



The Knight's Tablet

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

September 4, 2019

Upcoming Events

September 5 ~ Picture Day

September 6 ~ Noon Dismissal
/ Faculty Meeting.

September 7 ~ Outdoor Mass
and Family Movie night

September 12 ~ SPPTO
Meeting @6:30PM in the MUSIC
Room.

September 16 ~Iowa Skills
Testing will begin.

Good Afternoon,

Tomorrow is "Picture Day." This is a Non-uniform Dress Down day. We will follow the guidelines as stated in the handbook. If you have not returned your picture packet to your homeroom teacher please have your child bring it to school tomorrow. If you have any questions please contact the school office! Have a great week!

God Bless,
Mrs. Kaimann

Servers Schedule

September 5

Marianne Vomund and Brett Hoff

September 6

Kennedy Hoff and Nora LaChance

September 7

4:30pm *Carter and Cooper Grupe*

September 8

7:00am *Breelyn Nixon and Sam Byrnes*

9:00am *Dominic Bono and Payten Christ*

11:00am *Hayden Davis and Cade Fischer*

September 9

Josie Mullenschlader and Brennan Rottger

September 10

Cole Schoolfield and Tyler Von Bokel

September 11

Daniel Alterson and Dominic Bono

September 12

Payten Christ and Cade Fischer

Annual Outdoor Mass and Potluck Dinner

**Saturday, September 7th
4:30pm at the Picnic Grounds**

Fried Chicken by Dean Andrews Catering will be provided.

Please bring a side dish to share:

Last names A to G - salad, H to M - potato,

N to S - dessert, and T to Z - vegetable.

RSVP to parishcenter@st-paulchurch.org

**After dinner all are welcome to join us for a
community movie night at the Main Stage at the
Picnic Grounds. The family friendly movie, *Ralph
Breaks the Internet*, will begin at sundown
(approximately 7:30pm).**

Please bring lawn chairs or blankets, bug spray and drinks for your family.



***The community movie night is sponsored by The Shane Riffle
Agency with American Family Insurance and Jim Wehmeier
with Keller Williams Realty.***

School News /Reminders

*Please pray for....
Those who are sick and
those who have passed*

LEARN HOW TO DONATE WITH
Coca-Cola GIVE

<https://us.coca-cola.com/give/>

Faith
Works!



Volunteers needed!!! Service hours are available!!!!

What is Faith Works? A youth-based program for elementary children

What do volunteers do?

- Help serve and clean up dinner
- Help with crafts
- Help with music
- Help with clean up
- Assist Faith Works personnel as needed

† Typical agenda each 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.

This month's theme will focus
on "Shine the Light"

To volunteer, contact:
Diana Roettger @ 636-795-5959
(Call or text)

Jesus
Loves
me

Friday September 6th
6:00-9:00pm
Schulte Hall



Blessing of the Pets will be on Thursday, October 3 at 2:15 PM.







ST. PAUL IN ST. PAUL

Healthy Habits Lunch

SEPTEMBER 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL 	HOT LUNCH *Chicken Patty Sandwich WG Chips Green Beans Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> Pig in a Blanket	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  DONUTS BEFORE SCHOOL \$1.00 CASH ONLY <u>NO ALTERNATE</u>	HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free <u>ALTERNATE</u> Cheeseburger Burrito	1/2 DAY NO FOOD SERVICE
9	10	11	12	13
HOT LUNCH Fettuccini Alfredo with Chicken Steamed Broccoli *Fresh Breadsticks Oreos Milk, Fat Free <u>ALTERNATE</u> Toasted Ravioli	HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free <u>ALTERNATE</u> Mini Corn Dogs	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 & FRIES \$5.30 <u>NO ALTERNATE</u>	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free <u>ALTERNATE</u> Egg & Cheese Bagel	HOT LUNCH Manwich Sloppy Joe on WG Bun Green Beans Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free <u>ALTERNATE</u> Popcorn Chicken
16	17	18	19	20
HOT LUNCH *Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free <u>ALTERNATE</u> Beef Dippers	HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free DIRT CUPS \$1.00 CASH ONLY <u>ALTERNATE</u> Hot Dog	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <u>NO ALTERNATE</u>	HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free <u>ALTERNATE</u> Meatball Sub	HOT LUNCH Chicken Wrap Potato Chips Fresh Fruit/Seasonal Jell-O Milk, Fat Free <u>ALTERNATE</u> Cheese Quesadilla
23	24	25	26	27
HOT LUNCH Frito Taco Boat Corn Fresh Fruit/Seasonal Churro Milk, Fat Free <u>ALTERNATE</u> Chicken Strips	HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free <u>ALTERNATE</u> Toasted Ravioli	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <u>NO ALTERNATE</u>	HOT LUNCH BBQ Chicken Drumstick Buttered Noodles Green Beans Vanilla Wafers Milk, Fat Free <u>ALTERNATE</u> Bagel Bites	HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free <u>ALTERNATE</u> Biscuit & Gravy
30				
HOT LUNCH Cheeseburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> Chicken Nuggets				



