



The Knight's Tablet

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

May 25, 2022

Upcoming Events

May 26-June 17~ The school office will be open from 9:00AM-2:00PM

May 30~ Memorial Day / School Office will be Closed.

June 3~ Report Cards will be mailed home.

June 13-17~ VBS, See pages 2 & 3

June 18-July 31 - School will be closed for cleaning.

August 01~ School Office will be open

August 13-14~ Open House after all masses.

August 15 ~ Back to School Parent Night

Servers Schedule

May 26, 27 *No School*

May 28 4:30pm *Volunteers*

May 29

7:00am *Kamdyn O'Connor and Anna Von Bokel*

9:00am *Rachel and Dominick Ferranto*

11:00am *Mackenzie and Noah Gentemann*

May 30 *Memorial Day—No morning Mass*

May 31 *No School*

Good Afternoon,

Thank you for a fantastic year! On behalf of the entire staff, it has been a pleasure working with your children this year. As this school year comes to an end, we wish all of our families a wonderful and blessed summer. Additionally, we say good-bye to our wonderful staff members who will not be returning this coming fall, Mrs. Bauer, Ms. Lori, and Mrs. Zoellner.

This summer if you are traveling, please send a post card to us here at St. Paul School (235 Church Road, St. Paul MO 63366) with a couple of sentences about your adventure. The plan is to fill one of our bulletin boards with a collection of summer memories for students to see when they return in August.

Blessings to all,

Mrs. Kelly Kaimann



School News/Reminders:

Vacation Bible School is now enrolling!

When: June 13th—17th, 9am to noon

Where: St. Paul Gym

Who: Children ages 4 through 6th grade

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

How: Please return registration forms and payment to the school office or parish center by May 27th. *registering by May 27th GUARANTEES a t-shirt and 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 will need to be picked up from their classroom.

Please contact Melissa at aftercare@stpaulknights.org or 636-578-5014 to volunteer or with any questions.

Family Rosary

Please join us the first Tuesday of every month to pray the rosary at Church. Doors open at 6:30, prayer starts at 6:45PM. All ages are welcome! Kids encourages to come and the leaders in prayer.



are
be

St. Paul's soccer camp is back for 2022

Once again our partners with St. Charles FC soccer club will bring their trained and licensed coaches to provide an elevated level of instruction and fun!

The camp will run from June 6th through June 9th. In the event that one of the days gets rained out we will use Friday the 10th as a make up day. The camp starts at 6:00PM and ends at 7:15PM.

If you have any questions please email to spysa.mail@gmail.com

Looking forward to another great camp!

Enroll Here!

Dear St. Paul School family,

Don't forget to browse through our school's digital portfolio on Artsonia.com. Just type in St. Paul Catholic School and scroll down a bit to view the various projects completed within the year. You may search for your own child's name or select slideshow on the right above all of the school's artwork to freely enjoy the display!

I invite you to continue to observe and take note of God's beautiful creation this summer by playing, laughing, and loving! Use the time to journal, draw, build, craft, and experiment! YOU make the world beautiful!

<https://www.artsonia.com/>



<https://www.artsonia.com/schools/school.asp?id=110715>

Mrs. Schroer

\$30 per child or \$50 per family - Please make checks payable to St. Paul



Registration Form

(One per Child)

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: _____

Allergies, medical conditions, or special needs: _____



In case of emergency, contact: _____

Phone: _____

Relationship to child: _____

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



OUR OFFICE LOCATIONS:

SOUTH COUNTY OFFICE
5 PREMIER DRIVE, SUITE 200
FENTON, MO 63026
P. 314-544-3800

O'FALLON MO OFFICE
311 SOUTH MAIN SUITE 100
O'FALLON, MO 63366
P. 636-281-1990

UNION OFFICE
FRANKLIN COUNTY FAMILY
RESOURCE CENTER
500 CLARK AVENUE
UNION, MO 63084
P. 636-583-1800

FLORISSANT OFFICE
1585 HARKEE DRIVE
FLORISSANT, MO 63031
P. 314-831-1533

HERCULANEUM OFFICE
1549 MCNUTT STREET, 63048
P. 636-638-2203

TROY, MO, OFFICE
#140 PROFESSIONAL PKWY,
63379
P. 636-528-5911

BELLEFONTAINE NEIGHBORS
10235 ASHBROOK DRIVE, 63137
P. 314-831-1533



Published by: **Saint Louis
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SCHOOL TOOLS

MAY 2022

TWO WORDS: SUMMER BREAK!

We are at the end of another school year! The upcoming months will bring some much-needed time off of school and with family for many. We know the academic year can be stressful on kids, teens and parents. It is often challenging to balance schoolwork with extracurricular activities, family events, and social circles. Parents may find themselves putting in hours after work as their child's fill-in tutor (sometimes in subjects they haven't brushed up on since elementary school!), and trying to navigate their own responsibilities and self-care with their child's schedule.

Despite the summer being a carefree time for most, it sometimes comes with its own set of barriers -- finding childcare while parents work, keeping children supervised, learning, and stimulated, and the dreaded fact that children will now be home 24/7 with siblings, and will likely be in conflict with one another at some point. If this last example sounds like your family, read along for some tips to keep your summer more relaxed and enjoyable for all.

What Is an "I Feel" Statement?

When we are in conflict, often times our defenses go up. We lash out and blame others out of anger, hurt and disappointment. This tends to turn the conversation even more sour -- the other person then becomes defensive themselves. Here is an example of an "I Feel" statement prompt to utilize instead:

"I feel _____
when you _____
because _____,
so could you please _____?"

Everyone (kids AND adults) can practice this in moments of conflict to illustrate their feelings without placing blame.

MANAGING SIBLING CONFLICT AT HOME

"Why can't you two just get along?"
"You're driving me crazy!"
"I don't care who started it, you're both in trouble!"

...Sound familiar? If so, you probably know that sibling rivalry can push parents to their breaking point at times. It can be frustrating, exhausting, and upsetting to see your child acting in a way that doesn't fit the image of how you believe they should treat others.

Both parenting and mental-health experts agree: sibling rivalry is normal, and potentially even inevitable. So, instead of parents blaming themselves, assuming it is a representation of their parenting skills, they can instead focus on how to assist in managing or dissipating the conflict when it does occur.

Big Life Journal, a mental health program for kids and parents, states that sibling rivalry can stem from a number of things: jealousy, competition, conflicting needs or temperaments, age differences, to seek attention from a parent, or sometimes just out of boredom.

Big Life Journal gives seven tips to parents hoping to manage sibling rivalry this summer:

- 1. Establish family rules.** Collaborate with your children to post clear rules and minimize conflict, i.e. no hitting or asking before using something.
- 2. Define family values.** Create a family manifesto to highlight these values.
- 3. Encourage and model empathy and kindness.** Celebrate when you see your children using these skills!
- 4. Model healthy conflict-resolution skills.** Teach your kids to take turns explaining and use "I feel" statements (as shown above), rather than blaming.
- 5. Let them problem-solve.** Give them a minute to problem-solve themselves (and for you to gather your own composure) before attempting to intervene.
- 6. Teach calming strategies.** Identify their coping strategies and implement these when needed.
- 7. Teach assertiveness.** Teach the difference between being assertive and aggressive in arguments.

A group of children are playing with water outdoors. In the foreground, a child in a red shirt is splashing water with a blue bucket. Other children in the background are also playing with water, some holding blue buckets. The scene is set against a clear blue sky and green trees.

kenrick glennon days 2022

**Camp One:
June 13-15**

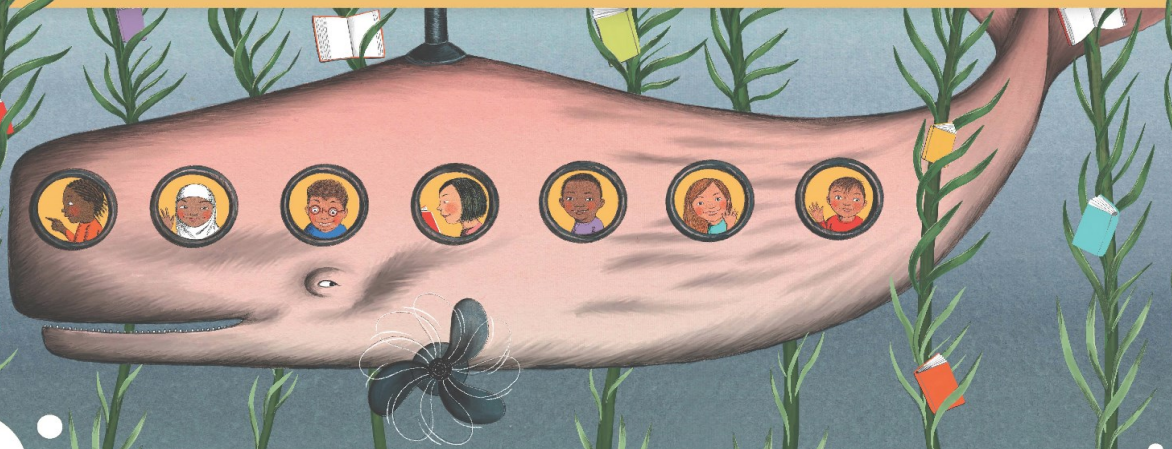
**Camp Two:
June 16-18**

stlvocations.org/kgd

SUMMER CHALLENGE

June 1 – August 8

OCEANS OF POSSIBILITIES



READ MORE!



Learn more at
myLibrary.org/SummerChallenge
or sign up at the Library!

Sponsored by



St. Charles City-County
Library



This project is supported by the Institute of Museum and Library Services under the provisions of the Library Services and Technology Act as administered by the Missouri State Library, a division of the Office of the Secretary of State.



Board Ursuline Airlines and join us for our *Global Explorers Camp!*

Take off from the Ursuline Academy terminal and visit several destinations with other students in your grade, learning about Ursuline's global network of schools all over the world!

Your travel itinerary includes experiencing different cultures through cooking, art, dance, and guest speakers all with a global focus - even the chance to make your own bath bomb! In-flight lunches are provided each day by Ursuline.

Your **FREE** passport awaits you for two amazing days!

Monday, June 6 and Tuesday, June 7, 2022 -- 9:00 a.m. - 3:00 p.m.

Submit your flight reservation online by **Friday, May 13, 2022**
by scanning the QR code or visiting
www.ursulinesfl.org/visitua



SPEND YOUR SUMMER AT UA

Ursuline Academy Summer Camps 2022

Whether you love to perform, create, run, build, dance, compete, or everything in between, Ursuline has a summer camp for you! Ursuline is proud to announce a partnership with YMCA, COCA, Saint Louis Chess Club, and Mad Science summer camps in addition to our UA Athletic camps.

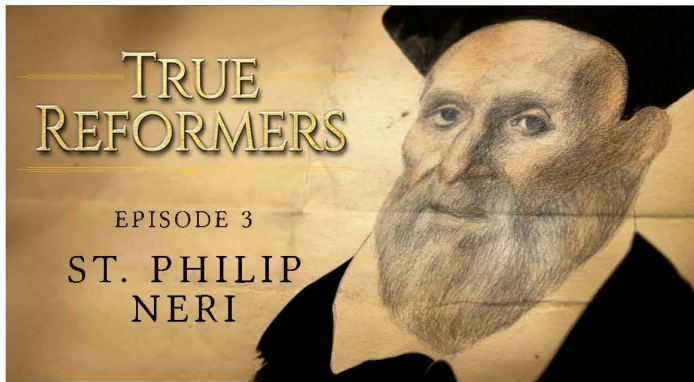
We always love having our campus filled with girls and boys throughout the summer enjoying our beautiful campus!

Camps run from May 31, 2022 - August 12, 2022

Learn more and register for multiple camps at
www.ursulinesfl.org/ursuline-academy-summer-camps/
or by scanning the QR code!



May 22, 2022



TRUE REFORMERS: EPISODE 3 ST. PHILIP NERI

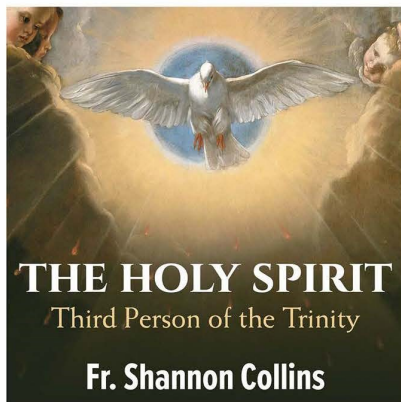
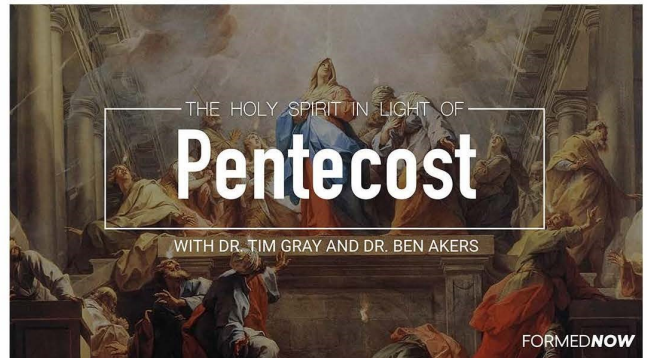
This week we celebrate St. Philip Neri, the Apostle of Rome. To a Rome ravaged by war and wearied by the decadence of the Renaissance popes, St. Philip Neri came as an unlikely reformer. Mystic, hermit, prankster, and effortless leader of men, Neri had a great sense of humor and an even greater heart.

WATCH

LEARN

FORMED NOW: THE HOLY SPIRIT IN LIGHT OF PENTECOST

This week we celebrate the Solemnity of Pentecost, often referred to as the birthday of the Church. Join Dr. Tim Gray and Dr. Ben Akers as they discuss Christ's sending of the Holy Spirit in this monumental event. After watching, you'll recognize the meaning of Pentecost for our lives today.



THE HOLY SPIRIT: THIRD PERSON OF THE TRINITY BY FR. SHANNON

In this captivating presentation, Fr. Shannon Collins discusses the essential character of the Holy Spirit and his role in salvation history. Drawing upon Scripture and Tradition, Fr. Collins explains the seven gifts of the Holy Spirit and how he works in the lives of believers and how this "sweet guest of our soul" seeks to bring us closer to divine life.

LISTEN

Our parish has a FORMED subscription.
To set up your free account visit formed.org/signup and select our parish.

ST. PAUL CHURCH AND SCHOOL

TWB/SCRIP NEWS

TWB earning period for the 2021-2022 school year ends today.

Statements were sent home with students on Monday, 5/23. If you will not be returning as a family for the 2022-2023 school year or have an 8th grader, your obligation needs to be paid before records will be forwarded to your child's next school. If you will be returning next year your obligation needs to be paid before grade cards will be released.

If you have any questions, please contact Crystal Smith in the Parish Center, csmith@st-paulchurch.org or 636-978-1900 x221.

Start earning for the 2022-2023 school year on Thursday, 5/26!

Get a jump on your obligation this summer! The RaiseRight app makes it super easy to earn on all your summer fun. Need help getting started? Contact Crystal Smith in the Parish Center, csmith@st-paulchurch.org or 636-978-1900 x221. The Parish Center is open normal business hours all summer, stop in to purchase physical cards.



Download our RaiseRight mobile app

