



# The Knight's Tablet

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

**December 22, 2020**

## Upcoming Events

**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.

**January 8**~ End of 2nd Quarter/Noon Dismissal/Spirit Day

**January 18**~ No School Martin Luther King Jr Day

**January 20**~Registration Packets Go Home

**January 21**~SPPTO Parent Meeting @6:30 in the Gym

**February 1-5** ~ Catholic Schools Week!



*Good Afternoon,  
I would like to wish you  
all a very*

**Merry  
Christmas  
and a  
Blessed New  
Year**

*God Bless,  
Mrs. Kelly Kaimann*



## Virtue of the Month **Generosity**

*As a family pray the third Joyful Mystery of the rosary (the Nativity) and reflect on God's generosity in sending his only Son to be born of the Virgin Mary.*



# THANK YOU

*I would like to thank everyone for their kind words and gifts during this holiday season. I am overwhelmed; words can not express the gratitude I have for everyone in the St. Paul School community! Thank you so much for all of the love and support you have given to our beautiful school during these past several months. I am so grateful for your generosity and support! Thank you from the bottom of my heart.*

*Mrs. Kelly 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.**

**PLEASE CALL MRS. KAIMANN IF YOU ARE UNSURE ABOUT WHAT  
TO DO! THANK YOU FOR YOUR SUPPORT!**



*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. Previously, Amerigas customers turned in their receipts 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:

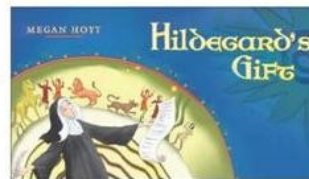
<http://ameri.gs/ParticipationForm>.

Our school ID# is 692329139.

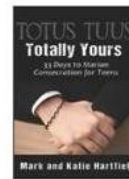
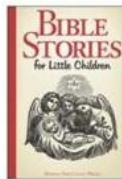
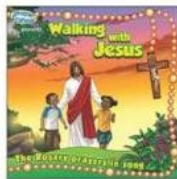
## St. Paul Church has purchased a gift for you!

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

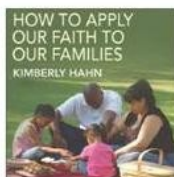
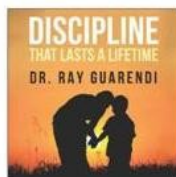
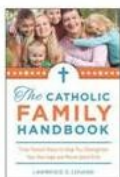
### Dozens of Children's Programs in English and Spanish



### 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

# January

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
R1 – Dunkin R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –	NOON DISMISSAL
11	12	13	14	15
R1 – Dunkin R2 – CS – Wright	R1 – Montgomery R2 – CS –	R1 – Smith R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –
18	19	20	21	22
NO SCHOOL	R1 – Montgomery R2 – CS –	R1 – Smith R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –
25	26	27	28	29
R1 – Dunkin R2 – CS –	R1 – Montgomery R2 – CS –	R1 – Smith R2 – CS –	R1 – R2 – CS –	R1 – R2 – CS –

Interested in Volunteering? We would love to have you ! We are always looking for help serving lunch, or helping outside at recess. 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

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"





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

### **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.

# **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**



## 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**  
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 ASHBROOK DRIVE, 63137  
P. 314-831-1533



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[SaintLouisCounseling.org](http://SaintLouisCounseling.org)

# SCHOOL TOOLS

DECEMBER 2020

## SAYING GOODBYE TO 2020

The last months of the year are often filled with family time, holiday traditions, and togetherness. Regardless of which holidays you may celebrate, your faith or beliefs, these next weeks provide children with time off school to connect with family, celebrate, and reflect on the past year.

We understand that this year many families will be feeling a sense of stress and loss during this time. Perhaps the stress is from budgeting for gifts or trying to make ends meet after months of being unable to work. Or, from the loss of a tradition-- of being under the same roof as all of your loved ones as we shy away from larger gatherings. For some, the loss may not be a *something*, but rather a *someone* -- an empty seat at the table where a loved one who has passed this year once sat.

It is important to allow yourself to process and grieve these losses, no matter how big or small they may seem to others. It is also OK to celebrate this year in new ways. After all, you have survived a year filled with twists and turns, and *that* alone is something to be proud of!

## Planning for the New Year

Ask your child, and yourself, these questions as you reflect and prepare for 2021:

- What was the most challenging thing that happened to you this year?
- What was the best thing that happened?
- Was there a person you grew closer to?
- What was a risk you took this year that you are proud of?
- What do you hope to achieve next year?



## FINDING JOY THIS SEASON

The National Alliance for Grieving Children and Mayo Clinic provide holiday tips for parents and caregivers this year:

- **Create new holiday traditions** this year-- have a baking night with family, drive to look at lights together, or watching a holiday movie.
- **Incorporate loved ones who are not here physically** with a personalized ornament, a photograph or item they loved. Don't be afraid to talk about positive memories with them and feelings regarding their absence.
- **Find creative ways to connect with loved ones and engage the kids** -- drop off a meal, dessert or gift on someone's doorstep
- **Engage your children** to help decorate and plan activities.
- **Volunteer** or give back as a family
- **Create a budget and stick to it.** If finances are a stressor this year, consider other ways to give, such as a homemade "coupon" book or activity together.
- **Lower the pressure.** Years from now your child may not remember the gift they received but will remember the time they spent with you.



# 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!

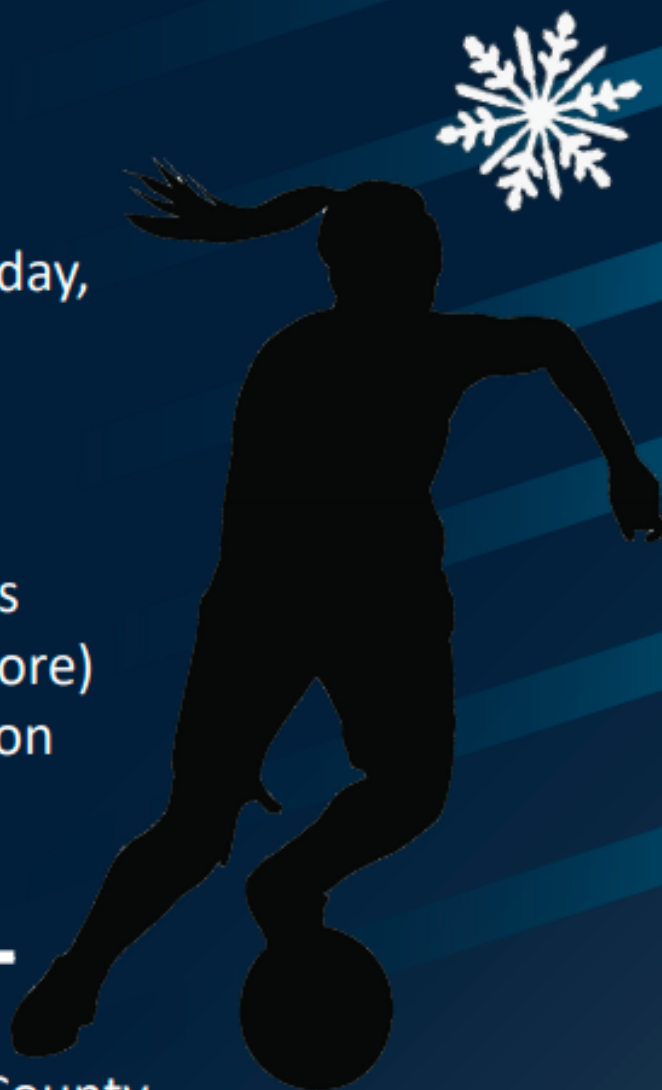
**Eight Week Program: \$140**

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.