



The Knight's Tablet

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

September 18, 2019

Upcoming Events

September 16-20 ~Iowa Skills

Testing will begin grades 3-8.

September 19~Right Start 8th

Grade Parent Meeting 6:30 PM@
ICOM

October 3~ Blessing of the Pets
2:15 PM

October 4 ~SPIRIT DAY/ noon
dismissal/ Faculty Meeting

October 8~ Middle School Parent
Meeting in the Gym

October 10~ **WALK-A-THON**

October 13-15~Parish Mission

Dear St. Paul Families,
My heart is filled with joy as I see all of the different ways our families show humility! The St. Paul School community is truly shining through others in our good works! Thank you so much for your participation in our family virtue activity! The bulletin board looks awesome!

God bless,
Mrs. Kaimann



Servers Schedule

September 19

Audrina Hoff and Chase Hoff

September 20

Eli Mullenschlader and Lexi Osterholt

September 21

4:30pm *Morgan Prudlow and John Schultz*

September 22

7:00am *Chase Hoff and Kennedy Hoff*

9:00am *Ella Schultz and Audrina Hoff*

11:00am *Brett Hoff and Nora LaChance*

September 23

Morgan Prudlow and John Schultz

September 24

Claire Vogel and Marianne Vomund

September 25

Brett Hoff and Kennedy Hoff

September 26

Nora LaChance and Josie Mullenschlader

School News /Reminders

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



IT'S SUBMISSION TIME!



Submit all your Box Tops to your school Coordinator by:

Friday, October 18



LEARN HOW TO DONATE WITH

Coca-Cola GIVE

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



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

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



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.

The Pink Pumpkin Project

For her community service project for confirmation this year Reese decided to do baskets with her grandmother, Kathy, in honor of her grandfather. Reese earned the money to buy all the items in these baskets by babysitting, cleaning cars, cleaning out the garage etc. and helping making

dinner dishes for a neighbor who went through surgery and one that had a baby.


She then shopped for the items with a little guidance and put the baskets together.



ST. PAUL IN ST. PAUL

Healthy Habits Lunch

SEPTEMBER 2019

<div>* = Baked</div> <div>WG = Whole Grain Ingredients</div>				
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 <u>GRADES PK-4</u> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE <u>GRADES 5-8</u> 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"







Mrs. Cornett's Kindergarten class field trip to the apple orchard and then making HOME MADE apple sauce!





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 season!

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.learningmeansthefun.com/signup>

You will need to enter the class code **M019.19.19** in order to register. Please register by 9/13 for the early bird price of \$135.25.

If you have difficulty registering, please contact after-school enrichment solutions at 847-442-0888 or registration@learningmeansthefun.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 skill!

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.learningmeansthefun.com/signup>

You will need to enter the class code **M019.19.19** in order to register. Please register by 9/13 for the early bird price of \$135.25.

If you have difficulty registering, please contact after-school enrichment solutions at 847-442-0888 or registration@learningmeansthefun.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.



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 in 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.

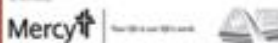
Location:

Fertility Care Services

11700 South Avenue, Suite C, (Cedar entrance)
Crye Court, MD 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.** Reservations are accepted on a first-come, first-served basis. Please note that seating is limited.



Reservations: Go to www.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

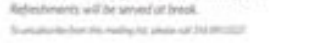
- Read class description and fill out required information
- Click on the green "NEXT" button

- 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

25 for-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 or jeanne.stoll@mercy.net. Refreshments will be served at break.



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 in 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.** Reservations are accepted on a first-come, first-served basis. Please note that seating is limited.

2019 Reservation Deadlines:
October 10 for 10-12 year-old girls

25 for-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 or jeanne.stoll@mercy.net. Refreshments will be served at break.



Community News



St Paul 4H

4H is a community of young people across America who are learning leadership, citizenship, and life skills. 4H is about having fun, learning, exploring, and discovering. In 4H, young people make new friends, develop new skills, become leaders, and help shape their communities.

Youth....



Please join us this
Thursday, Sept. 19th at 7 pm
At St Paul Picnic Grounds



To find the Power of "You"th

Youth members 8-18 years old
Clover kids available 5-8 years old

This Awesome Organization meets every 3rd Thursday of the month

Additional Questions contact
Stpaul4H@gmail.com

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.

ST. DOMINIC CRUSADERS CHEER CLINIC

WHO: Grades K-8

WHEN: Saturday, October 5, 2019 – 9-11am- Parents arrive at 10:50 for parent performance pre-view.

Where: Crusader Stadium (in case of rain-Fallon Family Center Gym)

Cost: \$35 (Checks made out to SDHS Cheer/ child's name in memo) Mail checks to: 785 Cypress Knoll Drive O'Fallon, MO 63368

Details: Free T-Shirt and Bow for pre-registration and payment
Pre-Registration deadline- [September 16, 2019](#)

ALL PARTICIPANTS PERFORM AT HALF TIME OF THE VARSITY FOOTBALL GAME ON FRIDAY, OCTOBER 11, 2019

*Arrival time is 6:15 at the Stadium track and wear your camp T-shirt and Bow! Parents pick up participants from track immediately after Half time performance.

Questions: [Contact- Jamie Jones \(913-486-8111\)](#)

St. Dominic Crusaders Cheer Registration Form

Child's Name & School:

Grade:

T-shirt size (youth/ adult) _____ Check#:

Parent: Phone:

Email:

Address: