



# The Knight's Tablet

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

**October 26, 2022**

## Upcoming Events

**October 26~** 2nd Grade First Reconciliation Parent Meeting, 6:30PM in the Church.

**October 27~** Noon Dismissal/Parent Teacher Conferences

**October 28-November 4~** Fall Break

**November 11~ Veterans Day**

**November 23 -** Noon Dismissal/ All School Mass 09:30

**November 24-25 -** Thanksgiving Break

**December 6~** K-4 Christmas Program

**December 8 ~** All School Mass



## ALL THINGS NEW

STEADFAST IN FAITH • FORWARD IN HOPE

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 [allthingsnew@archstl.org](mailto:allthingsnew@archstl.org). Current School Parents/Guardians Survey Link: <https://www.surveymonkey.com/r/NQYVH6M>

## Servers Schedule

### October 27

*Max Lanham and Lily Talbott*

October 29 4:30pm *Volunteers*

### October 30

7:00am *Evan Wehmeier and Tedy Militello*

9:00am *Olivia Auchly and Emmie Osterholt*

11:00am *Nate and Michael Elsenrath*

### October 28– November 4

*Fall Break—Volunteers Needed*

## School News/Reminders:



St. Paul School  
would like to invite all Veterans to  
8am Mass on Friday, November 11th  
for a special blessing.

## 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 MASK, FACE PAINT, OR WEAPONS\***

# *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](mailto:lindsaylampe@gmail.com)

# HELP—Volunteers are Needed on the following days:

We are in need of lunch servers on the following days in NOVEMBER: 7, 10, 11, 14, 17, 28, [LUNCH VOLUNTEER SIGN UP](#)

We are in need for recess monitors on the following days in NOVEMBER: 8, 15, 17, 29 [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"

LOG IN

Username

Password

☐ Remember this account

**LOG IN**

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

Should you need any assistance, please contact [ocyp@archstl.org](mailto:ocyp@archstl.org)

## 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.



The St. Paul Youth Choir is invited to sing at the 4:30 pm Mass on Christmas Eve. Students in grades 4-8 are welcome to join. I will be directing and supervising the choir.

Before I continue to plan our Christmas Mass, I need to be sure there are enough students interested in singing with the choir. If we have enough voices, practices will be held on Tuesdays from 3:15 – 4:00. A schedule of the dates for practice will be determined later.

If your child/children would like to participate, please reply to [principal@stpaulknights.org](mailto:principal@stpaulknights.org) by Friday, Nov. 18.

If you have questions, feel free to call me at 814-566-3536 or email at [janice.wilson2002@gmail.com](mailto:janice.wilson2002@gmail.com).

Thank you!

Janice Wilson

## November 2022

FSO

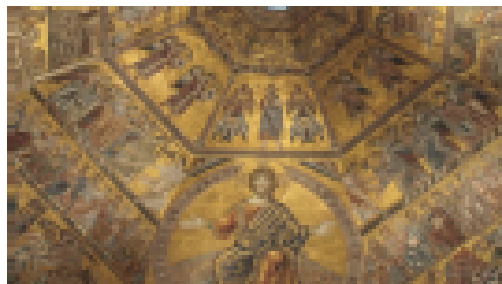
# THIS WEEK ON **FORMED**

Week of October 23, 2022



## With God in Russia

Well known for his heroic story of surviving 24 years in Russian prison camps, this film about the great Jesuit Fr. Walter Ciszek traces his incredible endurance and struggle for survival. It highlights his tremendous faith in God, and the remarkable impact his life has had on the resurgence of Catholicism in Russia, as seen with on location footage from around the world.



## The Last Things

This film presents the reality of death and what will follow for every person: first the Particular Judgment before God, and second, Heaven or Hell as our destination for all eternity. The Catholic teaching on Purgatory is also explained.



## What Is Heaven?

Does heaven exist? Is heaven the eternal Church? Dr. Michael Barber and Chris Stefanick clear up common misunderstandings about heaven.

Our parish has a FORMED subscription.  
Visit [signup.formed.org](https://signup.formed.org) and select our parish name.



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.