



The Knight's Tablet

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

September 25, 2019

Upcoming Events

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 9~ Walking Rosary

October 10~ WALK-A-THON –
Information coming soon!

October 13-15~Parish Mission

October 18~Trunk-or-Treat

October 24~ Parent Teacher
Conferences

Good Afternoon,

Today was a beautiful day as we were all able to spend some time with Jesus in adoration. We are so blessed to have this wonderful opportunity to be with Jesus. Tomorrow we will keep those who have lost their lives through the act of abortion in our prayers. After Mass concludes our 8th graders will process out of church holding white wooden crosses. Each cross had a year on it which represented the years since abortion has been legalized: 1973-2019.

Have a blessed day,
Mrs. Kelly Kaimann

Servers Schedule

September 26

Nora LaChance and Josie Mullenschlader

September 27

Daniel Alterson and Tyler Von Bokel

September 28

4:30pm Brennan Rottger and Cole Schoolfield

September 29

7:00am Marianne Vomund and Daniel Alterson

9:00am Tyler Von Bokel and Zach Von Bokel

11:00am Eli Mullenschlader and Josie Mullenschlader

September 30

Dominic Bono and Payten Christ

October 1

Cade Fischer and Meghan Fowlie

October 2

Clayton Givens and Owen Hemmer

October 3

Liam Huggins and Michael Militello

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:

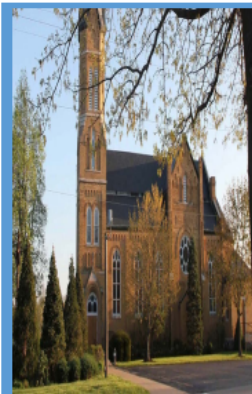
Friday, October 18



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.

23	24	25	26	27
HOT LUNCH Frito Taco Boat Corn Fresh Fruit/Seasonal Churro Milk, Fat Free ALTERNATE Chicken Strips	HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Toasted Ravioli	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE NO ALTERNATE	HOT LUNCH BBQ Chicken Drumstick Buttered Noodles Green Beans Vanilla Wafers Milk, Fat Free ALTERNATE Bagel Bites	HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE Biscuit & Gravy
30				
HOT LUNCH Cheeseburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE 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 IN ST. PAUL

Healthy Habits Lunch

OCTOBER 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	HOT LUNCH BLUES HOME OPENER HOCKEY PUCK DRUMMIES TARASENKO TOTS CENTER ICE FROZEN TREATS BETWEEN THE PIPES FRUIT GOALIE MASK MILK  ALTERNATE ZAMBONI HOT DOG	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	HOT LUNCH NATIONAL TACO DAY Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Fresh Fruit/Seasonal Milk, Fat Free  ALTERNATE Cheese Quesadilla	1/2 DAY NO FOOD SERVICE
7	8	9	10	11
HOT LUNCH WORLD TEACHERS DAY TEACHER TOASTED RAVIOLI SCHOOL APPLES LEARNING CARROTS & RANCH EDUCATION COOKIE MATH MILK, FAT FREE  ALTERNATE SCIENCE CHICKEN STRIPS	HOT LUNCH Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free ALTERNATE Corn Dog	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 AD FRIES \$5.30 NO ALTERNATE	HOT LUNCH Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Cookie Milk, Fat Free ALTERNATE Grilled Chicken Sandwich	HOT LUNCH Toasted Cheese Ravioli Spaghetti Sauce Steamed Broccoli Breadstick Vanilla Wafers Milk, Fat Free ALTERNATE Fish Sticks
14	15	16	17	18
HOT LUNCH COLUMBUS DAY NINA BOSCO STICK PINTA MIXED VEGGIES SANTA MARIA APPLESAUCE 1492 OCEAN BLUE OREOS MAP MILK, FAT FREE  ALTERNATE AMERICA CHICKEN NUGGETS	HOT LUNCH NATIONAL PRETZEL MONTH Turkey, Bacon & Cheese on Skinny Bun Baby Carrots Light Ranch Dressing Chips Mini Rice Krispies Treat Milk, Fat Free  SUNDAE BAR \$1.75 CASH ONLY ALTERNATE PRETZEL WITH CHEESE	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  NO ALTERNATE	HOT LUNCH NATIONAL PASTA DAY Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free  ALTERNATE Chicken Drumstick	HOT LUNCH NATIONAL CHILI MONTH Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free  ALTERNATE Popcorn Chicken
21	22	23	24	25
HOT LUNCH Chicken Wrap Potato Chips Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free ALTERNATE Mini Corn Dogs	HOT LUNCH BREAKFAST FOR LUNCH Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Waffle with Syrup	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  NO ALTERNATE	1/2 DAY NO FOOD SERVICE	NO SCHOOL FALL BREAK 
28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

Fall Break

DAILY SPECIALS (GRADES 5-8 ONLY)

GRILLED CHICKEN SANDWICH
WITH CHIPS \$3.50

TONY'S 5" PIZZA
WITH FRUIT \$3.50

PRETZEL WITH CHEESE
AND FRUIT \$3.50

4 CHICKEN NUGGETS
WITH FRIES \$3.50

2 BOSCO STICKS
WITH SAUCE \$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"



American Heritage Girls National Day of Service



Serving our church!



OUR OFFICE LOCATIONS

SOUTH COUNTY OFFICE
3030 Watson Road, G-101
St. Louis, MO 63124
P: 314-544-5800

OTYALLOM MO OFFICE
171 South Main
St. Louis, MO 63104
P: 314-544-5800

UNION OFFICE
102 E. Northrup, Ste. 202
Union, MO 63084
P: 314-544-5800

FLORISSANT OFFICE
1701 Holmes Drive
Florissant, MO 63031
P: 314-544-5800

WEST COUNTY OFFICE
480 W. Main St.
Manchester, MO 63101
P: 314-544-5800

HERDSBURG OFFICE
1000 W. Main St.
Herdsburg, MO 63101
P: 314-544-5800

TRICK MO OFFICE
1000 W. Main St.
Trick, MO 63101
P: 314-544-5800

BELEFONTE OFFICE
1000 W. Main St.
Belefonte, MO 63101
P: 314-544-5800

School Tools

Hello, my name is...

With a new school year in full swing and mental health related headlines filling the news, we wanted to take this opportunity to reintroduce ourselves and the services that Saint Louis Counseling—our partner in mental health—offer.

As a non-profit agency and as the state implies, Saint Louis Counseling provides counseling and psychiatric services to individuals and families of all ages and backgrounds, as well as parenting classes, trainings and other mental health services at our 8 office locations.

Our School Partnership Program (SPP) is designed to assist students in K-12, who attend parochial, private, and public schools across the St. Louis area. Embedded in 180 schools this year, the SPP therapists provide school-specific services to students, teachers and administrators based on the philosophy that the school, family, and community are partners in educating children, strengthening families, and building stronger, safer communities.

If you would like to learn more about Saint Louis Counseling or SPP, please check out our website at: SaintLouisCounseling.org.

Is it a mental health concern?

When there aren't obvious external signs, it's often difficult for adults to determine whether or not a student may benefit from talking to a counselor.

You ARE the expert when it comes to your child, but you know it can be an added struggle on whether or not you should seek professional help. The following signs are generalized but can be examples of when you might consider consulting with a clinician.

Typically, there are the signs to look for:

- Decreased interest in or inability to enjoy previously preferred activities
- Frequent sadness, tearfulness, crying

- Complaints about anxiety, or test-taking
- Persistent loneliness, low energy
- Social isolation, poor communication
- Loss of self-esteem and lack of self-worth
- Inability to express feelings or emotions that appropriately
- Extreme sensitivity to criticism or failure
- Increased irritability, anger, hostility or aggression
- Difficulty with relationships
- Frequent complaints of physical distress such as headaches and stomachaches
- Frequent absences from school
- Poor academic performance

- Declines of rules or common discipline problems
- Poor communication
- A major change in eating and/or sleeping patterns
- Talk of or efforts to not stay home
- Thoughts or expressions of suicide or self-harm

Counseling with your school-based therapist, or our office under guidance can be helpful in making the determination on how to proceed, and can also offer help with accommodations for your child's needs or issues. We want to partner with you and always aim to point you in the right direction toward helping your student.

The Parents' Corner

SEPTEMBER 2019

☆We're in your Corner☆

Back-to-school time can bring a mix of emotions—excitement, fear, worry, sadness—for kids and parents. Transitioning from easy-flowing summer days to the busy routine of school can be hard. The night before or morning of going back to school, many kids experience anxiety. This could look like, "Mom, I have a tummy ache" to crying, whining, having trouble sleeping, being extra clingy, having tantrums, or even the dreaded, "I'm not going to school!" If your mornings start this way, you are NOT alone.

Let's reiterate that anxiety paired with transitions and new experiences IS normal. It is developmentally appropriate for young children to experience difficulty with starting something new while separating from their caregivers. So how do we help this sensitive time, while holding onto our sanity and not stewing in our guilt all day?

- **Install some structure into your morning.** A morning routine can help with feelings of insecurity and help your child feel some sense of control during the first hours of their day.
- **Lead the way with positive and encouraging statements.** When you talk about school and the changes ahead, show your child that you are excited. "I can't wait to hear about all the things you learn!" "I'm excited to hear about your day when you get home from school!"
- **Validate feelings.** Nothing is more isolating than feeling invalidated with phrases like, "There's nothing to worry about." Let kids know they can trust their own feelings by reminding them they are valid. Acknowledge their feelings by letting them know that transitions are hard for everyone, including you.
- **Be their problem-solving partner.** Let your child lead the conversation, and then problem solve through their worries without giving them all the answers. Talking through anxiety-provoking scenarios and asking your child what they could do if that does happen, can make them feel more equipped to handle bumps in the road that undoubtedly may come their way.

It is important to note that once the parent is out of sight, children are usually able to acclimate to their new setting without a problem. A quick good-bye is usually best. If you say to your kid, "I am confident you will be OK without me." You may feel awful (this is also NORMAL), but you are giving them a chance to navigate their emotions, develop independence, and increase their confidence. Stay calm and consistent. If the icky feelings and morning struggles don't subside after a few weeks or if they begin to interfere with your child's learning, looking into some support for your student may be the next step!

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

Looking for some ways to alleviate the home struggles?

- Make a key ring for their backpack with a family photo that you choose together.
- Pack a transitional item, something they pick that makes them feel safe.
- Listen to Daniel Tiger's Grown-Up Come Back Song (found on YouTube).
- Read The Kissing Hand (along with Chester's Song) by Audrey Penn.
- Read The Lion and the Mouse by Anne Dwyer.
- Read The Pigeon Has to Go To School by Mo Willems.
- Make up a secret handshake or special routine for your good-byes.
- Make up a rhyme for good-bye time, like "I love you, you love me, have a great day and I'll see you at 2!"
- Make a morning playlist for the house or car, choose songs that are energetic and fun to sing or dance to.



LEAD IN DRINKING WATER

Important information on how to protect your health

Lead is a common metal that has been in many consumer products, but is now known to be harmful to human health if ingested or inhaled. It can be found in lead-based paint, air, soil, household dust, lead, some types of pottery, and drinking water. Lead is rarely found in natural sources of water such as rivers, lakes, wells or springs.

What are the health effects of lead?

When people come in contact with lead, it may enter their bodies and accumulate over time, resulting in damage to the brain and kidneys. This can interfere with the production of red blood cells that carry oxygen to all parts of the body. The greatest risk of lead exposure is to infants, young children, and pregnant women. Lead in water can be an issue for infants whose diets may be mostly liquids – such as baby formula or concentrated juice mixed with water. Smaller babies can absorb lead more rapidly than larger ones, so amounts of lead that won't hurt an adult can be very harmful to a child. Scientists have linked the effects of lead on the brain with lowered IQ in children. During pregnancy, the child receives lead from the mother's bones, which may affect brain development. Adults who drink this water over many years could develop kidney problems or high blood pressure.

What are the sources of lead exposure?

The primary sources of lead exposure for most children are deteriorating lead-based paint, lead-contaminated dust, and lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and adults whose growing bodies tend to absorb more lead than the average adult. If concerned, parents should ask their health care provider about testing children for high levels of lead in the blood.

What can I do to reduce exposure to lead in drinking water?

Lead may work its way into drinking water after the water entered the distribution system and is on its way to consumers' taps. This usually happens through the corrosion of materials containing lead in household plumbing. These materials include brass faucets, lead solder on copper pipes, lead pipes, or lead service lines connecting the water main to the indoor plumbing. Lead pipes are no longer installed for service lines or in household plumbing and lead solder has been banned in Missouri since 1989.

