



The Knight's Tablet

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

November 6, 2019

Upcoming Events

November 8 ~ Noon Dismissal

/Faculty Meeting

November 13~1st Reconciliation

Parent Meeting

November 14~ SPPTO Meeting,

6:30 in the Music Room

November 27 – 29 ~ No

School/Thanksgiving Break

December 4~ First

Reconciliation

December 8~ Breakfast with

Santa

**PATIENCE IS
OUR VIRTUE FOR THE
SECOND QUARTER!
WHAT ARE SOME WAYS
YOU SHOW PATIENCE?**

Complete the family
activity that will be
coming home this week
and we will "light" up our
bulletin board with the
virtue of PATIENCE!

Servers Schedule

November 7

Morgan Prudlow and John Schultz

November 8

Claire Vogel and Marianne Vomund

November 9

4:30pm Clare Griesenauer and Lexi Osterholt

November 10

7:00am Audrina Hoff and John Schultz

9:00am Morgan Prudlow and Claire Vogel

11:00am Chase Hoff and Kennedy Hoff

November 11

Brett Hoff and Kennedy Hoff

November 12

Nora LaChance and Josie Mullenschlader

November 13

Brennan Rottger and Cole Schoolfield

School News / Reminders

Please pray for....

*Those who are sick and
those who have passed*

LEARN HOW TO DONATE WITH
Coca-Cola GIVE

<https://us.coca-cola.com/give/>

St. Paul Youth Choir Needs Students in Grades 4-8

The youth choir will be singing at the
4:30pm Christmas Eve mass.

Students in grade 4-8 are invited to
participate. All are welcome to join.
We will have practices on Tuesdays in
the choir loft of church from 3:15-
4:00 on the following Tuesdays:
11/19 ,11/ 26, 12/3, 12/10, 12/17.

The choir will be under the direction
and supervision of Ruth Vomund
and Sue Perry. If your child/children
would like to participate please reply
to: principal@stpaulknights.org

Any questions you may call me at
636-978-1140 or email
ruvomund@gmail.com

Thank you,
Ruth Vomund



A BIG thank-you to all of the
parent volunteers who used
their time and cooking talents
to provide our teachers with
dinner during Parent/Teacher
Conferences! It was delicious
and very much
appreciated!



Thank you to all who participated in this years walk-a-thon! I think the students LOVED seeing Father Blessing walk around with his ORANGE hair!

Congratulations to the Raffle Winners:

Dick's Sporting Goods Gift Card– Brody (1st)

Movie Gift Card– Shane (2nd)

Air Pods– Kyle (1st)

Amazon Gift Card– Elizabeth (PK4)

Amazon Gift Card & Pillow– Marianne (6th)

Razor Scooter– Sophia (5th)





Costume
Parade
before our
all school
Halloween
Celebration!



Faith Works!



PARENTS!!!! It's time for our next Faith Works session!

- † **\$5 per child** – this includes dinner, snack, crafts, and 3 hours of fun!
- † Agenda:
 - † Prayer and dinner
 - † Bible Verse and Discussion
 - † Hands-on Crafts
 - † Music, Dancing, and fun!
- † Adult volunteers needed! Must have completed Protecting God's Children
- † High Schoolers and 8th Graders!! Service hours are available!!
- † **Volunteers are Needed this month!!*****

This month's theme will focus on "Thankfulness".
We will work on projects for Thanksgiving!!

To RSVP or volunteer, contact:
Ellie Carter@ 636-515-8392
Diana Roettger@ 636-795-5959
(Call or text)

Jesus
Loves
me

Only 25 spots available!

