.usda.gov/Resources/recipes_for_healthy_kids.html
- **Recipes for all Child Nutrition Professionals**
<http://healthymeals.nal.usda.gov/recipes/recipes-all-child-nutrition-professionals>

The Parents Corner

We're In your Corner

This month we dive into **motivation**.

Maybe your child suddenly doesn't seem enthusiastic to learn new things. Maybe a fight occurs whenever it's time to do homework. Maybe you have tried rewards, punishments, threatening consequences...and nothing seems to increase the amount of effort you see your child putting forth. When parents see their child's level of effort decrease, they naturally want to know why this is and how they can help them get motivated. Teachers and parents alike rate motivation as a leading concern when it comes to their student's academic performance—you're not alone!

One way lack of motivation manifests itself is in procrastination...and we've all been there. Procrastination in children can look like avoidance, lack of time-management skills, emotionality, or just not caring. But...what if our kids aren't avoiding schoolwork, just to be difficult and leave us feeling defeated? What if they are avoiding it as a way of coping with something that elicits an uncomfortable or anxious feeling?

When kids (and adults) procrastinate, it can be an indicator that the task is anxiety-inducing. Keep in mind that the amygdala—the part of the brain that controls emotions like embarrassment, or an emotional upset of any kind—is on the lookout for anything that might hurt us. If you feel completely in the dark about what your teacher is explaining in class, your amygdala might call: *Alert! Alert!* Because humans naturally feel insecure or uncomfortable in many new situations, lots of tasks can get interpreted by the brain as DANGEROUS. Putting something off makes us feel better in the moment, and often our present comfort takes precedence over long-term negative impacts that procrastination may create. These safety behaviors can look like lack of motivation.

So let's reframe our outlook: Our kids might appear to lack motivation. However, the reality may be that they need better coping skills for the scary feelings that come up when faced with a new or challenging task. This is an easier and probably more accurate picture than the one that tells us our children don't care.

There's a normal amount of trepidation that comes with learning new things, but when it appears your student is experiencing this reaction more than usual, consider helping them by:

Ideas + Resources

1. **Validating:** We can help our kids identify their feelings in these situations and teach them that their emotions are valid, normal and manageable.
2. **Praising:** Praising your children for their effort, rather than an outcome, can help instill the idea that mistakes and failure are part of learning. This makes tasks attainable as trial and error is viewed as a typical part of learning. Tell them when you see they've made an effort, regardless of the final grade. Pointing out areas where your child used to struggle but has now improved can also help.
3. **Setting Goals/Routines:** Come up with a goal together that they would like to achieve in the near future. Come up with a set of action steps or a routine with easy, specific plans on how to accomplish their goal. Review. Repeat.
4. **Fostering Perseverance:** Through modeling and setting expectations at home for an "I try, I try, I try again attitude," a "gonna-get-it-done mindset," a "we're not quitters mentality." Make this a daily mantra or a morning reminder on the way to school. Consider sharing about your own difficult moments that you've overcome. Share these stories at dinner or bedtime.
5. **Ask For Help:** If your child appears to be struggling, let their teacher know you have concerns! Ask to speak to your school counselor about how to help your child gain coping strategies! It takes a village, and we are all here to work together to help your child succeed!

If you continue to have concerns, contact your school counselor to make a plan for a success—they're full of ideas, and are always in your corner!

St. Paul Vacation Bible School
VOLUNTEER OPPORTUNITY

Parents/Students,

Our Vacation Bible School relies on volunteers in order to provide a safe, fun environment for the attending children. Last year we had over 100 kids attend VBS and it wouldn't be possible without help from student and adult volunteers. If you would please consider volunteering at VBS this summer, it would be greatly appreciated.

WHEN: June 10th-June 14th 8:45am-12:15pm (kiddos attend from 9-noon)

WHERE: St. Paul gym

WHAT: Volunteers will be assigned roles: Crew Leaders, assistants to class leaders, etc.

There will be a meeting beforehand to go over the details

If you're interested in helping this year, please return the attached portion by May 20th.

Contact Mindy with questions mindy_rose88@hotmail.com or 314-603-8678. Thank you!

_____ Yes, I can volunteer every day

_____ Yes, I can volunteer on the following days (Mon, Tues, Wed, Thurs, Fri)
(While it's preferred you're there every day, I will try to accommodate the best I can)

Volunteer's Name: _____

Contact phone number: _____

Parent/Guardian's signature: _____

****Please return no later than May 20th****

LIABILITY/PUBLICITY/MEDICAL RELEASE FORM

Kenrick-Glennon Days June 2-8, 2019 Session I: _____ Session II: _____ Junior Counselor: _____

Participant's Name _____ Grade: _____ (Fall 2019)

Age _____ Birth Date: _____ / _____ / _____ Parish _____

Parent or Guardian: _____

Address _____ City _____ State _____ Zip _____

Home Phone # () _____ Work Phone # () _____

Cell Phone # () _____ (mother) Cell Phone # () _____ (father)

Insurance Company _____ Policy # _____ Group # _____

Family Physician _____ Phone # () _____

Allergies: _____

Current Medications: _____

Medical History: _____

LIABILITY/PUBLICITY RELEASE

I grant my permission for my child _____ to participate in Kenrick-Glennon Days to be held at Kenrick-Glennon Seminary in Shrewsbury, MO. As parent or legal guardian, I remain fully responsible and liable for any claims brought against the Office of Vocations of the Archdiocese of St. Louis which may result from any action taken by my child.

