



# The Knight's Tablet

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

**SEPTEMBER 2, 2020**

## **Upcoming Events**

**September 4** ~Noon Dismissal / faculty meeting—there will be NO AFTERCARE available.

**September 7~ NO SCHOOL / LABOR DAY**

**October 13~ PICTURE DAY**

## **FAITH in Action**

**This month we are focusing on the virtue of faith. Faith is the virtue that helps us to believe in God and all that he has revealed to us. Faith in Action** is using our God-given gifts to live the call of Christ—one kind, thoughtful interaction at a time. We grow our **faith** by learning to see the face of God in others and to be the hands and heart of Christ to them. *This month I would like to challenge each family to discuss how your family can put Faith in Action. I will be sending one "foot" home with each family to illustrate or write how your family puts Faith in Action.*



Good afternoon St. Paul Families,

I can not thank you enough for all of your help and support as we enter into our third week of school. I am excited to let you know that everything is going wonderful! Thank you for your continued understanding and patience as we all adjust to the necessary changes.

I would also like to thank you so much for returning the volunteer forms! Please remember before you can assist at school, attend parties, or even coach a team you need to complete the new system for safe environment compliance called Prevent and Protect STL developed by the St. Louis Archdiocese.

Everyone ministering to minors in the Archdiocese are required and asked to register in the new system.

For those who have already attended a Protecting God's Children workshop, your previous training date will transfer to this new system. However you still need to register in the new system. In registering with the new system, you will be required to view two new online training modules on abuse reporting and the Code of Ethical Conduct, and agree to the updated Code of Ethical Conduct.

Step by step instructions are on page 2 of the tablet. If you have any questions, please do not hesitate to contact Lori in the parish office if you have any questions.

Have a great week!

Mrs. Kaimann



ARCHDIOCESE OF ST. LOUIS  
Office of Child and Youth Protection

NOVEMBER 2019

## SAFE ENVIRONMENT USER REGISTRATION

Got to <https://www.preventandprotectstl.org>

Click "Register" below the LOG IN button (image at right).

Enter the passcode **stlprotect** when prompted.

Select the type of location where you are a volunteer or employee

- Parish or Parish School

Select the specific location by name

- St. Paul Parish and School (St. Paul)

Click the roles associated with your employment/service at the parish.

If you are active at only one location, this will be your "primary" location.

If you are active at more than one location, click the ADD PARISH/LOCATION button and repeat the steps above. With more than one location, please click the "This is my main/primary location" circle to indicate where you are employed or, if you are a volunteer, where most of your ministry or service is performed.

Complete your personal information. Please enter your **legal first name** for the purposes of the background screening.

Create a username, password and password clue.

Agree to the Terms of Use and click SUBMIT.

You will then be prompted to submit information for a background screening, register for a Protecting God's Children workshop\*, view two online training modules, and agree to the Code of Ethical Conduct.

\*If you have previously attended a PGC workshop, the system will find and/or ask you to confirm your previous record of attendance. You will not be prompted to register for an upcoming workshop. If, for some reason, it does not match your previous training to this account and you are prompted to register for a class, please register for "PREVIOUSLY ATTENDED-DATE NOT LISTED" and send an email to the address below. We will apply the correct training record to your account.

Use may use the links in your approval checklist to access these requirements. These steps may be completed all at once or may be completed separately at your convenience. You will receive an automated email weekly to remind you which requirements are outstanding. When all compliance requirements have been completed, your account will be approved and you will be clear to work with minors and vulnerable adults.

- ☒ Register onto the site
- ☐ [Submit New Background Check](#)
- ☐ Complete "[Protecting God's Children](#)" training
- ☐ Complete "[Mandated Reporter](#)" training
- ☐ Complete "[Code of Conduct](#)" training
- ☐ Sign "[Code of Conduct](#)"

Username

Password

☐ Remember this account

LOG IN

[Forgot Password](#) [Register](#)

Should you need any assistance, please contact [ocyp@archstl.org](mailto:ocyp@archstl.org)

## DISMISSAL

Please make sure your child and your child's teacher know how they are getting home from school and WHO is picking them up. This will assist in a smooth dismissal! Thank you!!

## Pick Up/Drop off Protocol

Due to the guidelines we are following for the safety of all students, we are limited on school visitors at this time. If you need to pick up your child at anytime during the school day please ring the buzzer at the front door and wait for further directions.

The sign in/out sheet will be right inside the front door when you enter.

Thank you so much for your help as we navigate through these changes.

## Spirit Day Dress Code

Jeans/Sweatpants/Shorts may be worn for Spirit Day along with a St. Paul Spirit Shirt/T-shirt/Sweatshirt. Shorts must be of an appropriate length.

## WATER BOTTLE

Please remember to send a water bottle in with all K-8th grade students. They will be allowed to refill them throughout the day.



## Aftercare Notice

There will be **NO AFTERCARE** on **September 4th**. This is a **12:00 dismissal** day as well. Please make arrangements for the noon pick up of your children.

Thank you.

## DON'T FEEL WELL? STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school



cough



Shortness of breath  
or problem breathing



chills



sore throat



loss of taste  
or smell



muscle pain

### OTHER SYMPTOMS INCLUDE:

fever, runny nose, diarrhea, feeling nauseous  
or vomiting, feeling tired, headache,  
and poor appetite

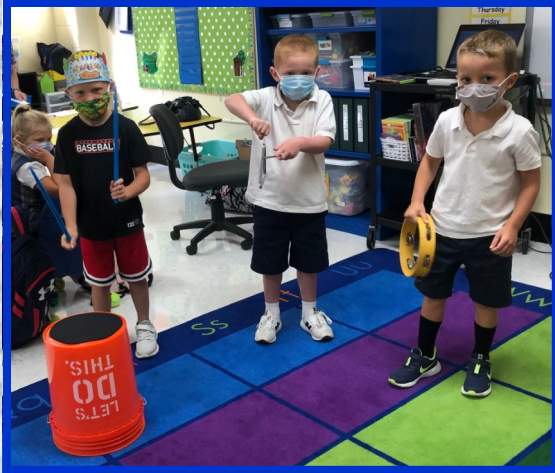


## St. Paul Catholic School - Infection Prevention Plan

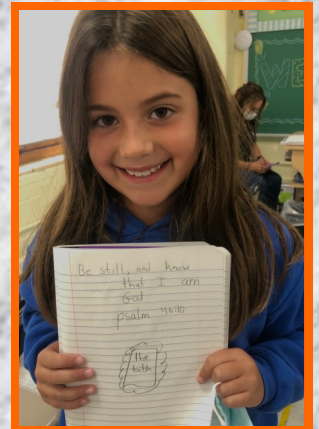
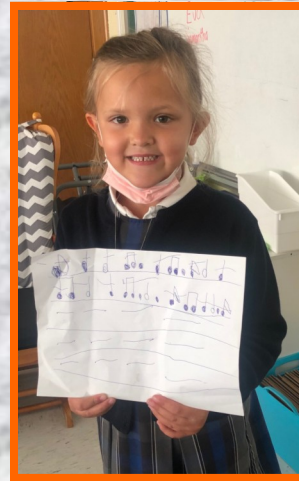
	Level 1 STANDARD PRECAUTIONS	Level 2 ELEVATED PRECAUTIONS	Level 3 LEVEL GROUPING	Level 4 HOMEROOM GROUPING	Level 5 BLENDED LEARNING	Level 6 DISTANCE LEARNING
CRITERIA	Normal/Low Risk of infection	Moderate risk of infections, flu season, small outbreaks	Heightened risk of infection, flu season, medium outbreaks	Heightened risk of infection, flu season, multiple outbreaks	Government mandated capacity limits	Government mandated closure
ARRIVAL /DISMISSAL	Drop off: Handicap entrance behind school Dismissal: PK- Back Lot, K-2: Front Lot, Church Lot: 3-8	Level 1+ Touch Free temperature check at arrival before students exit car	Level 2+ may require face mask in hallways	Same as level 3	Same as level 3	School temporarily closed
