



# The Knight's Tablet

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

**October 21, 2020**

## **Upcoming Events**

October 22~ Recess and Lunch Help needed! See page 3 for details!

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

November 6~ Spirit Day/ Noon Dismissal/ Faculty Meeting

November 11~ All School Mass in the Gym.

November 25-27~ NO SCHOOL—Thanksgiving break.

Good afternoon,

As we head into these last days before break, I pray that it is blessed and safe for each one of you. I look forward to seeing all of you at conferences. Parents please know that I am available throughout the day and evening if you should need to meet with me for any reason. Things to keep in mind:

**Report Cards** are now ready to be viewed on Teacherease. You will receive a hard copy during parent teacher conference as well.

**Noon Dismissal** on Friday, October 23.  
**Halloween Party** this year only the head room parent will be allowed to attend/help with the parties.

Blessings,  
Mrs. Kaimann



## **COVID-19 Reminder**

**IF ANYONE IN YOUR FAMILY HOUSEHOLD HAS SYMPTOMS AND/OR GETS TESTED FOR COVID, PLEASE KEEP YOUR CHILD(REN) HOME UNTIL YOU HAVE MORE INFORMATION** (i.e...TAKEN A COVID TEST/TEST RESULTS, DOCTOR VISIT)! PLEASE CALL MRS. KAIMANN IF YOU ARE UNSURE ABOUT WHAT TO DO!  
THANK YOU FOR YOUR SUPPORT!

## School News/ Reminders

### Dress Down Passes

We will honor all dress down passes from last school year until December 31 of this year!

## VIRTUE OF THE MONTH REVERENCE

Interested in Volunteering?

Please make sure you have updated your Safe Environment Course. See page 6 for details!

Thank you!

### 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.



# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
19 R1 – Dunkin R2 – _____ CS – _____	20 R1 – Montgomery R2 – _____ CS – Wright	21 R1 – <u>Alterson</u> R2 – _____ CS – _____	22 R1 – _____ R2 – _____ CS – _____	23 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>

## ST. PAUL IN ST. PAUL

### Healthy Habits Lunch

OCTOBER 2020

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
19 <b>ENTRÉE CHOICE 1</b> Grilled Cheese Sandwich, WG  <b>ENTRÉE CHOICE 2</b> Manwich Sloppy Joe <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free	20 <b>ENTRÉE CHOICE 1</b> Nachos and Cheese, WG  <b>ENTRÉE CHOICE 2</b> Chicken Strips <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free	21 <b>ENTRÉE CHOICE 1</b> PAPA JOHNS CHEESE PIZZA <b>NO ENTRÉE CHOICE 2</b>  <b>SIDE ITEMS:</b> CARROTS AND CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	22 <b>HALLOWEEN SPECIAL</b> <b>ENTRÉE CHOICE 1</b> Skeleton Bones (Chicken Legs) <b>ENTRÉE CHOICE 2</b> Devil Dog (Hot Dog) <b>SIDE ITEMS:</b> Spider Legs (Fries) Bat's Teeth (Corn) Witches Surprise Monster Mash Milk	23 1/2 DAY 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
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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.**

**"A Local Company Serving You With Pride"**



# November

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
R1- Dunkin R2- _____ CS- _____	R1- Montgomery R2- _____ CS- _____	R1- Smith R2- _____ CS- _____	R1- Grohmann R2- _____ CS- _____	NOON DISMISSAL
9	10	11	12	13
R1- Dunkin R2- _____ CS- _____	R1- Montgomery R2- _____ CS- _____	R1- Smith R2- _____ CS- _____	R1- _____ R2- _____ CS- _____	R1- _____ R2- _____ CS- _____
16	17	18	19	20
R1- Dunkin R2- _____ CS- _____	R1- Montgomery R2- _____ CS- _____	R1- Smith R2- _____ CS- _____	R1- _____ R2- _____ CS- _____	R1- _____ R2- _____ CS- _____
23	24	25	26	27
R1- Dunkin R2- _____ CS- _____	R1- Montgomery R2- _____ CS- _____		THANKSGIVING	NO SCHOOL
30	If you have updated your Protecting God's Children and would like to spend some time helping out at school, we would love to have you! Please contact the school office at 636-978-1900 X2			
R1- Dunkin R2- _____ CS- _____				

