

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



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

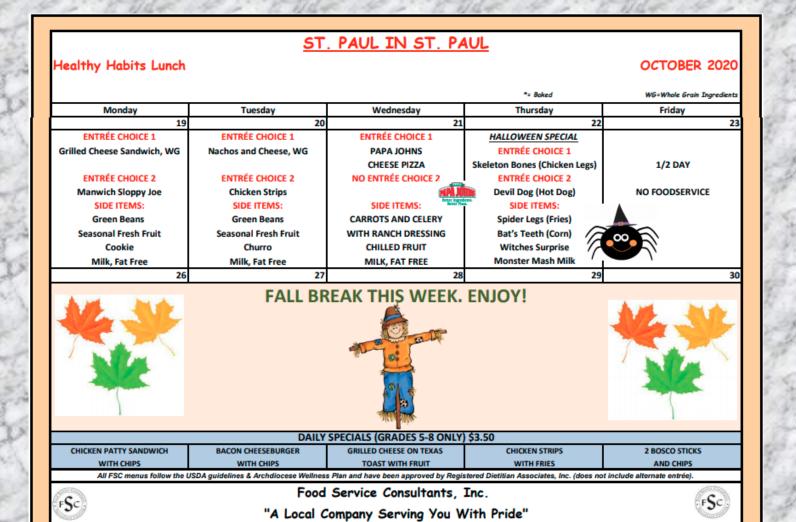
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
R1 – Dunkin	R1 – Montgomery	R1 – Alterson	R1	NOON DISMISSAL
R2	R2 –	R2 –	R2	
CS -	CS – Wright	CS -	CS	

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



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
R1- Dunkin	R1- Montgomery	R1- Smith	R1- Grohmann	NOON
R2	R2 CS	R2 CS	R2 CS	DISMISSAL
9	10	11	12	13
R1- Dunkin	R1- Montgomery	R1- Smith	R1	R1
R2	R2	R2	R2	R2
CS	CS	CS	CS	CS
16	17	18	19	20
Dr. Davilla		na codul	24	24
R1- Dunkin R2			R1	R1 R2
CS	R2 CS	R2 CS	R2 CS	CS
22	24	25	25	0.7
23	24	25	26	27
R1- Dunkin R2 CS	R1- Montgomery R2 CS		THANKSGIVING	NO SCHOOL
20	.,			
30		-	ecting God's Child	
R1- Dunkin			e helping out at sc	-
R2		-	se contact the sch	ooi office at
CS	636-978-1900	X2		

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



ST. PAUL IN ST. PAUL

Healthy Habits Lunch

NOVEMBER 2020

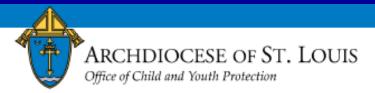
Monday Tuesday Wednesday Thursday Friday				*= Baked	WG=Whole Grain Ingredients
ENTRÉE CHOICE 1 *Jumbo Corn Dog ENTRÉE CHOICE 1 *Ballot Cheeseburge Poporn Chicken Warp Green Beans Seasonal Fresh Fruit *Vanilla Warlers Mills, Fat Free *Mills, Fat Free *Mill	Monday	Tuesday	Wednesday	Thursday	Friday
*Jumbo Com Dog ENTRÉ CHOICE 2 Popcon Chicken Wrap SIDE ITEMS: *Volte for Me to Dog Side ITEMS: Seasonal Fresh Fruit *Vanilla Wafers Majority Milli, Fat Free **Dilling Place Peaches Republican Rice Krispies Treat Robert Rice Choice 1 Represe Choice 1 Represe Rice Choice 1 Repre	2		4	•	6
Ballot Cheeseburge ENTRÉE CHOICE 2 POSCOT CHICKEN WARD SIDE TEMS: Green Beans Seasonal Freish Fruit Wanning Fine Peach Strate HUG A BEAR DAY ENTRÉE CHOICE 1 POSCOT SIDE TEMS: OF THEMS: OF THE CHOICE 1 POSCOT SIDE TEMS: OF THE CHOICE 1 CHICKEN PLANCE SIDE TEMS: OF THE CHOICE 1 CHICKEN PLANCE SIDE TEMS: OF THE CHOICE 1 CHICKEN PLANCE SIDE TEMS: OF THE CHOICE 2 FIRTÉ CHOICE 3 FIRTÉ C					
POSPORT CHICKEN WAP SIDE ITEMS: Green Beans Seasonal Fresh Fruit "Vanish Walters Majority Mills, Fat Free 9 10 HUG A BEAR DAY ENTRÉC CHOICE 1 Teddy Bear Bosco Stick with Sun Bear Sauce ENTRÉC CHOICE 2 ENTRÉC CHOICE 3 ENTR	*Jumbo Corn Dog				1/2 DAY
Popcorn Chicken Wrap SIDE ITEMS: Green Beans Seasonal Fresh Fruit "Vanilla Walfers Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: Democratic Tator Tots Pepublican Rice Mrispies Treat Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: Democratic Tator Tots Republican Rice Mrispies Treat Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: Democratic Tator Tots Republican Rice Mrispies Treat Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: Democratic Tator Tots Republican Rice Mrispies Treat Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: Democratic Tator Tots Republican Rice Mrispies Treat Milk, Fat Free Pul A BEAR DAY SIDE ITEMS: COCC 1 SIDE ITEMS: DO INTREC CHOICE 1 SIDE ITEMS: COCC 2 SIDE ITEMS: COCC 2 SIDE ITEMS: COCC 3 SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: I SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: I SIDE ITEMS: SIDE I					
SIDE TEMS: Green Beans Seasonal Fresh Fruit "Vanilla Walers Mills, Fat Free Mills Gallad Day ENTREC CHOICE 1 Teddy Bear Bosco Sick with Sun Bear Sauce ENTREC CHOICE 2 Couchy Taco SIDE TEMS: SIDE TEMS: WITH RANCH DRESSING CHILLED FRUIT MILLS, FAT FREE NOT TEMS: SIDE TEMS: WITH ARANCH DRESSING CHILLED FRUIT MILLS, FAT FREE NOT TEMS: SIDE TEMS: SIDE TEMS: WITH ARANCH DRESSING CHILLED FRUIT MILLS, FAT FREE SIDE TEMS: SIDE TEMS: SIDE TEMS: SIDE TEMS: WITH ARANCH DRESSING CHILLED FRUIT MILLS, FAT FREE SIDE TEMS: S			NO ENTREE CHOICE 2		NO FOOD SERVICE
Green Beans Seasonal Fresh Fruit "Vanilla Wafers Majority Milk, Fat Free P			MPA JOH	No.	
Seasonal Fresh Fruit "Vanilla Wafers Milk, Fat Free 9 10 11 12 12 13 13 14 15 15 15 15 15 15 15 15 15 15 15 15 15			Brook Flore.		
Milli, Fat Free 9 10 HUG A BEAR DAY ENTRÉE CHOICE 1 Tedry Bear Boxo Stick ENTREE CHOICE 2 Cunchy Taco SIDE FTEMS: My Friend Mixed Veggies Beat Buddy Fruit Tedry Grahams Companion Milk, Fat Free Milli, Fat Free No DITTEE CHOICE 2 Companion Milk, Fat Free No DITTEE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 4 Conde Milli, Fat Free No DITTEE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 4 Conde Milli, Fat Free No DITTEE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 3 ENTRÉE CHOICE 4 ENTRÉE CHOICE 3 ENTR					
Milk, Fat Free Majority Milk, Fat Free MILK,					
HUG A BEAR DAY ENTRÉE CHOICE 1 Teddy Bear Bosco Stick with Sun Bear Sauce ENTRÉE CHOICE 2 Cuddy Milli Taco SIDE ITEMS: My Ent Suddy Fruit Beat Sulve ENTRÉE CHOICE 2 Cuddy Milli Taco SIDE ITEMS: My Ent Suddy Fruit Beat Sulve ENTRÉE CHOICE 2 Cuddy Milli Taco SIDE ITEMS: My Ent Suddy Fruit Beat Sulve ENTRÉE CHOICE 2 Cuddy Milli Taco SIDE ITEMS: My Ent Suddy Fruit Beat Sulve ENTRÉE CHOICE 2 Cuddy Milli Taco SIDE ITEMS: Sasonal Fresh Fruit Cookie Milli, Fat Free					19
HUG A BEAR DAY ENTRÉC CHOICE 1 Teddy Bear Bosco Stick with Sun Bear Sauce ENTRÉC CHOICE 2 CLOddy Minit aco SIDE ITEMS: Wy Friend Minit Veggies Best Buddy Fruit Teddy Grahams Companion Milis, Fat Free Milis, Fat Free Milis, Fat Free Mini Con Dogs SIDE ITEMS: With Descendance With Descendance With Green Beans Sosonal Fresh Fruit Chocke Public With RANCH DRISSING CHILLED FRUIT Sessonal Fresh Fruit Chicken Snack Wrap ENTRÉC CHOICE 2 Mini Con Dogs SIDE ITEMS: With Descendance With Freen More Stammer SIDE ITEMS: With Day Sessonal Fresh Fruit Chocke Public Milis, Fat Free Mi	Milk, Fat Free	Majority Milk, Fat Free	MILK, FAT FREE	Milk, Fat Free	57
HUG A BEAR DAY ENTRÉC CHOICE 1 Teddy Bear Bosco Stick with Sun Bear Sauce ENTRÉC CHOICE 2 CLOddy Minit aco SIDE ITEMS: Wy Friend Minit Veggies Best Buddy Fruit Teddy Grahams Companion Milis, Fat Free Milis, Fat Free Milis, Fat Free Mini Con Dogs SIDE ITEMS: With Descendance With Descendance With Green Beans Sosonal Fresh Fruit Chocke Public With RANCH DRISSING CHILLED FRUIT Sessonal Fresh Fruit Chicken Snack Wrap ENTRÉC CHOICE 2 Mini Con Dogs SIDE ITEMS: With Descendance With Freen More Stammer SIDE ITEMS: With Day Sessonal Fresh Fruit Chocke Public Milis, Fat Free Mi		10	- 11	12	13
ENTRÉE CHOICE 1 Teddy Bear Bosco Sick with Sun Bear Sauce ENTRÉE CHOICE 2 Cuddhy Mini Taco SiDe TREMS: My Friend Miked Veggles Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free 15 ENTRÉE CHOICE 1 Chicken Sack Wrap ENTRÉE CHOICE 2 Conhies Side Treis Fruit Todate Frei Fruit To		10		12	13
Teddy Bear Bosco Sick with Sun Bear Sauce ENTRÉE CHOICE 2 CUndhy Mini Taco SIDE ITEMS: My Friend Mixed Veggles Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free Mini Con Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocklae Pudding Milk, Fat Free Milk, Fat Free Mini Com Dogs SIDE ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocklae Pudding Milk, Fat Free Milk, Fat Free Milk, Fat Free Mini Com Dogs SIDE ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocklae Pudding Milk, Fat Free Mini Com Dogs SIDE ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocklae Pudding Milk, Fat Free Milk, Fat Free Milk, Fat Free		ENTRÉE CHOICE 1		ENTRÉE CHOICE 1	ENTRÉE CHOICE 1
with Sun Bear Sauce ENTRÉE CHOICE 2 Cuddly Mini Taco SIDE ITEMS: My Friend Mixed Veggles Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free 16 ENTRÉE CHOICE 1 Chicken Snack Wrap ENTRÉE CHOICE 2 Mini Com Dogs SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: SIDE ITEMS: Milk, Fat Free ENTRÉE CHOICE 2 Mini Com Dogs SIDE ITEMS: SIDE ITEMS					
ENTRÉE CHOICE 2 CUNDIN MINI TACO SIDE ITEMS: OF TOSSED SALLA TOSSED SA	with Cun Book Course			banca macaroni a circosc	r opcom smallp
Coudely Mini Taco SIDE ITEMS: My Friend Mixed Veggles Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free		FNTRÉE CHOICE 2	NO ENTIREE CHOICE 2	ENTRÉE CHOICE 2	ENTRÉE CHOICE 2
SIDE ITEMS: Wy Friend Milked Veggeis Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free	The state of the s		SIDE ITEMS: MA JOB		
My Friend Mixed Veggles Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free Companion Milk, Fat Free Disconsider Annother State Choice 1 ENTRÉE CHOICE 2 Mint Corn Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTRÉE CHOICE 1 Friend Pork Stammer Side ITEMS: Fresh Vegetables Wilk, Fat Free Milk, Fat Free Solic ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free					
Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free 18 18 18 18 18 18 18 18 18 18 18 18 18					
Teddy Grahams Companion Milk, Fat Free Signature					
Companion Milk, Fat Free 36 17 18 19 20 ENTRÉE CHOICE 1 Chicken Snack Wrap ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTRÉE CHOICE 1 Green Beans Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 24 ENTRÉE CHOICE 2 Milk, Fat Free 25 ENTRÉE CHOICE 3 Milk, Fat Free Milk, Fat Free Milk, Fat Free Milk, Fat Free No ENTRÉE CHOICE 2 Publed Pork Slammer SIDE ITEMS: Green Beans Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 24 25 ENTRÉE CHOICE 1 Open Faced Turkey ENTRÉE CHOICE 2 Chicken Drumstick SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free Milk, Fat Free Milk,					
ENTRÉE CHOICE 1 Chicken Snack Wrap ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolare Pudding Milk, Fat Free Milk, Fat Free 23 ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 PRETEC CHOICE 1 PAPA JOHNS "Popcon Chicken Preperon Pizza Hot Dog Sible ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Seasonal Fresh Fruit Milk, Fat Free Milk, Fat Free Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 PRETEC CHOICE 1 PAPA JOHNS "Popcon Chicken ENTRÉE CHOICE 2 Hot Dog Sible ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Seasonal Fresh Fruit Milk, Fat Free Milk, Fat Free Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 PRETEC CHOICE 1 PAPA JOHNS TORSED CHOICE 1 Turkey, Bacon & Chese on Skinny Burnfec CHOICE 2 Hot Dog Sible ITEMS: "Sobe ITEMS: "Sobe ITEMS: "Seasonal Fresh Fruit Milk, Fat Free Milk, Fat Free Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 TORSED RAVIOLI WITH SAUCE AND FRUIT AND FRUIT AND FRUIT AND FR			men, rai race		
ENTRÉE CHOICE 1 Chicken Snack Wrap ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 1			18		
Chicken Snack Wrap ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolare Pudding Milk, Fat Free 23 ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Milk, Fat Free 23 ENTRÉE CHOICE 1 Open Faced Turkey ENTRÉE CHOICE 2 Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 2 Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Panake with Syrup ENTRÉE CHOICE 2 Chicken Drumstick SIDE ITEMS: Mashed Potatosas & Gravy Miked Veggles Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Panake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup Sube ITEMS: "Sausage Patty Seasonal Fresh Fruit Vogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 ENTREE CHOICE 2 Chicken Drumstick SIDE ITEMS: "Sausage Patty Seasonal Fresh Fruit Vogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 FYPOPOCOT Chicken ENTRÉE CHOICE 2 No to both Side Choice 2 Chicken Drumstick SIDE ITEMS: "Sausage Patty Seasonal Fresh Fruit Vogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 CHICKEN NUGGETS AND FRUIT AND CHIPS AND FRUIT AND CHIPS AND FRUIT AND FRUIT AND CHIPS AND FRUIT AND CHIPS *Popocorn Chicken ENTRÉE CHOICE 2 Chicken Drumstick SIDE ITEMS: "Seasonal Fresh Fruit Vessonal Fresh Fruit Vessonal Fresh Fruit Thom Kill Fort Chicken Drumstick SIDE ITEMS: "Sausage Patty Seasonal Fresh Fruit Vogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 CHICKEN NUGGETS AND FRUIT AND CHIPS AND FRUIT AND CHIPS AND FRUIT AND FRUI	ENTRÉE CHOICE 1	ENTRÉE CHOICE 1		ENTRÉE CHOICE 1	ENTRÉE CHOICE 1
ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables With Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG FINTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free No SCHOOL NO FOOD SERVICE FATRÉE CHOICE 2 Chicken Drummiles SIDE ITEMS: Milk, Fat Free Milk, Fat Free Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 PRETZEL WITH CHEESE AND FRUIT					
ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free ENTRÉE CHOICE 2 SIDE ITEMS: Green Beans Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 22 ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Milk Side Times ENTRÉE CHOICE 2 Milk Side Times Milk, Fat Free 25 ENTRÉE CHOICE 2 Milk, Fat Free Milk, Fat Free Milk, Fat Free Milk, Fat Free And Fruit And Churs And Pruit And			PEPPERONI PIZZA		**
SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTREE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meaball Sub SiDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free THANKSGIVING FEAST ENTRÉE CHOICE 2 Meaball Sub SiDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 2	ENTRÉE CHOICE 2		ENTRÉE CHOICE 2	
