



The Knight's Tablet

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

December 9, 2020

Upcoming Events

December 14-18~ SPECIAL DRESS DOWN WEEK for the entire school!!

December 22~ Noon Dismissal/
Class Christmas Parties

December 23-January 3 ~ Christmas Break

December 25~ Christmas—What Mass is your family attending? Don't forget to call the parish center to make reservations.

January 4~ Return to school.

Dear St. Paul Families,

Thank you so much for your continued support during this time. Please see page 2 with the "Wear a Mask, Stay in School" details. Our goal is to keep our kids in school and our school open so we can provide the best education for the children.

Congratulations to our second grade class shown below. They received the sacrament of Reconciliation last week. As you can tell their souls are shiny and bright! You too have the chance to go to Reconciliation. Details are on page 6.

God bless,

Mrs. Kelly Kaimann

ST. PAUL DRESS DOWN WEEK

December 14-18

MON

UGLY SWEATER

Wear your ugly sweater

TUES

BLIZZARD UP

Wear anything White

WED

FLEX YOUR FLANNEL

Wear your favorite flannel

THURS

SNOOZE DAY

Wear your comfy clothes

FRI

HOLIDAY HAT

Wear red/green with your Santa or elf hat



Wear a mask. Stay in school.



COVID-19 School Scenarios

with no documented transmission in the classroom setting

EVERYONE MASKED

When a masked person tests positive and those exposed are wearing masks

COVID +

Close Contacts



ISOLATE



SELF-MONITOR
AND QUARANTINE
CAN ATTEND SCHOOL

CLOSE CONTACTS MASKED

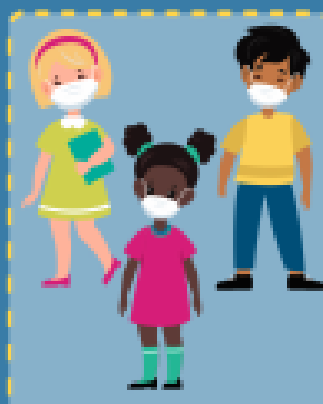
When an unmasked person tests positive and those exposed are wearing masks

COVID +

Close Contacts



ISOLATE



QUARANTINE
CANNOT ATTEND SCHOOL

CLOSE CONTACT:

Someone who was within 6 feet of a person diagnosed with COVID-19 for a cumulative total of 15 minutes or more throughout a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection).

SELF-MONITOR:

Perform a self-check or be monitored daily for symptoms of COVID-19 over a 14-day period. Contact your health care provider with questions about symptoms.

QUARANTINE:

The practice of separating individuals who have had close contact with someone diagnosed with COVID-19 to determine whether they develop symptoms or test positive for the disease.

ISOLATION:

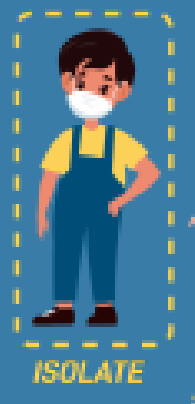
The practice of separating people diagnosed with COVID-19 from others who are not sick to prevent further exposures and/or spread of the disease.

CLOSE CONTACTS UNMASKED

When a masked person tests positive and those exposed are not wearing masks

COVID +

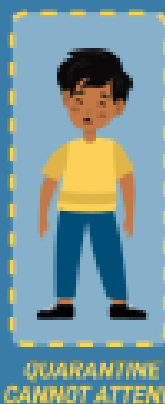
Close Contacts



ISOLATE



SELF-MONITOR
AND QUARANTINE
CAN ATTEND SCHOOL



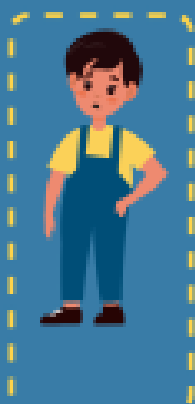
QUARANTINE
CANNOT ATTEND SCHOOL

NO ONE MASKED

When an unmasked person tests positive and those exposed are not wearing masks

COVID +

Close Contacts



ISOLATE



QUARANTINE
CANNOT ATTEND SCHOOL

ST. PAUL IN ST. PAUL

Healthy Habits Lunch



DECEMBER 2020

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	ENTRÉE CHOICE 1 Fettuccini Alfredo ENTRÉE CHOICE 2 Chicken Drumstick SIDE ITEMS: Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free	Papa John's Cheese Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free NO ALTERNATE 	ENTRÉE CHOICE 1 * Chicken Strips ENTRÉE CHOICE 2 Mini Tacos SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	EARLY DISMISSAL NO FOOD SERVICE 
7	8	9	10	11
ENTRÉE CHOICE 1 *Grilled Chicken Sandwich ENTRÉE CHOICE 2 Mini-Corndogs SIDE ITEMS: Seasoned Noodles Carrot Sticks with LF Ranch Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 Biscuit and Gravy ENTRÉE CHOICE 2 Waffles & Syrup SIDE ITEMS: Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free	Papa John's Pepperoni Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free NO ALTERNATE 	ENTRÉE CHOICE 1 *Toasted Ravioli ENTRÉE CHOICE 2 Cheeseburger SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *Jumbo Corn Dog ENTRÉE CHOICE 2 Fish Sticks SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Vanilla Wafers Milk, Fat Free
14	15	16	17	18
ENTRÉE CHOICE 1 Bowl of Chili ENTRÉE CHOICE 2 Popcorn Chicken SIDE ITEMS: *Cheddar Goldfish, WG Seasonal Fresh Fruit Jell-O Milk, Fat Free	ENTRÉE CHOICE 1 Glad Tidings Grilled Cheese ENTRÉE CHOICE 2 Dasher's Chicken Drumsticks SIDE ITEMS: Joseph's Chips Mary's Chilled Fruit Wise Men's Cookie Mistletoe Milk, Fat Free 	Grinch Papa John's Cheese Pizza Cindy Lou's Carrots & Celery with Ranch Dressing Rudolph's Chilled Fruit Mistletoe Milk, Fat Free NO ALTERNATE 	Snowball Special Mistletoe Macho Nachos Taco Meat, Cheese Lettuce, Tomatoes & Other Toppings NO ALTERNATE	CHRISTMAS SPECIAL ENTRÉE CHOICE 1 Santa Bites (Nuggets) ENTRÉE CHOICE 2 Comet's Cheese Quesadilla SIDE ITEMS: Antlers (Fries) Bells & Snowflakes (Jell-O Bells) Snowflake Cookie Mistletoe Milk 
21	22	23	24	25
ENTRÉE CHOICE 1 Reindeer Antlers (Bosco Sticks) ENTRÉE CHOICE 2 Holiday Hot Dog SIDE ITEMS: Christmas Tree Corn Santa's Cinnamon Applesauce Ornament Oreos Mistletoe Milk, Fat Free	EARLY DISMISSAL NO FOOD SERVICE 			
28	29	30		
				

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

BACON CHEESEBURGER
AND CHIPS

2 BOSCO STICKS WITH SAUCE
AND FRUIT

GRILLED CHEESE ON TEXAS TOAST
AND FRUIT

CHICKEN PATTY SANDWICH
AND CHIPS

CHICKEN STRIPS
AND FRIES

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"



Interested in Volunteering? We would love to have you !
Please make sure you have updated your Safe Environment Course. See the following page for details!

Thank you!

December

Monday	Tuesday	Wednesday	Thursday	Friday
			3 R1 – Grohmann R2 – CS –	4 NOON DISMISSAL
7 R1 – Dunkin R2 – CS – Wright	8 R1 – Montgomery R2 – CS –	9 R1 – Smith R2 – CS –	10 R1 – R2 – CS –	11 R1 – R2 – CS –
14 R1 – Dunkin R2 – CS – Wright	15 R1 – Montgomery R2 – CS –	16 R1 – Smith R2 – CS –	17 R1 – R2 – CS –	18 R1 – R2 – CS –
21 R1 – Dunkin R2 – CS – Wright	22 NOON DISMISSAL	CHRISTMAS BREAK BEGINS		

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>



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.

You 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](#)"

Username

Password

☐ Remember this account

LOG IN

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

St. Paul Parish Advent/Christmas 2020

"LITTLE BLUE BOOKS"

6-minute Gospel reflections for everyday of Advent
Pick up your free copy in the back of church.

ADVENT CONFESSIONS

Saturdays 3:45pm - 4:15pm
December 14, 15, 16 and 17 - 6pm to 9pm

CHRISTMAS MASS SCHEDULE

Christmas Eve Thursday, December 24th
Mass at 3pm, 4:30pm & 10pm
Christmas Day Friday, December 25th
Masses at 8am & 10am

All Masses will be held in the gym. RESERVATIONS REQUIRED!
Call the office at 636-978-1900, ext 223 or
visit the website www.st-paulchurch.org.

FEAST OF THE SOLEMNITY OF MARY

Holy Day of Obligation
Thursday, December 31st - Mass at 4:30pm
Friday, January 1st - Mass at 9:00am
These Masses will be held in church.

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.**

**PLEASE CALL MRS. KAIMANN
IF YOU ARE UNSURE ABOUT
WHAT TO DO!**



WINTER INDOOR SOCCER CAMPS



PROGRAM COORDINATOR: MARTY PIKE
MPIKE@SPORTINGSTL.COM - (314) 393-1164

Boys and Girls Ages 5-12
December-January 2021

Multiple days to choose from Sunday,
Monday, Tuesday, Wednesday,
Thursday, & Saturday!

Eight Week Program: \$140

Learn individual ball handling skills
(dribbling, passing, shooting, & more)
in a fun atmosphere that focuses on
individual ball skills!

Small sided scrimmages & more!

Several locations to choose from:
Fenton/West County, St. Charles County,
University City, North County,
South County, & Webster Groves!

SPORTINGSTL.COM/CAMPS

Disclaimer: Sporting St. Louis is a non-profit, youth sports organization and is not affiliated with any school district.
The views, opinions, and programs of Sporting St. Louis do not necessarily represent or align with those of any school district.

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

**LAST DAY TO ORDER PHYSICAL CARDS BEFORE CHRISTMAS IS
TUESDAY, DECEMBER 15TH. ALL ORDERS NEED TO BE
RECEIVED BY 9AM IN THE PARISH OFFICE**

Order form can be found on the school website under the parents tab, TWB/Scrip Program
Complete list of cards can be found online at: <https://shop.shopwithscrip.com>

2021

ST. PAUL PARISH

MONTHLY CASH GIVEAWAY!!!

TO BENEFIT TUITION ASSISTANCE

YOU COULD BE A WINNER!!!



- **\$500 to be given away every month of the year**
- **Drawings held the 1st Monday of each month**
- **12 chances to win \$500! If your name is drawn, it will be placed back in the drum for the next month drawing. Each chance makes you eligible to win EVERY month!**
- **Tickets are only \$50 each**
- **Return tickets to the Parish Center, thru the Sunday collection or the School Office in an envelope marked "Monthly Cash Giveaway"**
- **Additional tickets available in the back of church or at the Parish Center**



Office of Catholic Education and Formation

Catholic School Health Newsletter

for Parents and Families

December
2020

ARCHDIOCESE OF ST. LOUIS

Wearing is caring.



Please wear a mask.



DO



Wear a mask that covers your nose, mouth and chin at all times.

Remove your mask by pulling the ear loops off one at a time. Never touch the mask itself while wearing it.



Wash your cloth mask at least once a day in hot, soapy water.

DON'T



Wear a mask that doesn't cover your nose, mouth and chin.

Pull your mask off by touching the face covering or touch the mask while wearing it.



Wear a mask that is soiled or dirty.

COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

SALLY WAS EXPOSED TO COVID-19.



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.



A publication of the
School Nurse Partnership
through Cardinal Glennon



TIPS FOR YOUR FAMILY'S HEALTH

from the American Academy of Pediatrics

- 1. Lighten up** - Sunshine boosts mood. Try to spend 30 to 60 minutes outdoors daily. Bright lights, especially in the early morning, can also help. Light can work as well as medicine to help with depression.
- 2. Get plenty of sleep** - Aim for at least 7 to 8 hours of sleep each night. For teens, 9 to 10 hours of sleep each night is even better. To help relax and get a good night's sleep, try the following:
 - A hot shower or bath before bed
 - A back, hand, or foot rub
 - Relaxing music
 - A cool, dark room
 - Using the bed just for sleep (not homework, TV, or phone calls)
- 3. Connect with someone** - Talk it out. Find a friend, teacher, coach, spiritual leader, or counselor who is a good listener. Ask this person to listen to you as you talk it out. **Combine sunshine, exercise, and social connections. Go for a 30-minute walk each day with a pet or a supportive relative or friend.**
- 4. Eat wisely**
 - Eat protein-rich foods at breakfast and lunch. Protein helps keep your blood sugar stable and gives your brain the fuel it needs. (And try not to skip breakfast.)
 - Eat fish rich in omega-3 fatty acids twice a week. Fish rich in omega-3 fatty acids include salmon, sardines, mackerel, and herring. Omega-3 fatty acids help improve mood and heart health.
 - Choose colorful fruits and vegetables, beans, brown rice, oatmeal, and whole-wheat bread. They contain vitamins, fiber, and minerals your brain needs.
 - Limit junk food and fast food. They're often full of fat, cholesterol, salt, and sugar.
- 5. Go for gratitude** - Focus on the positive. For what do you feel gratitude or appreciation? In a journal, write down at least 3 to 5 people, places, events, or things each day for which you feel grateful.
- 6. Step it up!** - Exercise or play so hard you break a sweat for at least 30 minutes a day. When we exercise, our bodies release chemicals that can help boost mood. These natural chemicals can be as effective as many medicines.
- 7. Be kind** - Helping other people makes us feel better about ourselves. It can be as simple as saying thank you or holding the door open for someone. Or look for ways you can volunteer your time. Try to do at least one kind thing each day. Keep a journal of all the things you do for others—even the little things.
- 8. Turn off the TV** - Free yourself from TV ads trying to convince you to buy things to be happy. They are usually more interested in making money than your happiness. Move the TV out of the bedroom and try to watch less than 2 hours a day. This will help limit your exposure to messages about happiness that are false or unrealistic.
- 9. Address stress** - Try yoga, meditation, or another relaxation technique to help you de-stress and improve your mood. Time away in nature, like watching a sunset, may help too.

PROLIFE CHRISTMAS GIVING TREE WISH LIST

It's not the traditional giving tree,
but we've put together a wish list to benefit local Pro-life organizations:

Our Lady's Inn Mary, Queen of Angels Birthright
Good Shepherd (Family and Adoption Services)
Sister Sandy of Precious Blood Sisters

AQUAPHOR BABY BATH WASH & LOTION

BABY BOTTLES

BABY LAUNDRY DETERGENT

BABY LOTION

BABY THERMOMETERS

BABY TOOTHBRUSHES

BABY WIPES

BABY BATH TOWELS

BIBS

BURP CLOTHS

CHLOROX/LYSOL WIPES/SANITIZER

CRIB SHEETS

DIAPER BAGS

DIAPER OINTMENT

DIAPER WIPES

DIAPERS, SIZE preemie, 4, 5, 6, & 7

FLEECE BLANKETS FOR GIRLS

GLOVES AND HATS FOR BABIES

KLEENEX

LARGE LAUNDRY BASKETS

LAUNDRY BASKETS

LIQUID HAND SOAP w/ PUMP

NAPKINS

ONESIES, SIZES UP TO 2T

PACIFIERS AND TEETHING TOYS

PAPER TOWELS

PULL UPS, SIZE 2T, 3T & 4T

RECEIVING BLANKETS

SHAMPOO, BATH, LOTION

SIPPY CUPS

SLEEPER WITH FEET - SIZE 24M

SOCKS - SIZE BABY & TODDLER

SOCKS - SIZE 5, 6, 7 & 8

TOILET PAPER

Select items can be found on our Amazon wish list! Make your purchase and have it shipped directly to the parish office. View the list <https://a.co/0rWPK7y>

Please drop all items off at Mass or bring to the parish office

NO LATER THAN DECEMBER 13TH!

All donations and prayers are greatly appreciated. Thank you greatly for your generosity and kindness. It touches the hearts of many and brings much love to all as we celebrate the Birthday of Jesus.

Gift Cards are also a tremendous help!

CVS, Dairy Queen, Jack in the Box, Mobil, Phillips 66, Target, Walgreens, and Walmart gift cards can be purchased through our Scrip program. Drop your payment in the Contribution box at Mass, Attn: Giving Tree.

Dollar General, McDonalds, QT and Save-A-Lot certificates have also be requested. You will need to purchase them directly from the retailer and drop them in the Contribution box at Mass.

If you have any questions about purchasing gift cards for the giving tree, please contact Crystal Smith at 636-978-1900, ext 221 or csmith@st-paulchurch.org

SPPTO Poinsettia Fundraiser



It's that time of year again! SPPTO is continuing our annual tradition of offering Memorial Poinsettias to remember those who are not with us this Holiday Season and decorate our church in their memory. This year we are teaming up with Parkview Gardens to offer red and white 6" and 8" poinsettias with gold wrap. The names of loved ones will be listed in the Christmas church bulletin. Profits from the sale will go to the parent organization to benefit St. Paul School.

The deadline to order is **Friday December 4th**; payment must be made at the time of order. Please complete the form below and include cash or check made payable to SPPTO. Order forms can be returned to the School Office or Parish Center. Any questions, please call Jill Gentemann 636-578-5199.

Name _____ Phone _____

Please Select Color and size below

	6" / 8"	White	Red
In Memory Of _____	\$15/ \$25	_____	_____
In Memory Of _____	\$15/ \$25	_____	_____
In Memory Of _____	\$15/ \$25	_____	_____
In Memory Of _____	\$15/ \$25	_____	_____

Total Enclosed: \$ _____

THANK YOU FOR YOUR SUPPORT AND MERRY CHRISTMAS!!