CLASSROOM PROCEDURE	Classroom and bathroom hand surfaces will be sanitized multiple times a day. Hand sanitizer in classrooms & common areas	Increased sanitation. Water fountains may be turned off. No shared supplies. "Clean in, Clean out" enforced	Level 2+ students use designated bathrooms. Grade levels operate as a "family" to avoid transmission	Level 3+ additional sanitation measures. Homerooms operate as a "family" to avoid transmission	Level 4+ maximum sanitation throughout campus and between staged schedule groups	School Campus is temporarily closed.
INSTRUCTIONAL TRAFFIC & SPECIAL CLASSES	4 <sup>th</sup> - 8 <sup>th</sup> STUDENTS change classes. Specials are open. Hand surfaces will be sanitized between classes	4 <sup>th</sup> - 8 <sup>th</sup> TEACHERS change classrooms. Specials are open with heightened sanitation protocols.	Level 2+ Special teachers instruct in homerooms and may be required to wear a mask.	Same as Level 3	Special Classes will be available on Google Classroom	School Campus is temporarily closed.
LUNCH	Hand sanitation at entrance and exit. Hand surfaces will be sanitized between students.	Level 1+ Students will eat by grade in gym	Level 1+ Students will eat by grade in gym	Students will eat in their classrooms	Same as Level 4	School Campus is temporarily closed.
RECESS	Hand sanitation at entrance and exits	Level 1+ increased sanitation. Distancing if possible	Level 2+ designated play areas	Level 2+ designated play areas	Short recesses and "Brain Breaks" will be incorporated.	School Campus is temporarily closed.
MASS & MULTI-GRADE GATHERINGS	Hand sanitation required upon entry and exit.	Level 1+ possibility that mass is limited to allow distancing	Rotating Grade level Mass schedule	Rotating Grade level Mass schedule	Prayer service in classroom	School Campus is temporarily closed.
VOLUNTEERS AND VISITORS	Allowed with normal office check-in.	Level 1+ temperature check at the office.	Level 2+ may be required to wear mask	Level 2+ may be required to wear mask	Level 2+ may be required to wear mask	School Campus is temporarily closed.



Chicka, Chicka...Look who's  
in the Kindergarten room..



*A joyful heart is good medicine.....Proverbs 17:22*

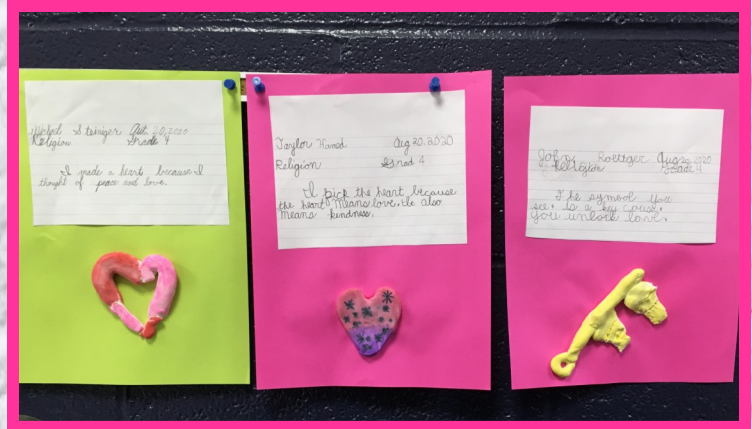
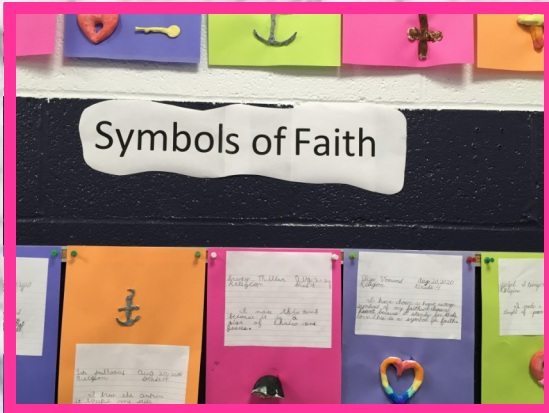
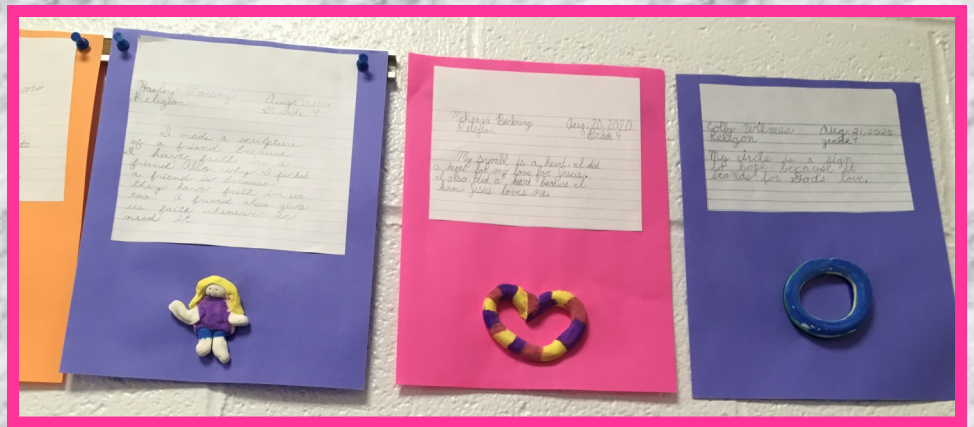


