



# The Knight's Tablet

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

October 2, 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**

**October 13-15~**Parish Mission

**October 18~**Trunk-or-Treat

**October 22~** Picture Retakes

**October 24~** Parent Teacher  
Conferences

## Blessing of the Pets

### TOMORROW

October 3 at 2:30 PM behind the school on the PK parking lot. All animals need to be in a cage or on a leash. Once the blessing is over the children will return to their classroom for regular dismissal.



## Servers Schedule

### October 3

*Liam Huggins and Michael Militello*

### October 4

*Ella Schultz and Zach Von Bokel*

### October 5

*4:30pm Dominic Bono and Hayden Davis*

### October 6

*7:00am Payten Christ and Cade Fischer*

*9:00am Carter Grupe and Cooper Grupe*

*11:00am Breelyn Nixon and Owen Hemmer*

### October 7

*Levi Fischer and Clare Griesenauer*

### October 8

*Audrina Hoff and Chase Hoff*

### October 9

*Eli Mullenschlader and Lexi Osterholt*

### October 10

*Morgan Prudlow and John Schultz*

## School News /Reminders

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



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 13<sup>th</sup>, through  
Wed. October 16<sup>th</sup>, 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.

## Parent - Teacher Conference

Thursday, October 24, 1-8pm.

If you have not signed up to meet with your child's teacher, please call Miss Richey in the school office as soon as possible. **THANK YOU!!**

# WALK-A-THON



St. Paul School is putting on its 2nd Walk-a-Thon fundraiser on **Thursday, October 10th**. This was so much fun last year we want to do it again! This is an awesome community-building event for our students to participate in and will highlight their health as well as the importance of their school!

We are asking that the students walk/run for a total of 90 minutes and that they ask family and friends to sponsor their walking time. This will be a school-day event, taking place in the morning. The students will rotate through stations where they will be walking/running, completing an obstacle course, and dancing for 90 minutes with breaks in between to get their faces painted, and enjoy popsicles.

**We surpassed our goal of \$2,500.00 last year! This year our goal is \$5,000.00 which breaks down to \$25.00 per student.** This will be our BIG fall fundraiser this year. All of the proceeds from this fundraiser will directly benefit St. Paul School...we will be using the money for teacher requests, transportation for field trips, and other school activities!

There is an online donation option below:

<http://app.99pledges.com/fund/stpaulscho3>

We are excited to see our students have fun while being healthy with this event!

THANK YOU FOR YOUR SUPPORT!

St. Paul SPPTO













# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

OCTOBER 2019

\* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>HOT LUNCH</b> BLUES HOME OPENER HOCKEY PUCK DRUMMIES TARASENKO TOTS CENTER ICE FROZEN TREATS BETWEEN THE PIPES FRUIT GOALIE MASK MILK  <b>ALTERNATE</b> ZAMBONI HOT DOG	<b>HOT LUNCH</b> PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <b>DONUTS BEFORE SCHOOL</b> <b>\$1.00 CASH ONLY</b> <b>NO ALTERNATE</b>	<b>HOT LUNCH</b> <b>NATIONAL TACO DAY</b> Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Fresh Fruit/Seasonal Milk, Fat Free  <b>ALTERNATE</b> Cheese Quesadilla	1/2 DAY NO FOOD SERVICE
7	8	9	10	11
<b>HOT LUNCH</b> <b>WORLD TEACHERS DAY</b> TEACHER TOASTED RAVIOLI SCHOOL APPLES LEARNING CARROTS & RANCH EDUCATION COOKIE MATH MILK, FAT FREE  <b>ALTERNATE</b> SCIENCE CHICKEN STRIPS	<b>HOT LUNCH</b> Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free <b>ALTERNATE</b> Corn Dog	<b>HOT LUNCH</b> <b>CHICK-FIL-A DAY</b> <b>GRADES PK-4</b> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE <b>GRADES 5-8</b> LARGE CHICKEN SANDWICH AD FRIES \$5.30 <b>NO ALTERNATE</b> 	<b>HOT LUNCH</b> Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Cookie Milk, Fat Free <b>ALTERNATE</b> Grilled Chicken Sandwich	<b>HOT LUNCH</b> Toasted Cheese Ravioli Spaghetti Sauce Steamed Broccoli Breadstick Vanilla Wafers Milk, Fat Free <b>ALTERNATE</b> Fish Sticks
14	15	16	17	18
<b>HOT LUNCH</b> <b>COLUMBUS DAY</b> NINA BOSCO STICK PINTA MIXED VEGGIES SANTA MARIA APPLESauce 1492 OCEAN BLUE OREOS MAP MILK, FAT FREE  <b>ALTERNATE</b> AMERICA CHICKEN NUGGETS	<b>HOT LUNCH</b> <b>NATIONAL PRETZEL MONTH</b> Turkey, Bacon & Cheese on Skinny Bun Baby Carrots Light Ranch Dressing Chips Mini Rice Krispies Treat Milk, Fat Free <b>SUNDAE BAR</b> <b>\$1.75 CASH ONLY</b> <b>ALTERNATE</b> PRETZEL WITH CHEESE  	<b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <b>NO ALTERNATE</b>	<b>HOT LUNCH</b> <b>NATIONAL PASTA DAY</b> Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free  <b>ALTERNATE</b> Chicken Drumstick	<b>HOT LUNCH</b> <b>NATIONAL CHILI MONTH</b> Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free  <b>ALTERNATE</b> Popcorn Chicken
21	22	23	24	25
<b>HOT LUNCH</b> Chicken Wrap Potato Chips Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free <b>ALTERNATE</b> Mini Corn Dogs	<b>HOT LUNCH</b> <b>BREAKFAST FOR LUNCH</b> Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free <b>ALTERNATE</b> Waffle with Syrup	<b>HOT LUNCH</b> PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <b>NO ALTERNATE</b>	1/2 DAY NO FOOD SERVICE	NO SCHOOL FALL BREAK 
28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
 <div> <h1>Fall Break</h1>  </div> 				

### 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
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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.

"Serving You With Pride"



# Faith Works!



PARENTS!!!! It's time for our next Faith Works session!

- † **\$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 8<sup>th</sup> Graders!! Service hours are available!!
- † **Volunteers are Needed this month!!\*\*\***

This month's theme will focus on "Spreading Kindness". We will work on a kindness calendar and painting rocks!!

To RSVP or volunteer, contact:  
Carrie Walsh@ 314-807-2303  
Amy Blevins @ 636-262-9794  
(Call or text)



**Only 25 spots available!**

Friday October 4th  
6:00-9:00pm  
Schulte Hall





Mr. Clampitt's middle school class participated in the Missouri Department of Conservation *STREAM TEAM*! They went to a local stream and did a visual survey and a chemical test trying to determine the quality and the long term effect of the stream it-









# 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](mailto: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: