



The Knight's Tablet

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

October 19, 2022

ALL THINGS NEW PARENT SURVEY

The Archdiocese of St. Louis is examining all of its parishes, schools, ministries and agencies, evaluating our effectiveness as a local Church in proclaiming the Gospel.

Our goal is to make All Things New by the Power and Joy of the Gospel. As we continue to prayerfully discern our future, Archbishop Rozanski is seeking additional input and feedback from current school families and faculty about their Catholic school experience with questions about tuition, class sizes, teacher compensation, etc. A summary of the subsidy rates provided to all our Archdiocesan elementary schools as a whole, and to our specific school, will also be made available on the All Things New website.

This survey can be taken online and will be available to be completed from October 17 through November 1. For any questions, email all-thingsnew@archstl.org.

Current School Parents/Guardians Survey Link: <https://www.surveymonkey.com/r/NQYVH6M>

Upcoming Events

October 26– Special Mass 09:30AM

October 27~ Halloween Costume to School! Noon Dismissal/[Parent Teacher Conferences Sign—up HERE](#)

October 28-November 4~ Fall Break

November 23 - Noon Dismissal/ All School Mass

November 24-25 - Thanksgiving Break

Servers Schedule

October 20-21

William Schroer and Sophia Riffle

October 22 4:30pm *Volunteers*

October 23

7:00am *Dominick and Rachel Ferranto*

9:00am *Brynley and Gabbie Orf*

11:00am *Elise Vomund and Max Lanham*

October 24 *Max Lanham and Lily Talbott*

School News/Reminders:

November Family Rosary

Please join us on November 8, after fall break, to pray the rosary at Church.

Doors open at 6:30, prayer starts at 6:45PM. All ages are welcome! Kids are encouraged to come and be the leaders in prayer.



Virtue of the Month

FRIENDSHIP

Friendship is helping the people you like be good.

THANK YOU SO MUCH FOR YOUR
SUPPORT WITH THE SPPTO
WALK-A-THON!!

We met our goal! We had 90% participation!
That means ALL students will get to wear their
Halloween costumes to school on
Thursday, October 27!

****NO FACE PAINT OR WEAPONS****

Mass Greeters

Firm Foundation

We build our life upon HIS Love!

Dear St Paul Parents,

Greetings from the St Paul Parish and School Board! We hope that your school year is off to a successful start. When we reflect upon those exciting first days of school and how it felt to arrive at school. Many of the teachers and administrators were standing outside of the building or their classrooms waiting to greet you with a smile. This greeting communicated several things to you and to your child. First, we are excited you are here. Second, you are not alone. Finally, we value your presence. There are many tasks that need to be done before any school day, but the choice to welcome us to the building and classrooms was an intentional and meaningful sentiment, we are glad you are here.

It is with that same spirit that we are piloting a new program for the Masses at St Paul. We'd like to invite two families for each Mass to stand at the entryway of the Church and welcome parishioners and guests to each Mass. Let's treat each Mass is like an exciting new school year. Having school and parish families greeted before Mass, will send an intentional and meaningful sentiment that we are entering the building with welcome and open hearts to receive Jesus's Love and we are glad that you are here.

The Greeters should plan to arrive 15 minutes before Mass and have their family open the doors, extend a smile, and then one of the two families should bring up the gifts during the Mass. A Signup Genus link will be provided for all those who would like to join us in the physical representation that all those are welcome to join us!

[SIGN UP HERE TO BE A MASS GREETER!](#)

If you have any questions, Please contact:

Rachael Prudlow, St Paul School Board

Prudlow @outlook.com



ST PAUL **BASKETBALL** *BASKETBALL* **SIGN UPS** *BASKETBALL*

ST CHARLES TEAM SIDELINE



St. Charles CYC District
CYO - Saint Charles
teamodeline.com



Call Lindsay Lampe at 314.226.3361 or email at
lindsaylampe@gmail.com

HELP—Volunteers are Needed on the following days:

We are in need of lunch servers on the following days in OCTOBER: Wednesday the 26 [LUNCH VOLUNTEER SIGN UP](#)

We are in need for recess monitors on the following days in NOVEMBER: Tuesday the 08 [RECESS VOLUNTEER SIGN UP](#)

YOU MUST COMPLETE Prevent and Protect to volunteer at school. We are asking each family to work at least one day per semester this year, THANK YOU!



ARCHDIOCESE OF ST. LOUIS
Office of Child and Youth Protection

NOVEMBER 2019

SAFE ENVIRONMENT USER REGISTRATION

Got to <https://www.preventandprotectstl.org>

Click "Register" below the LOG IN button (image at right).

Enter the passcode **stlprotect** when prompted.

Select the type of location where you are a volunteer or employee

- Parish or Parish School

Select the specific location by name

- St. Paul Parish and School (St. Paul)

Click the roles associated with your employment/service at the parish.

If you are active at only one location, this will be your "primary" location.

If you are active at more than one location, click the ADD PARISH/LOCATION button and repeat the steps above. With more than one location, please click the "This is my main/primary location" circle to indicate where you are employed or, if you are a volunteer, where most of your ministry or service is performed.

Complete your personal information. Please enter your **legal first name** for the purposes of the background screening.

Create a username, password and password clue.

Agree to the Terms of Use and click SUBMIT.

You will then be prompted to submit information for a background screening, register for a Protecting God's Children workshop*, view two online training modules, and agree to the Code of Ethical Conduct.

*If you have previously attended a PGC workshop, the system will find and/or ask you to confirm your previous record of attendance. You will not be prompted to register for an upcoming workshop. If, for some reason, it does not match your previous training to this account and you are prompted to register for a class, please register for "PREVIOUSLY ATTENDED-DATE NOT LISTED" and send an email to the address below. We will apply the correct training record to your account.

Use may use the links in your approval checklist to access these requirements. These steps may be completed all at once or may be completed separately at your convenience. You will receive an automated email weekly to remind you which requirements are outstanding. When all compliance requirements have been completed, your account will be approved and you will be clear to work with minors and vulnerable adults.

- ☒ Register onto the site
- ☐ [Submit New Background Check](#)
- ☐ Complete "Protecting God's Children" training
- ☐ Complete "Mandated Reporter" training
- ☐ Complete "Code of Conduct" training
- ☐ Sign "Code of Conduct"

Should you need any assistance, please contact ocyp@archstl.org

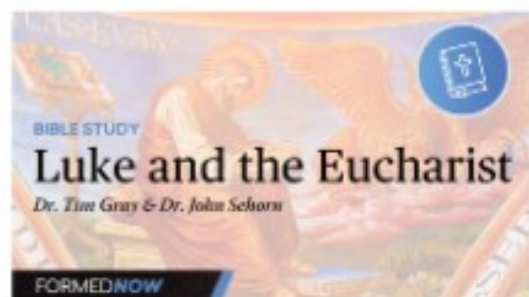
THIS WEEK ON **FORMED**

Week of October 16, 2022



The Jeweller's Shop by Pope John Paul II

Based on Pope John Paul II's best-selling book, this film tells of the struggles and triumphs in the marriages of three couples. A mysterious Jeweler acts as a mystical advisor to the couples, encouraging them to keep love at the center of their lives. John Paul II called it "the best possible film based on my play."



Luke and the Eucharist

Join Dr. Tim Gray and Dr. John Sehorn as they dive into the joy of the Eucharist as found in the Gospel of St. Luke the Evangelist.



Saint John Paul the Great by Jason Evert

Discover the five great loves of Pope Saint John Paul II as Jason Evert, renowned Catholic speaker and author, shares remarkable stories about this saint's life from those who knew him, including bishops, students he taught, and Swiss Guards who interacted with him daily.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
TOASTED CHEESE RAVIOLI BROCCOLI BREAD STICK VANILLA WAFERS MILK, FAT FREE <u>ALTERNATE</u> CHICKEN NUGGETS	SOFT TACO MEXICALI CORN LETTUCE & TOMATO RAINBOW SHERBET MILK, FAT FREE <u>ALTERNATE</u> JUMBO CORN DOG	PAPA JOHN'S PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	NACHOS & CHEESE GREEN BEANS CHURRO SEASONAL FRUIT MILK, FAT FREE <u>ALTERNATE</u> DINOSAUR NUGGETS	Early Dismissal Day! NO FOOD SERVICE!!
10	11	12	13	14
BOSCO STICK CORN CHOCOLATE PUDDING COOKIE MILK, FAT FREE <u>ALTERNATE</u> CHICKEN RINGS	CHICKEN NUGGETS GREEN BEANS SEASONAL FRUIT MINI RICE KRISPIES TREAT MILK, FAT FREE <u>ALTERNATE</u> MANWICH SLOPPY JOE	PAPA JOHN'S CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	DINOSAUR CHICKEN NUGGET BUTTERED NOODLES MIXED VEGETABLES JELL-O MILK, FAT FREE <u>ALTERNATE</u> HOT DOG	ST LOUIS BLUES HOME OPENER HOCKEY PUCK CHEESEBURGER TARASENKO TOTS CENTER ICE FROZEN TREAT BETWEEN THE PIPES FRUIT <u>ALTERNATE</u> CORN DOG
17	18	19	20	21
CHICKEN PATTY ON BUN FRENCH FRIES VEGGIES W/ DIP SEASONAL FRUIT MILK, FAT FREE <u>ALTERNATE</u> MINI CORN DOG	FRENCH TOAST STICKS TRIANGLE HASH BROWN SAUSAGE SEASONAL FRUIT MILK, FAT FREE <u>ALTERNATE</u> PANCAKE	PAPA JOHN'S PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	CHICKEN STRIPS SEASONED NOODLES TOSSED SALAD SHERBET MILK, FAT FREE <u>ALTERNATE</u> GRILLED CHEESE SANDWICH	NATIONAL CHILI MONTH BOWL OF CHILI CHEDDAR GOLDFISH SEASONAL FRUIT COOKIE MILK, FAT FREE <u>ALTERNATE</u> POPCORN CHICKEN
24	25	26	27	28
CHICKEN SNACK WRAP FRESH VEGETABLES SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>ALTERNATE</u> PRETZEL W/ CHEESE	BOO BURGER SKELETON BONES (FRIES) BAT TEETH (CORN) WITCH'S SURPRISE MILK, FAT FREE <u>ALTERNATE</u> HOT DOG	PAPA JOHN'S CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	Early Dismissal Day! NO FOOD SERVICE!!	No School Fall Break
31				

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

Torrey's Cheese Pizza and Fruit	Chicken Patty Sandwich and Chips	Grilled Cheese on Texas Toast and Fruit	Toasted Ravioli with Sauce and Fruit	Chicken Strips and Fries
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ARCHDIOCESE OF ST. LOUIS

Office of Catholic Education and Formation

Catholic School Health Newsletter

for Parents and Families

October
2022

A publication of the
School Nurse Partnership
through Cardinal Glennon



FALL BACK!

November 6, 2022



Change the
batteries in
your smoke

detectors and carbon
monoxide alarms when you
set your clocks back. Keep
appliances, furnaces,
fireplaces and wood-burning
stoves in good repair.

FLU VACCINES

Flu season is around the
corner! The American Academy
of Pediatrics recommends
annual influenza vaccination of
all children without medical
contraindications starting at 6
months of age. Influenza
vaccination is an important
strategy for protecting children
and the broader community, as
well as reducing the overall
burden of respiratory illnesses
when other viruses, including
severe acute respiratory
syndrome-coronavirus 2, are co-
circulating. Call your healthcare
provider for appointment or see
links below.

[St. Louis City Health Dept.](#)
[St. Louis County Health Dept.](#)
[St. Charles County Health Dept.](#)

The School Nurse Partnership is a collaboration with
SSM Cardinal Glennon Children's Hospital and the
Office of Catholic Education and Formation of the
Archdiocese of St. Louis.



OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

How to take proper care of your teeth.

1. **Floss Every Day** - Much controversy exists around flossing, but dentists advise flossing every day. There are things that brushing just can't take care of, and that's where flossing comes in.
2. **Brush Twice a Day for Two Minutes** - Brushing your teeth twice a day doesn't only help battle morning breath and that lingering gross taste in your mouth, it also helps reduce the chances you will develop gum disease.
3. **Rinse With Mouthwash** - Another thing that people think is optional with oral hygiene is mouthwash. According to dental hygienists aim to make rinsing with mouthwash a regular occurrence after you brush and floss. This antimicrobial rinse will help keep your mouth clean and will do wonders for your breath.
4. **See A Dentist Every Six Months**

4 STEPS FOR PROPER BRUSHING TECHNIQUE

- **Get the right angle** - For the most effective brushing, tilt the brush at a 45-degree angle.
- **Get the motion down** - Gently move the toothbrush back and forth. Be careful not to be too rough!
- **Cover all surfaces** - Get inside, outside, top, bottom, and everywhere in between.
- **Don't forget the tongue** - Loads of bacteria lives on your tongue so make sure you remember to brush that. Bonus points for fresher breath, too.

Head Lice

Head lice move by crawling; they cannot hop or fly. Head lice are spread by direct contact with the hair of an infested person. Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels) used by an infested person is uncommon. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

Prevention & Control

The risk of getting infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person and cannot feed.

The following are steps that can be taken to help prevent and control the spread of head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities.
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels. Disinfect combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5-10 minutes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
- Machine wash and dry clothing, bed linens, and other items that an infested person wore or used using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
- Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.