



# The Knight's Tablet

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

**October 7, 2020**

## **Upcoming Events**

October 7~ SPPTO Meeting in the Gym at 6:30

October 13~ **PICTURE DAY**

October 16~ End of First Quarter—DRESS DOWN in BLUE to honor our Blessed Mother. We will be praying the Rosary as a school with Father Blessing.

October 23~ Dress down in your favorite Halloween shirt! Noon Dismissal/ Parent Teacher Conferences. Please contact the office if you have not set up a time yet.

October 26-30~ Fall Break—time to rest, relax, and stay well!

November 2~ Classes resume

Dear parents,

As we complete the first quarter of our school year, I would like to thank you for the support you have given to Mrs. Kaimann and her faculty and staff at St. Paul School. They have worked hard to keep the children healthy and safe here at school. I am grateful to all of you for the amazing support you have given to them during this time. Navigating through the experience of Covid 19 has been difficult for our society. However, you deserve to be commended for the sacrifices you have made in order to keep the virus from infecting the larger population of our school. God bless you all, as I continue to pray for your family's health and safety.

Fr. Blessing

**"PRAYER WILL GIVE US  
A CLEAN HEART AND  
A CLEAN HEART WILL  
ALLOW US TO SEE GOD  
IN EACH OTHER."**

**– ST MOTHER TERESA**

## School News/ Reminders

### St. Paul PTO

The first meeting of the year is TONIGHT, October 7, at 6:30 PM in the gym. Masks are required.

One lucky family will receive a \$25 TWB credit! 8th Grade will be accepting canned food items for the local food pantry.

**amazon**smile  
Org Central

*You can make a difference while you shop Amazon Prime Day deals on October 13 & 14. Simply shop at [smile.amazon.com/ch/43-0750428](https://smile.amazon.com/ch/43-0750428) or with AmazonSmile ON in the Amazon Shopping app and AmazonSmile donates to St Paul.*

The St. Paul Spirit  
Store IS NOW  
OPEN

[https://stores.inksoft.com/  
stpaulchurchspiritwear/  
shop/home](https://stores.inksoft.com/stpaulchurchspiritwear/shop/home)

It will be open until MID-  
NIGHT on Sunday,  
October 11.



### 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



# TWB/SCRIP NEWS

BONUS  FEST

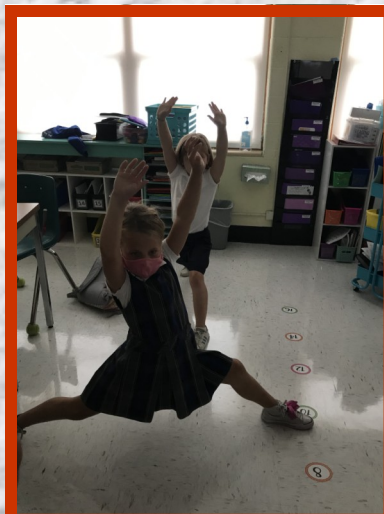
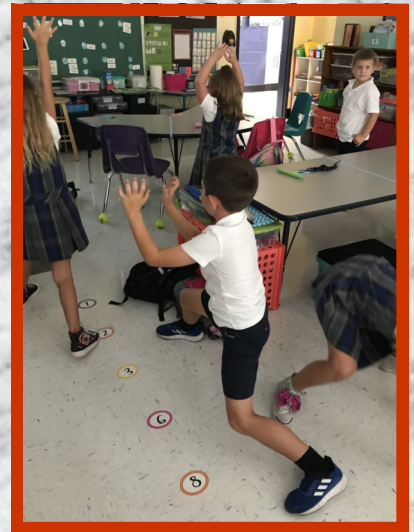
## NEW 2-DAY BONUSES

EVERY FRIDAY & SATURDAY • OCTOBER 9 – 31

4 weekends in a row of 2-day bonuses is coming Oct 9 – 31. Take advantage of the extra earnings to make an even bigger impact for your organization and the people that matter most to you. Check your messages from TeacherEase each Friday for the list of bonuses.



First grade  
practicing  
yoga to give  
their brains a  
break!






# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

OCTOBER 2020

\* = Baked

WG = Whole Grain Ingredients

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  |  | 1  | 2  |
|    |  |  |  |  |
|   |  |  |  | 1/2 DAY<br>NO FOOD SERVICE   |
| 5   | 6  | 7  | 8  | 9  |
| <b>ENTRÉE CHOICE 1</b><br>Mini Tacos<br><b>ENTRÉE CHOICE 2</b><br>Cheese Quesadilla<br><b>SIDE ITEMS:</b><br>Corn<br>Seasonal Fresh Fruit<br>Fresh Baked Brownie<br>Milk, Fat Free  | <b>ENTRÉE CHOICE 1</b><br>*Boneless Chicken Drumsticks<br><b>ENTRÉE CHOICE 2</b><br>Cheeseburger<br><b>SIDE ITEMS:</b><br>Mashed Potatoes with Gravy<br>Seasonal Fresh Fruit<br>*Fresh Baked Brownie<br>Milk, Fat Free | <b>ENTRÉE CHOICE 1</b><br>PAPA JOHN'S<br>CHEESE PIZZA<br><b>NO ENTRÉE CHOICE 2</b><br><b>SIDE ITEMS:</b><br>CARROTS AND CELERY<br>WITH RANCH DRESSING<br>CHILLED FRUIT<br>MILK, FAT FREE | <b>ENTRÉE CHOICE 1</b><br>All Natural Hot Dog on Bun<br><b>ENTRÉE CHOICE 2</b><br>Pretzel with Cheese<br><b>SIDE ITEMS:</b><br>Potato Chips<br>Seasonal Fresh Fruit<br>2 Oreos<br>Milk, Fat Free   | <b>ENTRÉE CHOICE 1</b><br>Bowl of Chili<br><b>ENTRÉE CHOICE 2</b><br>Popcorn Chicken<br><b>SIDE ITEMS:</b><br>*Cheddar Goldfish, WG<br>Seasonal Fresh Fruit<br>Jell-O<br>Milk, Fat Free  |
| 12  | 13   | 14   | 15   | 16   |
| <b>COLUMBUS DAY</b><br><b>ENTRÉE CHOICE 1</b><br>NINA BOSCO STICK<br><b>ENTRÉE CHOICE 2</b><br>AMERICA CHICKEN NUGGETS<br><b>SIDE ITEMS:</b><br>Pinta Mixed Vegetables<br>Santa Maria Applesauce<br>1492 Ocean Blue Oreos<br>Map Milk, Fat Free | <b>ENTRÉE CHOICE 1</b><br>*French Toast Sticks with Syrup<br><b>ENTRÉE CHOICE 2</b><br>Pancakes<br><b>SIDE ITEMS:</b><br>*Bacon<br>*Triangle Hash Brown<br>Seasonal Fresh Fruit<br>Milk, Fat Free                      | <b>ENTRÉE CHOICE 1</b><br>PAPA JOHN'S<br>PEPPERONI PIZZA<br><b>NO ENTRÉE CHOICE 2</b><br><b>SIDE ITEMS:</b><br>TOSSED SALAD<br>WITH RANCH DRESSING<br>CHILLED FRUIT<br>MILK, FAT FREE    | <b>ENTRÉE CHOICE 1</b><br>*Chicken Patty Sandwich WG<br><b>ENTRÉE CHOICE 2</b><br>Mini Corn Dogs<br><b>SIDE ITEMS:</b><br>*French Fries/Ketchup<br>Green Beans<br>Seasonal Fresh Fruit<br>Milk, Fat Free   | <b>NATIONAL PASTA DAY</b><br><b>ENTRÉE CHOICE 1</b><br>Spaghetti with Meat Sauce<br><b>ENTRÉE CHOICE 2</b><br>Chicken Drumsticks<br><b>SIDE ITEMS:</b><br>Green Beans<br>*WG Dinner Roll<br>100% Fruit Juice Bar<br>Milk, Fat Free |
| 19  | 20   | 21   | 22   | 23   |
| <b>ENTRÉE CHOICE 1</b><br>Grilled Cheese Sandwich, WG<br><b>ENTRÉE CHOICE 2</b><br>Manwich Sloppy Joe<br><b>SIDE ITEMS:</b><br>Green Beans<br>Seasonal Fresh Fruit<br>Cookie<br>Milk, Fat Free  | <b>ENTRÉE CHOICE 1</b><br>Nachos and Cheese, WG<br><b>ENTRÉE CHOICE 2</b><br>Chicken Strips<br><b>SIDE ITEMS:</b><br>Green Beans<br>Seasonal Fresh Fruit<br>Churro<br>Milk, Fat Free                                   | <b>ENTRÉE CHOICE 1</b><br>PAPA JOHN'S<br>CHEESE PIZZA<br><b>NO ENTRÉE CHOICE 2</b><br><b>SIDE ITEMS:</b><br>CARROTS AND CELERY<br>WITH RANCH DRESSING<br>CHILLED FRUIT<br>MILK, FAT FREE | <b>HALLOWEEN SPECIAL</b><br><b>ENTRÉE CHOICE 1</b><br>Skeleton Bones (Chicken Legs)<br><b>ENTRÉE CHOICE 2</b><br>Devil Dog (Hot Dog)<br><b>SIDE ITEMS:</b><br>Spider Legs (Fries)<br>Bat's Teeth (Corn)<br>Witches Surprise<br>Monster Mash Milk | 1/2 DAY<br>NO FOODSERVICE  |
| 26  | 27   | 28   | 29   | 30   |

FALL BREAK THIS WEEK. ENJOY!



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

CHICKEN PATTY SANDWICH  
WITH CHIPS

BACON CHEESEBURGER  
WITH CHIPS

GRILLED CHEESE ON TEXAS  
TOAST WITH FRUIT

CHICKEN STRIPS  
WITH FRIES

2 BOSCO STICKS  
AND CHIPS

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"



# OCTOBER

| Monday                            | Tuesday                                      | Wednesday                           | Thursday                                  | Friday                     |
|-----------------------------------|--|-------------------------------------|---|----------------------------|
|                                   |  |                                     | 1<br>R1 – Mullenschlader<br>R2 –<br>CS –  | 2<br>NOON DISMISSAL        |
| 5<br>R1 – Dunkin<br>R2 –<br>CS –  | 6<br>R1 – Montgomery<br>R2 –<br>CS – Wright  | 7<br>R1 – Alterson<br>R2 –<br>CS –  | 8<br>R1 – Grohmann<br>R2 –<br>CS –        | 9<br>R1 –<br>R2 –<br>CS –  |
| 12<br>R1 – Dunkin<br>R2 –<br>CS – | 13<br>R1 – Montgomery<br>R2 –<br>CS – Wright | 14<br>R1 – Alterson<br>R2 –<br>CS – | 15<br>R1 – Mullenschlader<br>R2 –<br>CS – | 16<br>R1 –<br>R2 –<br>CS – |
| 19<br>R1 – Dunkin<br>R2 –<br>CS – | 20<br>R1 – Montgomery<br>R2 –<br>CS – Wright | 21<br>R1 – Alterson<br>R2 –<br>CS – | 22<br>R1 – Mullenschlader<br>R2 –<br>CS – | 23<br>NOON DISMISSAL       |

**R1 AND R2 = RECESS MONITORs, CS = CAFÉ SERVER**

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>