SIDE ITEMS: Fresh Vegetables with Dip Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTREC CHOICE 1 Grilled Cheese Sandwich, WG ENTREC CHOICE 2 Meaball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 25 ENTREC CHOICE 2 Meaball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Milk, Fat Free 27 ENTREC CHOICE 2 Meaball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 28 ENTREC CHOICE 2 Meaball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Choice 2 Milk, Fat Free NO SCHOOL NO SCHOOL NO SCHOOL NO SCHOOL NO SCHOOL NO FOOD SERVICE HARPY NO FOOD SERVICE NO FOOD SERVICE HARPY NO FOOD SERVICE THANKS GIVING NO FOOD SERVICE We green Beans Seasonal Fresh Fruit Thanks Give Free Milk, Fat Free No Food Service NO FOOD SERVICE NO FOOD SERVICE HARPY SIDE ITEMS: Sabanal Fresh Fruit Milk, Fat Free NO FOOD SERVICE We green Beans Seasonal Fresh Fruit Thanks Giving Free Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) 53.50 DAILY SPECIALS (GRADES 5-8 ONLY) 53.50 Green Beans Seasonal Fresh Fruit Thanks Giving Milk, Fat Free Baby Carrots Ught Ranch Dressing Seasonal Fresh Fruit No SCHOOL NO SCHOOL NO SCHOOL NO FOOD SERVICE HARPY THANKS GIVING NO FOOD SERVICE THANKS GIVING THANKS GIVING TO FRUIT THANKS GIVING TO FROM THE SEASONAL TO FRUIT SEASONAL TO FRUIT SALE AND FRUIT AND FRUI	Mini Corn Dogs	Pulled Pork Slammer		Hot Dog	Chicken Drummies
Seasonal Fresh Fruit Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTREE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free Milk, Fat Free 1/2 DAY NO SCHOOL N	SIDE ITEMS:	SIDE ITEMS:	SIDE ITEMS: MANAGEMENT		SIDE ITEMS:
Seasonal Fresh Fruit Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 ENTREE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub Side ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free Milk, Fat Free 1/2 DAY NO SCHOOL N	Fresh Vegetables	Green Beans	TOSSED SALAD	*Seasoned Fries	Baby Carrots
Seasonal Fresh Fruit Chocolate Pudding Milk, Fat Free 23 24 25 ENTRE CHOICE 1 Grilled Cheese Sandwich, WG Filled Cheese Sandwich, WG Filled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 2 Plantake with Syrup ENTRÉE CHOICE 3 Plantake With Syrup ENTRÉE CHOICE 3 Plantake W		Seasonal Fresh Fruit	WITH RANCH DRESSING	Seasonal Fresh Fruit	
Milk, Fat Free 23 24 25 ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL RENCH TOAST DAY ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: "Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) SOULD STANDED TO STA	Seasonal Fresh Fruit	*Cookie	CHILLED FRUIT	*Homemade Brownie	
ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 2 Pancake with Syrup ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6* CHEESE RRENCH BREAD PIZZA AND FRUIT AND FRUIT AND CHIPS AND FRUIT AND F	Chocolate Pudding	Milk, Fat Free	MILK, FAT FREE	Milk, Fat Free	Mini Rice Krispies Treat
ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: "Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND FRUIT BY CHEESE FRENCH BREAD PIZZA AND FRUIT TANKSGIVING NO SCHOOL NO FOOD SERVICE THANKSGIVING NO FOOD SERVICE DAILY SPECIALS (GRADES 5-8 ONLY) STANKSGIVING NO SCHOOL NO	Milk, Fat Free	,	·	,	Milk, Fat Free
Grilled Cheese Sandwich, WG ENTRÉE CHOICE 1 Open Faced Turkey NO FOOD SERVICE Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT NO SCHOOL	23	24	25	26	27
Partic CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT	ENTRÉE CHOICE 1	THANKSGIVING FEAST			
ENTRÉE CHOICE 2 Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND FRUIT AND FRUIT AND FRUIT AND FRUIT NO FOOD SERVICE HAPPY THANKSGIVING NO FOOD SERVICE HAPPY THANKSGIVING NO FOOD SERVICE AND FRUIT	Grilled Cheese Sandwich, WG	ENTRÉE CHOICE 1	1/2 DAY	NO SCHOOL	NO SCHOOL
Meatball Sub SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT AND		Open Faced Turkey	-		
SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL RENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6° CHEESE FRENCH BREAD PIZZA AND FRUIT	ENTRÉE CHOICE 2	ENTRÉE CHOICE 2	NO FOOD SERVICE	HARRY	
Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6*CHEESE FRENCH BREAD PIZZA AND FRUIT AND FRUIT AND FRUIT AND FRUIT AND FRIES	Meatball Sub	Chicken Drumstick		HABITY	
Seasonal Fresh Fruit Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND FRUIT AND FRUIT AND FRUIT AND FRUIT AND FRUIT Mixed Veggies THANKSGIVING THANKSGIVIN				a dia	
Cookie Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT THANKSGIVING THANKSGI	Green Beans	Mashed Potatoes & Gravy			
Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHESSE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT					
Milk, Fat Free 30 NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT	***************************************	***************************************		THANKSGIVING	
NATIONAL FRENCH TOAST DAY ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT		Milk, Fat Free			
ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT					
*Pancake with Syrup ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT					
ENTRÉE CHOICE 2 French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT			We are		
French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT		Transport Co.	A D. RESTORED P. LAND BY A. P.		
French Toast Sticks & Syrup SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT					
*Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT			1000		The second
Seasonal Fresh Fruit Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT			2000		
Yogurt Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT					
Milk, Fat Free DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA AND FRUIT AND CHIPS AND FRUIT A					
DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50 6" CHEESE FRENCH BREAD PIZZA GRILLED CHICKEN SANDWICH PRETZEL WITH CHEESE TOASTED RAVIOLI WITH SAUCE CHICKEN NUGGETS AND FRUIT AND FRUIT AND FRUIT AND FRUIS			The first way	-0-2-	1 6 6 100
6" CHEESE FRENCH BREAD PIZZA GRILLED CHICKEN SANDWICH PRETZEL WITH CHEESE TOASTED RAVIOLI WITH SAUCE CHICKEN NUGGETS AND FRUIT AND CHIPS AND FRUIT AND FRUIT AND FRUIS	Milk, Fat Free		Contract Contract		CONTRACTOR OF THE PARTY OF THE
6" CHEESE FRENCH BREAD PIZZA GRILLED CHICKEN SANDWICH PRETZEL WITH CHEESE TOASTED RAVIOLI WITH SAUCE CHICKEN NUGGETS AND FRUIT AND CHIPS AND FRUIT AND FRUIT AND FRUIS	DAILY SPECIALS (CRAPES E 9 ONLY) \$2 FO				
AND FRUIT AND CHIPS AND FRUIT AND FRUIT AND FRUES	el currer rappent and a second			,	CHICKEN THE COLOR
All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitlan Associates, Inc. (does not include alternate entrée).					
	All FSC menus follow the U	ISDA guidelines & Archdiocese Wellnes:	s Plan and have been approved by Regis	stered Dietitian Associates, Inc. (does no	ot include alternate entrée).

Food Service Consultants, Inc.

"A Local Company Serving You With Pride"







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.

Username	٦
Password	5
Remember this account	
LOG IN)
Forgot Password Register	

LOG IN

✓ 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"





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 #140 PROFESSIONAL PKWY, 63379 P. 636-528-5911

BELLEFONTAINE NEIGHBORS 10235 ASHBRROK DRIVE, 63137 P. 314-831-1533



Published by: Saint Louis Counseling School Partnership Program (SPP) 9200 Watson Rd., Ste. G101

St. Louis, MO 63126 (P): **314-544-3800**

(F): 314-843-0552 SaintLouisCounseling.org

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 sounds 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 turntaking 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:

- 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.
- 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.

- 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).
- 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.
- 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.
- Celebrate Successes. No matter how small!
- 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.