



# The Knight's Tablet

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

**December 16, 2020**

## Upcoming Events

**December 17~** Snooze Day/ wear comfy clothes! NO PAJAMAS!

**December 18~** Holiday Hat/ Wear red and green with your favorite santa or elf hat!

**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. 10pm Christmas Eve Mass and Christmas Day Masses are still available.

**January 4~** Return to school.

Dear St. Paul Families,

As we prepare for Christmas break you will notice your students will be bringing all of their personal items home. This is a great time to clean out their book bags and art boxes and replenish their pencils and art supplies. Please know at this time I am anticipating of our return in person on January 4 as planned. As I have stated before, our goal is to keep our kids in school and our school open so we can provide the best education. Thank you so much for all of your support to ensure this is happening.

God bless,

Mrs. Kelly Kaimann

## Virtue of the Month **Generosity**

*Blessed Mother, Mary, thank you for giving yourself totally to God. Thank you for going on a long trip when you were almost ready to have Baby Jesus, and not counting the cost, even when you had to stay in a stable. Help us be generous as we prepare to receive Him at Christmas.*



## 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

We go outside for  
Recess; please make  
sure the kids come to  
school with appropriate  
winter clothing (hats,  
gloves, coats, etc)



### Aftercare Notice

There will be **NO AFTERCARE** on Tuesday,  
December 22. This is a **12:00 dismissal** day as well.  
Please make arrangements for the noon pick up of  
your children.

**amazon smile**  
Org Central

*You can make a difference while  
you shop Amazon. Simply shop  
at [smile.amazon.com/ch/43-  
0750428](https://smile.amazon.com/ch/43-0750428) or with AmazonSmile  
ON in the Amazon Shopping  
app and Amazon Smile donates  
to  
St Paul.*

## Amerigas School Days

program is changing the way they handle the  
propane rebate program for schools. Previ-  
ously, Amerigas customers turned in their re-  
ceipts to the school and we sent them in for  
the rebate. Now each customer must register  
with Amerigas and their total gallons will  
automatically be assigned to our account.

Customers can register at:

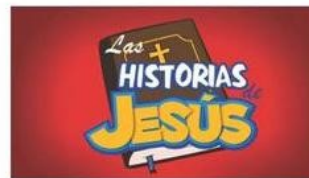
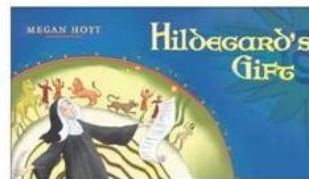
<http://ameri.gs/ParticipationForm>.

Our school ID# is 692329139.

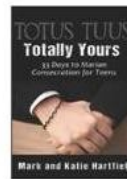
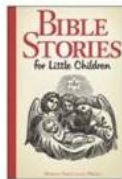
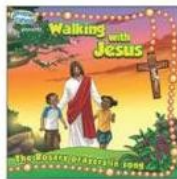
## St. Paul Church has purchased a gift for you!

Enjoy a free subscription to [formed.org](http://formed.org), which features the best Catholic content, all in one place! FORMED includes:

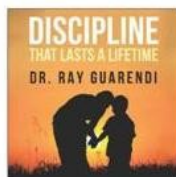
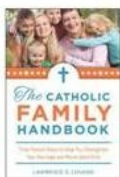
### Dozens of Children's Programs in English and Spanish



### Children's Books and Audio



### Resources for Parents



### It's easy and free to start enjoying FORMED!

- Go to [signup.formed.org](http://signup.formed.org)
- Select your parish (Search by zip code - 63366)
- Register with your name and email address
- Check that email account for a link to begin using FORMED



# ST. PAUL IN ST. PAUL








## Healthy Habits Lunch



DECEMBER 2020

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ENTRÉE CHOICE 1</b> Bowl of Chili  <b>ENTRÉE CHOICE 2</b> Popcorn Chicken <b>SIDE ITEMS:</b> *Cheddar Goldfish, WG Seasonal Fresh Fruit Jell-O Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Glad Tidings Grilled Cheese <b>ENTRÉE CHOICE 2</b> Dasher's Chicken Drummies <b>SIDE ITEMS:</b> 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  <b>NO ALTERNATE</b> 	<b>Snowball Special</b> Mistletoe Macho Nachos Taco Meat, Cheese Lettuce, Tomatoes & Other Toppings  <b>NO ALTERNATE</b>	<b>CHRISTMAS SPECIAL</b> <b>ENTRÉE CHOICE 1</b> Santa Bites (Nuggets) <b>ENTRÉE CHOICE 2</b> Comet's Cheese Quesadilla <b>SIDE ITEMS:</b> Antlers (Fries) Bells & Snowflakes (Jell-O Bells) Snowflake Cookie Mistletoe Milk 
21	22	23	24	25
<b>ENTRÉE CHOICE 1</b> Reindeer Antlers (Bosco Sticks) <b>ENTRÉE CHOICE 2</b> Holiday Hot Dog <b>SIDE ITEMS:</b> Christmas Tree Corn Santa's Cinnamon Applesauce Ornament Oreos Mistletoe Milk, Fat Free	<b>EARLY DISMISSAL</b> <b>NO FOOD SERVICE</b>  			
<b>DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50</b>				
<b>BACON CHEESEBURGER AND CHIPS</b>	<b>2 BOSCO STICKS WITH SAUCE AND FRUIT</b>	<b>GRILLED CHEESE ON TEXAS TOAST AND FRUIT</b>	<b>CHICKEN PATTY SANDWICH AND CHIPS</b>	<b>CHICKEN STRIPS AND FRIES</b>
All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).				
<b>Food Service Consultants, Inc.</b> <b>"A Local Company Serving You With Pride"</b>				
				

## December

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
R1 – Dunkin R2 – CS – Wright	R1 – R2 – CS –	R1 – Smith R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –
21	22			
R1 – R2 – CS – Wright	<b>NOON DISMISSAL</b>	<b>CHRISTMAS BREAK BEGINS</b>		

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!

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>



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.

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.

### LOG IN

☐ 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)

# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

JANUARY 2021

\* = Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				
4	5	6	7	8
<b>ENTRÉE CHOICE 1</b> Spaghetti with Meat Sauce <b>NATIONAL SPAGHETTI DAY</b> <b>ENTRÉE CHOICE 2</b> Chicken Drumsticks <b>SIDE ITEMS:</b> Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Mini Tacos <b>ENTRÉE CHOICE 2</b> Chicken Parmesan Slider <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Fresh Baked Brownie Milk, Fat Free	Papa John's Pepperoni Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> All Natural Hot Dog on Bun <b>ENTRÉE CHOICE 2</b> Soft Pretzel with Cheese <b>SIDE ITEMS:</b> Potato Chips Seasonal Fresh Fruit 2 Oreos Milk, Fat Free	
11	12	13	14	15
<b>ENTRÉE CHOICE 1</b> Turkey, Bacon & Cheese on Skinny Bun <b>ENTRÉE CHOICE 2</b> Mini Corn dogs <b>SIDE ITEMS:</b> Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Scrambled Eggs <b>NATIONAL DONUT DAY</b> <b>ENTRÉE CHOICE 2</b> French Toast Sticks <b>SIDE ITEMS:</b> *Hash Brown Triangle Seasonal Fresh Fruit Donut Milk, Fat Free	Papa John's Cheese Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> * Chicken Strips BBQ Sauce <b>ENTRÉE CHOICE 2</b> Pulled Pork Slammer <b>SIDE ITEMS:</b> Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> Ham & Cheese on Bagel <b>NATIONAL BAGEL DAY</b> <b>ENTRÉE CHOICE 2</b> Chicken Nuggets *Cheddar Goldfish, WG Seasonal Fresh Fruit *Teddy Grahams Milk, Fat Free
18	19	20	21	22
	<b>ENTRÉE CHOICE 1</b> *Bosco Stick with Spaghetti Sauce <b>ENTRÉE CHOICE 2</b> Toasted Ravioli <b>SIDE ITEMS:</b> Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	Papa John's Pepperoni Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> Hamburger on WG Bun <b>ENTRÉE CHOICE 2</b> Soft Taco <b>SIDE ITEMS:</b> *Baked Fries Baby Carrots Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Pig in a Blanket <b>ENTRÉE CHOICE 2</b> Popcorn Chicken <b>SIDE ITEMS:</b> Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free
25	26	27	28	29
<b>ENTRÉE CHOICE 1</b> *Chicken Patty Sandwich WG <b>ENTRÉE CHOICE 2</b> Jumbo Corn dog <b>SIDE ITEMS:</b> *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Pancake with Syrup <b>ENTRÉE CHOICE 2</b> Egg & Cheese Bagel <b>SIDE ITEMS:</b> *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free	Papa John's Cheese Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free 	<b>ENTRÉE CHOICE 1</b> *Breaded Chicken Drumstick <b>ENTRÉE CHOICE 2</b> Toasted Cheese Ravioli <b>SIDE ITEMS:</b> Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free	<b>ENTRÉE CHOICE 1</b> *Cheese Quesadilla <b>NATIONAL CORN CHIP DAY</b> <b>ENTRÉE CHOICE 2</b> Taco Frito Boat <b>SIDE ITEM</b> Spanish Rice Corn Seasonal Fresh Fruit Milk, Fat Free
<b>DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50</b>				
TOASTED RAVIOLI AND FRUIT	GRILLED CHICKEN SANDWICH AND CHIPS	PRETZEL WITH CHEESE AND FRUIT	6" FRENCH BREAD CHEESE PIZZA AND FRUIT	CHICKEN NUGGETS AND FRIES

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Food Service Consultants, Inc.  
 "A Local Company Serving You With Pride"







## ***St. Paul Parish Advent/Christmas 2020***

### **ADVENT CONFESSIONS**

Saturdays 3:45pm - 4:15pm

December 14, 15, 16 and 17 - 6pm to 9pm

### **CHRISTMAS MASS SCHEDULE**

Christmas Eve Thursday, December 24<sup>th</sup>

Mass at ~~3pm, 4:30pm~~ & 10pm

Christmas Day Friday, December 25<sup>th</sup>

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](http://www.st-paulchurch.org).

### **FEAST OF THE SOLEMNITY OF MARY**

Holy Day of Obligation

Thursday, December 31<sup>st</sup> - Mass at 4:30pm

Friday, January 1<sup>st</sup> - Mass at 9:00am

These Masses will be held in church.

# 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



# **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 1<sup>st</sup> 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**



# URSULINE ACADEMY

WELCOMES YOU TO CAMPUS TO  
ENJOY OUR CHRISTMAS LIGHTS  
DISPLAY ON FRONT CAMPUS

DECEMBER 7-31, 2020 | 5:00 - 9:00 PM  
341 S SAPPINGTON RD, ST. LOUIS, MO 63122

FOR MORE OPPORTUNITIES TO VISIT OUR CAMPUS  
VISIT: [WWW.URSULINESTL.ORG/VISITUA/](http://WWW.URSULINESTL.ORG/VISITUA/)





# 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!

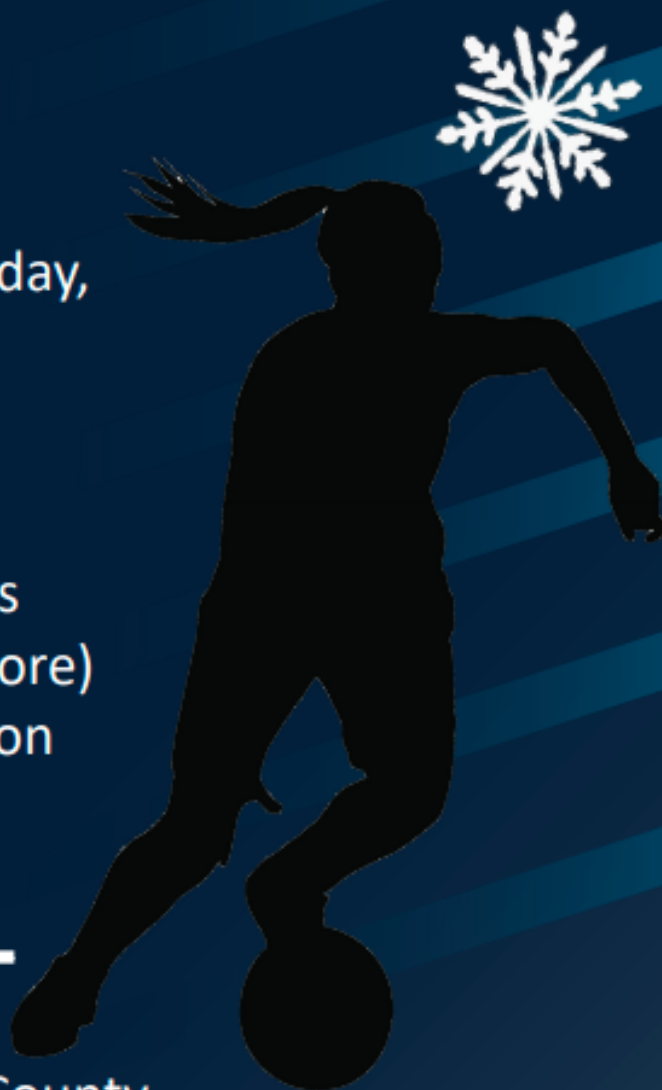
**Eight Week Program: \$140**

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

Small sided scrimmages & more!

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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

# Wear a mask. Stay in school.



## COVID-19 School Scenarios

*with no documented transmission in the classroom setting*

### EVERYONE MASKED

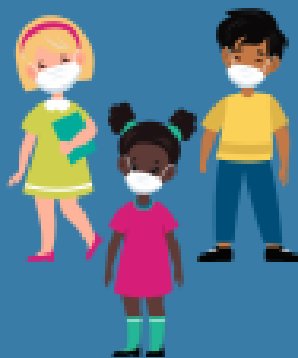
When a masked person tests positive and those exposed are wearing masks

COVID +

Close Contacts



ISOLATE



SELF-MONITOR  
AND QUARANTINE  
CAN ATTEND SCHOOL

### CLOSE CONTACTS MASKED

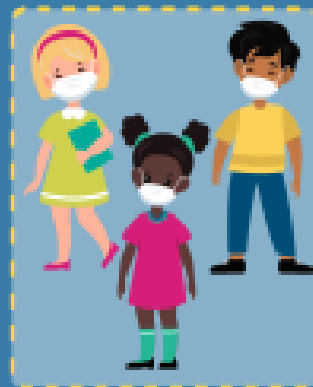
When an unmasked person tests positive and those exposed are wearing masks

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.

### CLOSE CONTACTS UNMASKED

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

COVID +

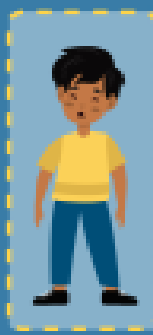
Close Contacts



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

### 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.