DAILY SPECIALS (GRADES 5-8 ONLY)

TOASTED RAVIOLI WITH SAUCE \$3.50	BACON CHEESEBURGER AND CHIPS \$3.50	GRILLED CHEESE ON TEXAS TOAST \$3.50	GRILLED CHICKEN SANDWICH WITH CHIPS \$3.50	PRETZEL WITH CHEESE WITH FRUIT \$3.50
--------------------------------------	--	---	---	--

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.

"Serving You With Pride"





St. Paul Church

“Dare to be Holy!”

A Parish Mission

Conducted by Bill Wegner
GOOD NEWS INTERNATIONAL
A Catholic lay ministry

**Sun. October 13th, through
Wed. October 16th, 2019**

7:00 PM at in the Church

**Special Session
Monday, Tuesday and Wednesday
After 7:45am Mass**

**~ Everyone Welcome ~
~ Free-Will Offering on the final evening~**

For more information call: 636.978.1900 x.223



Bill Wegner will be joining us to preach our Parish Mission. Bill has traveled all over the world offering engaging and inspirational missions. After a successful business career, Bill felt called to “give it all up” and live on faith preaching God’s word in the Church. Bill comes from a unique perspective and truly understands the struggles of attempting to live a Christian life in a secular world. You will not be disappointed in his real - life stories, wonderful sense of humor and compelling message.

St. Paul Church
1223 Church Road, St Paul, MO

Faith Works!



PARENTS!!!! It's time for our **FIRST** Faith Works session this school year!!

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

- † \$5 per child – this includes dinner, snack, crafts, and 3 hours of fun!
- † 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 "Shine the Light"

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



Only 25 spots available!

Friday September 6th
6:00-9:00pm
Schulte Hall





Chess Scholars

Fall 2019

St. Paul School

No Experience Needed



Trophy
Medals
Chess Belts!

GRADES K-8

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. No previous knowledge of chess is necessary. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session!

Course Time: Thursdays, September 19th - December 5th, 3:00 PM - 4:00 PM
No class: 10/24, 10/31, 11/28 (9 Classes)

To sign up for chess, please visit <https://www.learningmeansfun.com/signup>.

You will need to enter the class code MOT9.19.19 in order to register. Please register by 9/11 for the early bird price of \$110.25.

If you have difficulty registering, please contact Afterschool Enrichment Solutions at 847-482-9999 or registration@learningmeansfun.com.

No refunds will be made, unless there is insufficient enrollment. No make-ups will be scheduled for inclement weather or circumstances beyond our control. It's the parents' responsibility to remind the children about the classes.

Let's Build It Engineering!



Fall 2019

St. Paul School

STEM Learning



HANDS ON

GRADES 1-6

Chain Reactions - Ready, Set, Roll - See the laws of motion at work in this thrilling, hands-on course. Both new and returning participants are welcome. Students will construct machines, like the Heavyweight Hammer and the Spin-o-Matic, and then combine them to create exciting chain reactions! Each week, the chain reactions will become more complex with the introduction of new machines. The projects will afford students the opportunity to delve into concepts such as force, gravity, velocity, types of energy, and balance. At the end of the session, students will be challenged to create the Ultimate Chain Reaction by working cooperatively to see how many machines they can incorporate. No previous experience is necessary, just a desire to learn and build. Each participant will receive an award on the last day of the session and have the opportunity to earn Energy Belts by demonstrating their learned skills!

Course Time: Tuesdays, September 24th - December 3rd, 3:00 PM - 4:00 PM
No class: 10/29 (10 Classes)

To sign up, please visit <https://www.learningmeansfun.com/signup>.

You will need to enter the class code MOT9.24.19 in order to register. Please register by 9/16 for the early bird price of \$150.00.

If you have difficulty registering, please contact Afterschool Enrichment Solutions at 847-482-9999 or registration@learningmeansfun.com.

No refunds will be made, unless there is insufficient enrollment. No make-ups will be scheduled for inclement weather or circumstances beyond our control. It's the parents' responsibility to remind the children about the classes.