I furthermore authorize the Office of Vocations to use photographs and/or images in connection with printed, electronic or social media presentations for the purposes of advertising Kenrick-Glennon Days or other initiatives of the Office of Vocations provided that the Office of Vocations is not authorized to sell such photographs and/or images to any other person or entity without my consent.

Parent Signature: _____ Date: _____

EMERGENCY MEDICAL TREATMENT

In the event of an emergency, I hereby give permission to the Office of Vocations of the Archdiocese of St. Louis, its directors, volunteers or representatives associated with the camp, to transport my child to a hospital to receive emergency medical or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor. I relieve the Office of Vocations of all responsibility and consequences that may arise as a result of this treatment. I will not hold the Office of Vocations liable in the event of any injury. Further, I agree to accept any and all financial responsibility as a result of scheduling medical treatment. My child agrees to abide by all the rules and regulations stated by the Office of Vocations and its staff. I understand that the Office of Vocations will not be liable for any injury and if my child fails to cooperate with regulations that any infraction of the rules may result in immediate dismissal from the camp at my expense. In the event of an emergency, if you are unable to reach me at the above number, contact:

Name: _____

Relationship: _____ Telephone: # () _____

Parent Signature: _____ Date: _____

I hereby grant permission for nonprescription medication (such as aspirin, throat lozenges, cough drops) to be given to my child, if deemed advisable by the emergency medical personnel supplied by the Office of Vocations, Archdiocese of St. Louis.

Parent Signature: _____ Date: _____

In the event it comes to the attention of the Office of Vocations of the Archdiocese of St. Louis, its directors, volunteers or representatives associated with the camp, that my child becomes ill with symptoms such as headache, vomiting, sore throat, fever, diarrhea, I want to be called.

Parent Signature: _____ Phone: _____



A CATHOLIC SUMMER
CAMP FOR BOYS

**KENRICK
GLENNON
DAYS**

CAMP ONE (RISING 6TH & 7TH): JUNE 3-5
CAMP TWO (RISING 8TH & 9TH): JUNE 6-8

stlvocations.org/kgd



1223 Church Road
St. Paul, MO 63366

636-978-1900 option 1
Fax: 636-978-1400

From the Parish Center

MAY 1, 2019

Office Administrator: Lori Wortmann
lwortmann@st-paulchurch.org
Parish Bookkeeper: Teresa Boehmer
tboehmer@st-paulchurch.org

Parish Center Hours

7:00am to 4:00pm
Monday-Thursday

7:00am to 3:30pm
Friday

Scrip Sales Volunteers:

May 4th and 5th

4:30pm - Chelsey Mueller
7am - Cari Hoff
9am - Christine Pirtle
11am - Chris Schroer

May 11th and 12th

No Sales -
Mother's Day Weekend

May 18th and 19th

4:30pm - Trisha Taylor
7am - Beth Vogel
9am - Audra Paup
11am - Colleen Hawkins

May 25th and 26th

No Sales -
Memorial Day Weekend

Summer will be here before we know it! Check your calendars and let me know if you are available to sell certificates in June, July and August.

TWB/Scrip News

04/22/19 - 04/28/19

Certificates Sold: \$ 4,605

Donations Earned: \$ 160.15

If you have any questions about your account, please contact Lori at lwortmann@st-paulchurch.org. For a full list of available retailers, please visit: www.shopwithscrip.com



DONUT SUNDAY

MAY 5, 2019

Coffee and donuts will be served after all 3 Masses.

SEE YOU THERE!

Each day school family with children K-8 is obligated to earn \$250 in donations through the TWB program. The obligation period for the 2019 school year ends on May 24, 2019.

Protecting God's Children

To keep our children safe, our parish complies with the Safe Environment Program through the Archdiocese of St. Louis. Any adult who works or volunteers with young people must attend a Protecting God's Children workshop and agree to undergo a background check that is updated in even numbered years.

Upcoming Area Workshops:

Monday, June 3, 2019

6:30pm - St. Joseph, Cottleville

Thursday, August 8, 2019

6:30pm - Sts Joachim and Ann, St. Charles

Thursday, September 17, 2019

6:30pm - St. Joseph, Josephville

Pre-registration is required for attending the workshops. Please follow the link on the top of our homepage to register and to view the entire workshop schedule.

MONTHLY CASH GIVEAWAY

Tickets for the 2019 Monthly Cash Drawings are now available in the back of church and at the Parish Center.

Tickets are \$50 each - 8 more chances to win \$500 remain

One \$500 winner is drawn on the first Monday of the month. Winning tickets are put back into the drum.

Next Drawing - May 6th