Friday November 8th
6:00-9:00pm
Schulte Hall



ST. PAUL IN ST. PAUL

Healthy Habits Lunch

November 2019

*~ Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Fall Break-No School 
4	5	6	7	8
HOT LUNCH Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Oreos Milk, Fat Free <u>ALTERNATE</u> JUMBO CORN DOG	HOT LUNCH <u>ELECTION DAY</u> BALLOT CHEESEBURGER DEMOCRATIC TATER TOTS POLLING PLACE PEACHES REPUBLICAN RICE KRISPIES TREAT MAJORITY MILK, FAT FREE <u>ALTERNATE</u> VOTE FOR ME HOT DOG	HOT LUNCH  PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE DONUTS BEFORE SCHOOL \$1.00 CASH ONLY <u>NO ALTERNATE</u>	HOT LUNCH  <u>HUG A BEAR DAY</u> TEDDY BEAR BOSCO STICK W/SUN BEAR SAUCE MY FRIEND MIXED VEGGIES BEST BUDDY FRUIT TEDDY GRAHAMS COMPANION MILK, FAT FREE <u>ALTERNATE</u> CUDDLY CHICKEN SOFT TACO	1/2 DAY NO FOOD SERVICE
11	12	13	14	15
HOT LUNCH <u>VETERANS DAY</u> Tribute Toasted Ravioli Hero Green Beans Overseas Oranges Courage Cookie Memorial Milk <u>ALTERNATE</u> RED WHITE & BLUE MINI CORN DOGS	HOT LUNCH <u>PASTA DAY</u> Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free <u>ALTERNATE</u> CHICKEN NUGGETS	HOT LUNCH CHICK-FIL-A DAY <u>GRADES PK-4</u> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE <u>GRADES 5-8</u> LARGE CHICKEN SANDWICH AND FRIES \$5.30 <u>NO ALTERNATE</u>	HOT LUNCH <u>NATIONAL PICKLE DAY</u> PULLED PORK SLAMMER PASTA SALAD PICKLE SLICES FRESH FRUIT/SEASONAL MILK, FAT FREE <u>ALTERNATE</u> CHICKEN DRUMMIE	HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free <u>ALTERNATE</u> MANWICH SLOPPY JOES
18	19	20	21	22
HOT LUNCH <u>MICKEY MOUSE'S BIRTHDAY</u> Mickey Burgers Minnie Chips (Tator Tots) Goofy Fruit Donald Duck Dessert Pluto Milk <u>ALTERNATE</u> CHIP & DALE CHICKEN STRIPS	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free <u>ALTERNATE</u> BREAKFAST BURRITO	HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <u>NO ALTERNATE</u>	HOT LUNCH Nachos and Cheese, WG Corn Fresh Fruit/Seasonal Churro Milk, Fat Free <u>MANAGER SPECIAL</u> CHIPWICH ICE CREAM SANDWICH \$1.50 CASH ONLY <u>ALTERNATE</u> MINI TACOS	HOT LUNCH Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free <u>ALTERNATE</u> PIG IN A BLANKET
25	26	27	28	29
HOT LUNCH <u>NATIONAL SANDWICH MONTH</u> Golden Grilled Cheese, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free <u>ALTERNATE</u> CHICKEN PATTY SANDWICH	HOT LUNCH <u>THANKSGIVING FEAST</u> OPEN-FACED TURKEY MASHED POTATOES/GRAVY MIXED VEGGIES BROWNIE MILK, FAT FREE <u>ALTERNATE</u> CHICKEN DRUMSTICK	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK 	NO SCHOOL THANKSGIVING BREAK
DAILY SPECIALS (GRADES 5-8 ONLY)				
2 BOSCO STICKS WITH SAUCE \$3.00	CHICKEN PATTY ON BUN WITH CHIPS 3.50	GRILLED CHEESE ON TEXAS TOAST 3.50	CHICKEN STRIPS AND FRIES 3.50	CHEESEBURGER AND CHIPS 3.50

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.

"Serving You With Pride"



Heritage Girls Bake Sale



Thank you for your support!



Let's Build It Engineering!

Winter 2020



St. Paul School

STEM Learning



HANDS ON

GRADES 1-6

Robotics – Gears and Gnomes: Design and build your own robot! Your child will explore the field of robotics through a series of exciting and dynamic lessons. Students will learn about mechanical engineering as they construct and use robots to complete tasks and engage in competitions. A variety of topics will be covered including gear ratios, electricity, rotation, friction, force, transistors and LEDs. This course gives students the opportunity to experience the captivating world of robotics in an exciting and fun environment. No previous experience is necessary; both new and returning participants are welcome! Each participant will receive an award on the last day of the session and will have the opportunity to earn Energy Belts by demonstrating their learned skills.

Course Time: Tuesdays, December 15th - February 25th, 3:00 PM - 4:00 PM
No class: 12/24, 12/31 (10 Classes)

To sign up, please visit <https://www.learningcenterofstpaul.com/signup>

You will need to enter the class code **440762.00.00** in order to register. Please register by 11/19 for the early bird price of \$110.00!

If you have difficulty registering, please contact Affiliated Enrollment Solutions at 847-482-9888 or registration@learningcenterofstpaul.com. No refund will be made, unless there is insufficient enrollment. No make-up will be scheduled for technical weather or circumstances beyond our control. It's the parent's responsibility to contact the school about the classes.

Let's Code It Programming!

Winter 2020



St. Paul School



GRADES 2-8

CodeBot Zone: The amazing CodeBot rolls, spins, flips, jumps, dances and flashes a rainbow of colors, all at your command! This cross-curriculum course brings coding and robotics together. Write some code on your computer, and the CodeBot will act it out in front of you! Play fun coding games, challenge other robots to a race, and draw a colorful path for your CodeBot to follow. This just-sized but powerful robot will let your partner in learning as we gain skills in logic, storytelling, sequencing, and problem-solving. Each student will receive an award on the last day of the session, and will have the opportunity to earn Code Belts to demonstrate their learned skills!

Course Time: Wednesdays, December 11th - February 26th, 3:00 PM - 4:00 PM
No class: 12/25, 1/1 (10 Classes)

To sign up, please visit <https://www.learningcenterofstpaul.com/signup>

You will need to enter the class code **440762.00.00** in order to register. Please register by 11/19 for the early bird price of \$110.00!

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Father/Son: Boys Into Men Program

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between father and son. The programs are presented by a father, a physician and joined by teens on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the male reproductive system.

Sunday, Sept. 29, 2019

The 11 and 12 year-old program will focus on changes in boys' bodies as they enter puberty, maturity, values, plans of action, and the sacredness of human life.

Sunday, Nov. 10, 2019

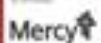
The 13 to 17 year-old program will focus on dating, marriage, sexually transmitted diseases, protection of fertility through chastity, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.
Doors open at 12:40 p.m.

Location:

Fertility Care Services
10700 South Avenue, Suite C Oakbrook
Oakbrook, MO 63091 (located in a well-lit and well-ventilated room)

Cost: \$50 per Father/Son Family
On-line reservations are required. **NO RESERVATIONS TAKEN OVER THE PHONE.** Registrants are accepted on a first-come, first-served basis. Please enter that seating is limited.



Reservations: Go to www.mercy.net/fertilitycare

- Scroll down, click Google Check marked "Register for classes"
- Scroll through the dates and choose one
- Click "REGISTER" on the far right of the class date
- Read class description and fill out required information
- Click on the green "NEXT" button
- Fill out the preferred Credit Card information (\$50 per family)
- Click on the green "NEXT" button
- 13-in Billing Address or check the box "Same as registrant information"
- You will be then registered for the class and should immediately receive an email confirmation

2019 Reservation Deadlines:

September 26 for 11-12 year-old boys
November 7, 2019 for 13-17 year-old boys

(\$1 fee for all reservations up to 48 hours prior to event after this time period no refund will be given. This includes no-shows. For more information, please contact Jeanne Stoll at 314.995.0327 or jeanne.stoll@mercy.net. Refund requests will be served at 100%.

Seating for the event is limited. Seating is first-come, first-served.



Chess Scholars

Winter 2020

St. Paul School

No Experience Needed



Trophy Medals
Chess Belts!

GRADES K-8

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. No previous knowledge of chess is necessary. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session!

Course Time: Thursdays, December 12th - February 27th, 3:00 PM - 4:00 PM
No class: 12/18, 12/26 (10 Classes)

To sign up for chess, please visit <https://www.learningcenterofstpaul.com/signup>

You will need to enter the class code **440762.00.00** in order to register. Please register by 11/19 for the early bird price of \$110.00!

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THE PARENTS' CORNER

OCTOBER 2019

☆We're in your Corner☆

Do you ever notice how negative emotions make us feel uncomfortable? So much so that we try to avoid these feelings, escape from what is triggering us, or even apologize for feeling the way we do? Even as adults, it's difficult to sit with our negative emotions and accept them for what they are—a message that we need something. Although we refer to these feelings as "negative," we must move away from creating a world where "negative" emotions are not ok. Kids need to be able to recognize and accept that anger, worry, sadness, and fear happen to ALL humans, and that this recognition and openness to feeling all types of feelings is the first and most important step in learning to cope. This ability to figure out what we need in order to move into a calm and comfortable space is part of **emotional intelligence**, and it's something we need to start teaching as early as possible.

Is your **EQ** as important as your **IQ**? Why yes, we think it is! Emotions are part of our health. Managing anxiety in order to tackle a big project, managing anger in order to work through a peer conflict, managing fear in order to try something new; a person's ability to manage their emotions in a healthy way can have a profound impact on their quality of life. Therefore, taking care of feelings is critical in keeping our kids, and ourselves, healthy.

So how do we help our kids become emotionally intelligent? It's certainly a lifelong lesson, but there are some great ways we can start the process:

- 1. Identify and accept ALL feelings.** Accept and acknowledge your child's full range of emotions. Teach kids that they can't choose their feelings any more than they can choose their arms and legs. But they CAN choose what to do with those feelings.
- 2. When in doubt, empathize.** Your empathy and acceptance will help your child accept their own emotions. *Accepting* our emotions makes it possible to cope with them. *Empathizing* teaches children that feelings are not dangerous or something to be embarrassed about—they are common and manageable.
- 3. Help your child learn to problem solve.** Sometimes kids need help brainstorming. Try to resist the urge to handle the problem for them unless they ask you to. Let your kids feel your confidence in their ability to handle it themselves. Emotions are visitors with a message. Teach your child to breathe through them, feel them, accept them—and once they aren't in the heightened state of strong emotion—to problem solve if necessary.
- 4. Model emotional intelligence.** Think of yourself as a coach. Kids often mimic what they see their parents do, so it is important to reflect on how you handle your own emotions by asking: What do I do under pressure? How do I cope with strong emotions? Do I panic or start snapping when I'm under stress? Do I overreact when things go wrong? How do I talk about myself? How do I treat others? Do I empathize when feelings are expressed? These can be tough questions to ask ourselves, especially in the heat of the moment, but practicing EQ is lifelong, so don't beat yourself up if your answers aren't as positive as you would like. Remember, identifying and accepting all emotions is the first step in helping kids develop their own emotional intelligence—and continuing our own!

~If you continue to have concerns, contact your school counselor to make a plan for a success—they're full of ideas, and are always in your corner!~