Let's Code It Programming!



Fall 2019

St. Paul School



GRADES 2-8

Crazy Keyboards- Programming Pros- This new class will help you connect the world around you to computer programming using the Vilros FunForce Controller! First, you'll program your own creative video game. Then, decide how you want to play the game, using a wide variety of everyday household objects instead of a keyboard. Create a floor piano keyboard and play music with your feet! Turn your seat into a high tech gaming chair, where you tap your armrests to play! This fun-filled class stresses critical thinking, creativity, confidence, teamwork, and problem solving skills to prepare them for the 21st century and beyond. Each student will receive an award on the last day of the session, and will have the opportunity to earn Code Belts to demonstrate their learned skills!

Course Time: Wednesdays, September 18th - December 4th, 3:00 PM - 4:00 PM
No class: 10/30, 11/27 (10 Classes)

To sign up, please visit <http://www.learningmeansfun.com/signup>.

You will need to enter the class code MOT9.18.19 in order to register. Please register by 9/10 for the early bird price of \$150.00.

If you have difficulty registering, please contact Afterschool Enrichment Solutions at 847-482-9999 or registration@learningmeansfun.com.

No refunds will be made, unless there is insufficient enrollment. No make-ups will be scheduled for inclement weather or circumstances beyond our control. It's the parents' responsibility to remind the children about the classes.

Community News



Father/Son: Boys Into Men Program

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between father and son. The programs are presented by a father, a physician and joined by teens on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the male reproductive system.

Sunday, Sept. 29, 2019

The **11 and 12 year-old program** will focus on: changes in boys' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Sunday, Nov. 10, 2019

The **13 to 17 year-old program** will focus on: dating, marriage, sexually transmitted diseases, protection of fertility through chastity, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

Doors open at 12:40 p.m.

Location:

Fertility Care Services

11700 Studt Avenue, Suite C (Side entrance)

Creve Coeur, MO 63141 (Located a mile and half north of the main hospital)

Cost: \$50 per Father/Son Family

On-Line Reservations are required. **NO RESERVATIONS TAKEN OVER THE PHONE.** Registrations are accepted on a first-come, first-served basis. Please note that seating is limited.



mercy.net



Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Orange Check marked "Register for classes"
- Scroll through the dates and choose one
- Click "REGISTER" on the far right of the class date
- Read class description and fill out required information
- Click on the green "NEXT" button
- Fill out the pertinent Credit Card information (\$50 per family)
- Click on the green "NEXT" button
- Fill in Billing Address or check the box "same as registrant information"
- You will be then registered for the class and should immediately receive an email confirmation

2019 Reservation Deadlines:

September 26 for 11-12 year-old boys

November 7, 2019 for 13-17 year-old boys

\$5 fee on all cancellations up to 48 hours prior to event. After this time period, no refunds are given. This includes no shows.

For more information, please contact Jeanne Stoll at [314.991.0327](tel:314.991.0327) or jeanne.stoll@mercy.net

Refreshments will be served at break.

To unsubscribe from this mailing list, please call 314.991.0327.



An Afternoon Program for Mothers and Daughters

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between mother and daughter. The programs are presented by registered nurses, a physician and joined by teens on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the female reproductive system.

Sunday, Oct. 13, 2019

The **10 to 12 year-old program** will focus on: changes in girls' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

Doors open at 12:40 p.m.

Location:

von Gontard Conference Center

621 S. New Ballas Road, St. Louis, MO 63141

(Park in garage on Ballas Road)

Cost: \$50 per Mother/Daughter Family

On-Line Reservations are required. **NO RESERVATIONS TAKEN OVER THE PHONE.** Registrations are accepted on a first-come, first-served basis. Please note that seating is limited.

Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Orange Check marked "Register for classes"
- Scroll through the dates and choose one
- Click "REGISTER" on the far right of the class date
- Read class description and fill out required information
- Click on the green "NEXT" button
- Fill out the pertinent Credit Card information (\$50 per family)
- Click on the green "NEXT" button
- Fill in Billing Address or check the box "same as registrant information"
- You will be then registered for the class and should immediately receive an email confirmation

2019 Reservation Deadlines:

October 10 for 10-12 year-old girls

\$5 fee on all cancellations up to 48 hours prior to event. After this time period, no refunds are given. This includes no shows.

For more information, please contact Jeanne Stoll at [314.991.0327](tel:314.991.0327) or jeanne.stoll@mercy.net

Refreshments will be served at break.

To unsubscribe from this mailing list, please call 314-991-0327.



mercy.net



STL_4932 (6/25/19)

NEXT LEVEL PANTHERS BASKETBALL

Fall Basketball Opportunity

DEVELOPMENTAL PROGRAM

Goals

- To build and improve fundamental skill level
- To prepare 4th-8th grade females for the next level
- To give young ladies an opportunity to participate and compete with their future classmates
- To have young ladies be a part of the Fort Zumwalt community and build excitement for their future in our district

We will hold a clinic on September 10th and 12th to start the fall session, gain interest, and to see how many young ladies want to play in the fall. Times for the clinic are 4th-6th (6-7:15) and 7th-8th from (7:15-9:00).

Once we have numbers and determine teams we will have the gym on Tuesdays and Thursdays from 6:00-9:00, grade level and team will determine your practice/skill time.

Per MSHAA Rules- 8th graders cannot be coached by a high school coach. They will be handled by our feeder director.

Fall Program- September-October

Sept/October Skill & Practice Sessions (10-12 opportunities): Tuesday and Thursday evenings at North High School

Games: (6) First 3 Sundays of October: Location TBD: as well as other opportunities

Fall program focus: fundamental skill development & team concepts as well as game play

Cost, Registration, Waiver Forms, and any other questions can be answered & filled out then, or please feel free to reach out to me

Dusty Weiskopf

Phone-573-259-0582

Email- dweiskopf@fk12.mo.us

Or

Rob Porter

Phone-314-952-6983

Middle School Trivia Night Grades 5-8

Where: St. Joseph School-Josephville

1410 Josephville Road, Wentzville, MO

When: Friday, September 13, from 6 pm-9 pm

Registration starts at 5:30 pm

\$10.00 per student / 8 students per table

Prize for best decorated table!

Door Prizes! Food!

Preregister at cgbair@charter.net or by calling Christy @ 270-316-3225

Preregistration is recommended but not required

Please no outside food or drinks

All proceeds benefit our 8th grade pro-life trip

Duchesne High School Alumni, Parents & Friends

Make plans to join us for our **Second Annual Night At The Races**. Admission includes beer, soda, water. You can bring your own food!

The night will feature 10 races, 50/50 and lots of fun! You can register individually or save by registering a table of 8! See you there!

NIGHT at the RACES



NIGHT AT THE RACES

Saturday, October 5, 2019

Doors Open at 6:30

First Race at 7:00

\$25 per person

Save By Booking An Entire Table!

Table of 8: \$160

[Register Now!](#)

REGISTER TODAY!



DRAGON FOR A DAY is October 4th!!!

On Friday, October 4th, 2019

St. Mary's High School will hold its annual Dragon for a Day. The program will run from 8am-12pm and is open to 6th-8th grade boys. The day includes breakfast, a tour

of the school, class visits, video game trucks, sports activities, and lunch. Students interested in attending are asked to RSVP to Sam Carel,

Director of Admissions

at 314-481-8400 x110 or

at carels@stmaryshs.com with name of student, grade and T-shirt size.

Monarch Madness

A Pollinator Festival

FAMILY FUN
FREE PUBLIC EVENT!

Saturday, September 14
10 a.m. to 3 p.m.



Monarch Madness

A Pollinator Festival

Celebrate the amazing monarch butterfly and discover how we can all help them survive on incredible migration. Enjoy kid crafts, games, native garden demonstrations, butterfly tagging, food, music, and more. You can even purchase native plants and collect seeds to support monarchs at your home.

This OPEN HOUSE is open to all!

Weldon Spring Site Interpretive Center
U.S. Department of Energy
Office of Legacy Management
2425 Highway 84 South
St. Charles, MO 63044
Phone: (314) 300-2451



Driving Directions

The Weldon Spring Site Interpretive Center is located in southwestern St. Charles County, Missouri, approximately 25 miles west of St. Louis. It is located on Missouri State Route 94, two miles south of the Route 94 and U.S. Highway 40 intersection.



Join us for our Middle School



St. John
Vianney
HIGH SCHOOL



URSULINE
ACADEMY

on the St. John Vianney High School campus

Friday, September 6, 2019 5:00 p.m. - 7:00 p.m.

• Food • Fun • Game truck • Inflatable games • Yard games
• After 7 p.m. join Vianney for other events on campus!

This FREE event is an excellent opportunity to celebrate the start of the school year with the Ursuline and Vianney students and staff.

Those who register will receive a wristband at check-in.

Register TODAY!

Girls register at
www.ursulinesf.org/backyardbash

Boys register at
www.vianney.com/backyardbash