**R1 – Recess Monitor, R2 – Recess Monitor, CS – Café Server**



# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

NOVEMBER 2020

\* = Baked

WG = Whole Grain Ingredients

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<b>ENTRÉE CHOICE 1</b> *Jumbo Corn Dog  <b>ENTRÉE CHOICE 2</b> Popcorn Chicken Wrap <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit *Vanilla Wafers Milk, Fat Free	<b>ELECTION DAY</b> <b>ENTRÉE CHOICE 1</b> Ballot Cheeseburger <b>ENTRÉE CHOICE 2</b> Vote for Me Hot Dog <b>SIDE ITEMS:</b> Democratic Tator Tots Polling Place Peaches Republican Rice Krispies Treat Majority Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> PAPA JOHNS PEPPERONI PIZZA <b>NO ENTRÉE CHOICE 2</b>  <b>SIDE ITEMS:</b> CARROTS AND CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>NATIONAL DONUT DAY</b> <b>ENTRÉE CHOICE 1</b> Scrambled Eggs <b>ENTRÉE CHOICE 2</b> Waffles with Syrup <b>SIDE ITEMS:</b> *Hash Brown Triangle Seasonal Fresh Fruit Donut Milk, Fat Free	<b>1/2 DAY</b>  <b>NO FOOD SERVICE</b>
<b>9</b> <b>HUG A BEAR DAY</b> <b>ENTRÉE CHOICE 1</b> Teddy Bear Bosco Stick with Sun Bear Sauce <b>ENTRÉE CHOICE 2</b> Cuddly Mini Taco <b>SIDE ITEMS:</b> My Friend Mixed Veggies Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free	<b>10</b> <b>ENTRÉE CHOICE 1</b> *Chicken Strips  <b>ENTRÉE CHOICE 2</b> Crunchy Taco <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>11</b> <b>ENTRÉE CHOICE 1</b> PAPA JOHNS CHEESE PIZZA <b>NO ENTRÉE CHOICE 2</b>  <b>SIDE ITEMS:</b> TOSSED SALAD WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>12</b> <b>ENTRÉE CHOICE 1</b> Baked Macaroni & Cheese  <b>ENTRÉE CHOICE 2</b> Chicken Nuggets <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	<b>13</b> <b>ENTRÉE CHOICE 1</b> *Popcorn Shrimp  <b>ENTRÉE CHOICE 2</b> Pretzel with Cheese <b>SIDE ITEMS:</b> *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free
<b>16</b> <b>ENTRÉE CHOICE 1</b> Chicken Snack Wrap  <b>ENTRÉE CHOICE 2</b> Mini Corn Dogs <b>SIDE ITEMS:</b> Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free	<b>17</b> <b>ENTRÉE CHOICE 1</b> *Toasted Ravioli  <b>ENTRÉE CHOICE 2</b> Pulled Pork Slammer <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	<b>18</b> <b>ENTRÉE CHOICE 1</b> PAPA JOHNS PEPPERONI PIZZA <b>NO ENTRÉE CHOICE 2</b>  <b>SIDE ITEMS:</b> TOSSED SALAD WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE	<b>19</b> <b>ENTRÉE CHOICE 1</b> *Popcorn Chicken  <b>ENTRÉE CHOICE 2</b> Hot Dog <b>SIDE ITEMS:</b> *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	<b>20</b> <b>ENTRÉE CHOICE 1</b> Turkey, Bacon & Cheese on Skinny Bun <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks <b>SIDE ITEMS:</b> Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free
<b>23</b> <b>ENTRÉE CHOICE 1</b> Grilled Cheese Sandwich, WG  <b>ENTRÉE CHOICE 2</b> Meatball Sub <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>24</b> <b>THANKSGIVING FEAST</b> <b>ENTRÉE CHOICE 1</b> Open Faced Turkey <b>ENTRÉE CHOICE 2</b> Chicken Drumstick <b>SIDE ITEMS:</b> Mashed Potatoes & Gravy Mixed Veggies Cookie Milk, Fat Free	<b>25</b> <b>1/2 DAY</b>  <b>NO FOOD SERVICE</b>	<b>26</b> <b>NO SCHOOL</b>  <b>HAPPY</b>  <b>THANKSGIVING</b>	<b>27</b> <b>NO SCHOOL</b>
<b>30</b> <b>NATIONAL FRENCH TOAST DAY</b> <b>ENTRÉE CHOICE 1</b> *Pancake with Syrup <b>ENTRÉE CHOICE 2</b> French Toast Sticks & Syrup <b>SIDE ITEMS:</b> *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free				

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

6" CHEESE FRENCH BREAD PIZZA AND FRUIT	GRILLED CHICKEN SANDWICH AND CHIPS	PRETZEL WITH CHEESE AND FRUIT	TOASTED RAVIOLI WITH SAUCE AND FRUIT	CHICKEN NUGGETS AND FRIES
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## 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.

### LOG IN

Username

Password

☐ Remember this account

LOG IN

[Forgot Password](#) [Register](#)

- ☒ 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](mailto:ocyp@archstl.org)



## OUR OFFICE LOCATIONS:

**SOUTH COUNTY OFFICE**  
9200 WATSON ROAD, G-101  
ST. LOUIS, MO 63126  
P. 314-544-3800

**O'FALLON MO OFFICE**  
311 SOUTH MAIN SUITE 100  
O'FALLON, MO 63366  
P. 636-281-1990

**UNION OFFICE**  
102 E. SPRINGFIELD, STE. 202  
UNION, MO 63084  
P. 636-583-1800

**FLORISSANT OFFICE**  
1385 HARKEE DRIVE  
FLORISSANT, MO 63031  
P. 314-831-1533

**WEST COUNTY OFFICE**  
498 WOODS MILL ROAD  
MANCHESTER, MO 63011  
P. 636-391-9966

**HERCULANEUM OFFICE**  
1349 MCNUTT STREET, 63048  
P. 636-638-2203

**TROY, MO. OFFICE**  
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63379  
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# SCHOOL TOOLS

OCTOBER 2020

## LEARNING DURING COVID-19

October has officially begun, with the 2020-2021 school year well underway. Many of you may agree that this year's start to the school year looks much different than in years past. Whether your student is attending school virtually, in-person, or in a blended format, you and your child may be experiencing new stressors at home and school.

As caregivers, you may be struggling yourself with health concerns, job losses, lack of childcare, homeschooling, social isolation, and more. On top of this, you are working overtime to maintain your child's mental and physical health as well. You may have rising concerns about changes in your child since March, such as heightened anxiety, an increase in impulsive behavior at home (fights with siblings, defiance towards adults in the home), or at school with teachers or peers. You may notice a lack of motivation when it comes to school work, or a lack of interest at home with hobbies your child once enjoyed. If these concerns sound familiar, you are not alone. In this time of change, loss and high-stress levels, many of these behaviors are not unusual. But what if you are concerned that your child is exhibiting these behaviors more often and with more intensity?

Your SPP Therapist can help! Reach out to your child's teacher and/or SPP therapist to let them know what your child is experiencing. We can provide strategies to help your child identify and work through the range of emotions they may be feeling. We are here to help students be the best versions of themselves. And, we are here for you, so please let us know whenever you have a concern!

## Teaching Social Skills at Home

- **Practice purposeful turn-taking with everyone in the home, i.e. picking the conversation topic, story to read, or game to play.**
- **Use movies, books and T.V. to sneak in an empathy lesson with your child based on the characters' actions.**
- **Make a point to have your child connect with others via pen pal, video chat, online games, etc. – especially peers, if possible.**
- **Utilize board games or interactive play to teach problem solving, being a good sport, and communication.**

-Child Mind Institute, 2020

## MANAGING SCHEDULES AND BEHAVIORS

According to the Child Mind Institute, here are some tips and tricks to managing mental health challenges, changes in behaviors and schedules at home during this time:

1. **Set The Tone.** Practice modeling positive communication strategies and tone of voice with your child. During this time especially, you will be their biggest model of behavior.
2. **Focus On The Big Three: Diet/Nutrition, Activity and Sleep.** These three factors greatly impact both you and your child in ability to concentrate, problem solve, adjust to change, and use coping strategies. Try to a set bedtime routine, limit screen time and incorporate exercise and healthy meal options.

3. **Apologize.** If you do lose your cool, (which we all do at times) wait until the situation has calmed, then apologize to your child. Be open with what you were feeling (overwhelmed, frustrated, tired).
4. **Prioritize.** Determine what is realistic for you and your family to accomplish in one day. Set reasonable goals. If you don't know where to start, start with basic needs and make sure these are met first.
5. **Recharge.** Make it a point to set aside time in both your child's and your own schedule for activities you enjoy. Factor in a 15-minute walk, reading a chapter in a book, or time to exercise.
6. **Celebrate Successes.** No matter how small!
7. **Ask For Help.** Don't be afraid to ask for help. This is a challenging time, and extra support does not mean you have failed.