First Graders learning about music and  
enjoying the fun with friends outside!





Symbols of our  
faith displayed  
by 4th grade.



4th graders learning all about how to use a microscope in science class!



St. Paul  
Kickball  
perfected  
by the 6th  
graders!





# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

SEPTEMBER 2020

\* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>ENTRÉE CHOICE 1</b> Mini Tacos  <b>ENTRÉE CHOICE 2</b> Chicken Nuggets <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Fresh Baked Brownie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> PAPA JOHNS PEPPERONI PIZZA <b>ENTRÉE CHOICE 2</b> No 2nd Choice <b>SIDE ITEMS:</b> CARROTS & CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>ENTRÉE CHOICE 1</b> *Toasted Ravioli  <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	1/2 DAY  NO FOOD SERVICE
7	8	9	10	11
NO SCHOOL  	<b>ENTRÉE CHOICE 1</b> Baked Macaroni & Cheese  <b>ENTRÉE CHOICE 2</b> Mini Corn Dogs <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> PAPA JOHNS CHEESE PIZZA <b>ENTRÉE CHOICE 2</b> No 2nd Choice <b>SIDE ITEMS:</b> TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>ENTRÉE CHOICE 1</b> *Pancake with Syrup  <b>ENTRÉE CHOICE 2</b> Breakfast Burrito <b>SIDE ITEMS:</b> *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Chicken Fettuccini Alfredo  <b>ENTRÉE CHOICE 2</b> Popcorn Chicken <b>SIDE ITEMS:</b> Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free
14	15	16	17	18
<b>ENTRÉE CHOICE 1</b> Poor Boy on WG Coney Bun  <b>ENTRÉE CHOICE 2</b> Chicken Strips <b>SIDE ITEMS:</b> *Potato Chips Seasonal Fresh Fruit *Mini Rice Krispies Treat Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Crunchy Taco, WG  <b>ENTRÉE CHOICE 2</b> Cheese Quesadilla <b>SIDE ITEMS:</b> Spanish Rice, WG Mexicali Corn Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> PAPA JOHNS PEPPERONI PIZZA <b>ENTRÉE CHOICE 2</b> No 2nd Choice <b>SIDE ITEMS:</b> TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>ENTRÉE CHOICE 1</b> Grilled Hamburger on WG Bun  <b>ENTRÉE CHOICE 2</b> Hot Dog on Bun <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Jell-O Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Popcorn Shrimp  <b>ENTRÉE CHOICE 2</b> Jumbo Corn Dog <b>SIDE ITEMS:</b> *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free
21	22	23	24	25
<b>ENTRÉE CHOICE 1</b> *Chicken Nuggets  <b>ENTRÉE CHOICE 2</b> Grilled Cheese <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Rice Krispies Treat Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Biscuit and Gravy  <b>ENTRÉE CHOICE 2</b> Waffle with Syrup <b>SIDE ITEMS:</b> Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> PAPA JOHNS CHEESE PIZZA <b>ENTRÉE CHOICE 2</b> No 2nd Choice <b>SIDE ITEMS:</b> CARROTS & CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>ENTRÉE CHOICE 1</b> *Bosco Breadstick with Sauce  <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks <b>SIDE ITEMS:</b> Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Pig in a Blanket  <b>ENTRÉE CHOICE 2</b> Chicken Drumstick <b>SIDE ITEMS:</b> Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free
28	29	30		
<b>ENTRÉE CHOICE 1</b> Popcorn Chicken Wrap  <b>ENTRÉE CHOICE 2</b> Mini Tacos <b>SIDE ITEMS:</b> Seasonal Fresh Fruit Fresh Vegetables & Dip Cookie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Cheese Ravioli Pasta with Spaghetti Sauce <b>ENTRÉE CHOICE 2</b> Chicken Strips <b>SIDE ITEMS:</b> Steamed Broccoli Garlic Breadstick Seasonal Fresh Fruit Milk, Fat Free			

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

TOASTED RAVIOLI AND FRUIT	CHICKEN NUGGETS AND FRIES	PRETZEL WITH CHEESE AND FRUIT	TONY'S 5" CHEESE PIZZA AND FRUIT	GRILLED CHICKEN SANDWICH AND CHIPS
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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"



# September

Monday	Tuesday	Wednesday	Thursday	Friday
31 R1 – K. Dunkin R2 – CS –	1 R1 – T. Montgomery R2 – CS –	2 R1 – L. Alterson R2 - HELP NEEDED CS - HELP NEEDED	3 R1 – Mullenschlader R2 – C Hawkins CS - HELP NEEDED	4 NOON DISMISSAL
7 LABOR DAY/NO SCHOOL	8 R1 – T. Montgomery R2 – HELP NEEDED CS – HELP NEEDED	9 R1 – S. Smith R2 – HELP NEEDED CS - HELP NEEDED	10 R1 – R. Grohmann R2 – HELP NEEDED CS - HELP NEEDED	11 R1 – HELP NEEDED R2 – HELP NEEDED CS - HELP NEEDED
14 R1 – K. Dunkin R2 – HELP NEEDED CS - HELP NEEDED	15 R1 – T. Montgomery R2 – HELP NEEDED CS - HELP NEEDED	16 R1 – L. Alterson R2 – HELP NEEDED CS - HELP NEEDED	17 R1 – Mullenschlader R2 – HELP NEEDED CS - HELP NEEDED	18 R1 – HELP NEEDED R2 – HELP NEEDED CS - HELP NEEDED
21 R1 – K. Dunkin R2 – HELP NEEDED CS - HELP NEEDED	22 R1 – T. Montgomery R2 – HELP NEEDED CS - HELP NEEDED	23 R1 – L. Alterson R2 – HELP NEEDED CS - HELP NEEDED	24 R1 – Mullenschlader R2 – HELP NEEDED CS - HELP NEEDED	25 R1 – HELP NEEDED R2 – HELP NEEDED CS - HELP NEEDED
28 R1 – K. Dunkin R2 – HELP NEEDED CS - HELP NEEDED	29 R1 – T. Montgomery R2 – HELP NEEDED CS - HELP NEEDED	30 R1 – L. Alterson R2 – HELP NEEDED CS - HELP NEEDED		

R1 AND R2 = Recess Monitors 11:20AM - 12:40PM

CS = Cafeteria Server 10:50AM-12:30PM

If you have any extra time and would like to help out during lunch feel free to sign up at the following links:

Recess Monitors: <https://www.signupgenius.com/go/8050F4FACA822A2F85-202021>

Cafe Servers: <https://www.signupgenius.com/go/8050F4FACA822A2F85-2020211>