There are several steps you can take to reduce your exposure to lead in drinking water including the following:

1. **Run your water to flush out lead.** If water has not been used for several hours, allow the water to run at the tap for 15 to 30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking. This flushes lead-containing water from the pipes. The water you run has drinking water taps does not have to be wasted; you can use this water for cleaning purposes or watering plants. You may want to keep a container of drinking water in your refrigerator or you don't have to run water every time you need it.
2. **Use cold water for cooking and preparing baby formula.** Do not drink or cook with water from the hot water tap, as lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.
3. **Do not boil water to remove lead.** Boiling water will not reduce lead.
4. **Look for alternative sources or treatment of water.** You may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact the National Sanitation Foundation at 800-953-8210 (800-673-8210) or www.nsf.org for information on performance standards of water filters. If you choose to install a lead removal filter, be sure to maintain and replace the filter device in accordance with the manufacturer's instructions to protect water quality.
5. **Get your children tested.** Contact your local health department or healthcare provider to find out how to get children tested if it is a concern.
6. **Identify if your plumbing fixtures contain lead.** New brass faucets, fittings, and valves, including those advertised as "lead-free" may contribute lead to drinking water. The law currently allows and new brass fixtures, such as faucets, with up to 8% lead to be labeled as "lead-free". Visit the National Sanitation Foundation Website at www.nsf.org to learn more about lead-containing plumbing fixtures.

CUSTOMER NOTICE FOR LEAD AND COPPER IN DRINKING WATER

ST. PAULS ELEMENTARY SCHOOL

is a public water system and therefore we are responsible for providing you with water at this location that meets state and federal standards. We recently collected drinking water samples for lead and copper. The results of this testing are as follows:

Sample Location	Sample Date	Copper Concentration ppb	Lead Concentration ppb
Tier F-2 House Bldg, Lower Level Drinking Fountain	8/7/2018	86.1 UG/L	<1 UG/L
Tier F-2 Kitchen Sink	8/7/2018	113 UG/L	1.21 UG/L
Tier F-200N Bldg, Lower Level Drinking Fountain	8/7/2018	104 UG/L	8 UG/L
Tier F-200N Bldg, Upper Level Drinking Fountain	8/7/2018	186 UG/L	3.03 UG/L
Tier F-2 Lounge Sink	8/7/2018	188 UG/L	2.48 UG/L

The 90th percentile copper concentration for our waterworks is 178.8 ug/L (ppb). The 90th percentile lead concentration for our waterworks is 3.20 ug/L (ppb).

What does this mean?

Under the authority of the Safe Drinking Water Act, the Environmental Protection Agency (EPA) set the Action Level for lead in drinking water at 15 parts per billion (ppb). The action level for copper is 1.300 ppb. This means utilities must ensure that water from the customer's tap does not exceed this level in at least 90 percent of the homes sampled (90th percentile value). The Action Level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Because lead may pose serious health risks, the EPA also set a Maximum Contaminant Level Goal (MCLG) for lead of zero (0). The MCLG is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

For most people copper does not pose a health risk, even at higher levels sometimes found in drinking water. However, to those with Wilson's Disease, a rare inherited disorder, high copper levels are a concern.

What are the health effects of lead?

When people come in contact with lead, it may enter their bodies and accumulate over time, resulting in damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of the body. The greatest risk of lead exposure is to infants, young children, and pregnant women. Lead in water can be a special problem for infants whose diets may be mostly liquids – such as baby formula or concentrated juice mixed with water. Smaller babies can absorb lead more rapidly than larger ones, so amounts of lead that won't hurt an adult can be very harmful to a child. Scientists have linked the effects of lead on the brain with lowered IQ in children. During pregnancy, the child receives lead from the mother's bones, which may affect brain development. Adults who drink this water over many years could develop kidney problems or high blood pressure.

What are the sources of lead exposure?

The primary sources of lead exposure for most children are deteriorating lead-based paint, lead-contaminated dust, and lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and adults whose growing bodies tend to absorb more lead than the average adult. If concerned, parents should ask their health care provider about testing children for high levels of lead in the blood.



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 South Avenue, Suite C (Cable 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.** Reservations 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:

September 26 for 11-12 year-old boys

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

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

For more information, please contact Jeanne Stoll at 314.991.0327 or jeanne.stoll@mercy.net

Refund requests will be served at desk.

Seating is first-come, first-served. 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.** 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

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

For more information, please contact Jeanne Stoll at 314.991.0327 or jeanne.stoll@mercy.net

Refund requests will be served at desk.

Seating is first-come, first-served. Please call 314.991.0327



Community News

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: