

# THE KNIGHT'S TABLET

September 17, 2025



## Upcoming Events

- September 25--PICTURE DAY
- September 29 - October 3--Read-A-Thon
- October 1--Pet Blessing
- October 3--NOON DISMISSAL
- October 23--NOON DISMISSAL & Parent Teacher Conferences
- October 24--FALL BREAK BEGINS



## Thank You, Recess Volunteers!

A huge shout out to everyone who has volunteered for recess duty!

We have an opening for this Friday if you're available-11:30-12:45.

If you would like to get on the calendar for October, use the link below.

WE APPRECIATE YOU!!



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## Server Schedule

### September 15-19

B. Matheney & LK.Mueller

### September 20

4:30 Mass - C. Hoff & S. Schultz

### September 21

7:00 Mass - K. Fischer & M. Griesenauer

9:00 Mass - K. Lickteig & M. Phillips

11:00 Mass - C. Hall & L. Hall

### September 22-26

G. Barry & T. Dyer

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Questions - contact Wendy Friedel 636-262-1676

Please return to school by 10/3/25,

Checks made payable to St. Paul School

\$10/kid for walk-ins

Lot will open 5:45, and close at 6:30

Pizza to be picked up by 6:30

\$20 for parking and 1 pizza, \$7 for additional pizza

Family\_\_\_\_\_Pep\_\_\_\_Saus\_\_\_Chesse\_\_\_



# GOT SPIRIT? WE WANT TO HEAR IT!

*Signups Open Now*

Open to all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders! Please register by **September 26<sup>th</sup>** at this link: <https://www.surveymonkey.com/r/LLXDSD3>

or scan the QR code. There is no cost to join the squad but if you don't already have a uniform from last year you will need to order a uniform, bow, and Poms! The cost for this was around \$100 last year and we estimate this to be around the same. Fittings will be in mid October. Practices will be after school 1-2 days a week starting in mid October TBD on team availability.

We cheer for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade Boy's basketball HOME games only. We encourage multi-sport athletes to join and make what they can as we understand there will be conflicts!

We look forward to another great season!

Lisa Trower (636-262-9142) and Chrystal France (636)-278-0234

SEPTEMBER 22 – 25, 2025

**BOYS** *vs* **Girls**

# PENNY WAR

**HOW TO PLAY:**  
PUT PENNIES INTO YOUR  
TEAM'S CONTAINER

SABOTAGE THE OPPOSING  
TEAM BY PUTTING ANY  
SILVER COIN INTO THEIR  
CONTAINER!

## POINTS:

1 PENNY = +1 POINT  
1 NICKEL = -5 POINTS  
1 DIME = - 10 POINTS  
1 QUARTER = - 25 POINTS

THE TEAM THAT HAS THE MOST POINTS BY  
THE FINAL DAY WINS A DRESS DOWN DAY!

ALL PROCEEDS WILL BE DONATED TO ST VINCENT DE PAUL SOCIETY





**St Paul School  
Morning Rosary**

7:15am  
Every Friday

In the Faith Formation Room



# St. Paul Speech Team

Join the Speech Team at St. Paul School!

First Meeting: Tuesday, September 23  
After School until 4:00PM



Open to ALL students in Grades 5-8!  
No experience needed – just bring your voice  
and enthusiasm!  
Come learn what Speech is all about and how  
you can shine this season!  
We can't wait to see you there!



# September St Paul School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day  No School  1	Bosco Pepperoni Stick or Baked Ravioli with Meat Sauce Tossed Mixed Greens Diced Peaches Vanilla Wafers 2	PAPA JOHN'S PIZZA Cheese  with Veggies and Dip Cookie Grapes 3	Breaded Chicken Patty Sandwich or Pig in a Blanket Broccoli Fresh Apple Slices Teddy Grahams 4	Half Day  No Lunch Service  5
Pizza Quesadilla or Dinosaur Chicken Nuggets Tossed Salad Crunchy Grapes Cinnamon Goldfish 8	Emoji Waffle or French Toast Sticks Golden Hashbrown Frosty Strawberries Mini Blueberry Muffin 9	PAPA JOHN'S PIZZA Pepperoni  with Veggies and Dip Cookie Oranges 10	Breaded Popcorn Shrimp or Hot Dog on a Bun Tator Tots Steamed Vegetable Medley Creamy Sherbert 11	Classic Baked Lasagna or Chicken Nuggets Tossed Salad Breadstick Fresh Apple Slices 12
Baked Chicken Leg or Grilled Hamburger Smiley Face Potatoes Fresh Veggies and Dip Mandarin Oranges 15	Golden Grilled Cheese or Chicken Rings Chips Sweet Strawberries Chilled Pudding 16	PAPA JOHN'S PIZZA Cheese  with Veggies and Dip Cookie Grapes 17	Beefy Nachos or Soft Pretzel with Cheese Pineapple Chunks Corn Churro 18	Popcorn Chicken or Hot Ham and Cheese Sliders Golden French Fries GreenBeans Applesauce 19
Toasted Beef Ravioli or Bosco Cheese Stick Broccoli Fresh Seasonal Fruit Brownie 22	Pancake Sausage Bites or Mini Waffles Golden Hashbrowns Frosty Peaches Creamy Yogurt 23	PAPA JOHN'S PIZZA Pepperoni  with Veggies and Dip Cookie Oranges 24	Mini Corn Dogs or Crispy Chicken Strips Tossed Salad Vine-Ripened Grapes Mini Rice Krispies Treat 25	Walking Taco or Dinosaur Chicken Nuggets Fiesta Rice Golden Corn Churro 26
Stadium Hot Dog or Crispy Chicken Nuggets Tator Tots Fresh Veggies and Dip Creamy Sherbert 29	Carnival Corn Dog or Cheeseburger on a Bun Chips Crisp Grapes Jello 30	<div>  <div> <h2>Did you know?</h2> <p>818 hot dogs are eaten every second in the U.S. between Memorial Day and Labor Day.</p> </div> </div>		

## FOOD IN FOCUS



Grades 5th -8th

**Monday: Spicy Chicken Sandwich with Chips**  
**Tuesday: Tony's 5 inch Cheese Pizza with Fruit**  
**Wednesday: Grilled Cheese on Texas Toast with Chips**  
**Thursday: Chicken Nuggets and Fries**  
**Friday: Bacon Cheeseburger w/ Chips**

### Plate Lunch Prices

**Pre-School \$4.50**

**Grades K-2nd \$5.00**

**Grades 3rd-8th \$5.50**

**Extra Entrée \$2.15**

**Ala Carte Milk or Bottled Water \$5.50**

### Available Daily

**Snack Rack & Drink Cooler**

**Many offerings & various prices**

**Sharon LaBarge, Cafe Manager**  
**cafeteria@stpaulknights.org**

**Please Check your Meal Magic Account. Thank You!**

### MENU IS SUBJECT TO CHANGE

Contact our dietitian at [lisa@foodserv.org](mailto:lisa@foodserv.org) for special dietary and allergy concerns.

For more information about FSC or employment opportunities, please go to [www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)





## 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"

Username  
Password  
☐ Remember this account  
LOG IN  
[Forgot Password](#) [Register](#)

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



**ST. DOMINIC**  
HIGH SCHOOL

# PRESENTATION *night*

- Learn more about St. Dominic's academic programs, student activities, campus life, admissions process *and more!*

WED | **SEPT  
17** | 6PM



RSVP

[stdominichs.org/visit](http://stdominichs.org/visit)



## HOMEcoming WEEK EVENTS

Garden Party  
Registration



### SEPTEMBER 14

Homecoming Week Kick Off  
Garden Party With LIVE Music From Serapis!  
Food & Drink Provided!  
BYOC—Bring Your Own Chair!

### SEPTEMBER 17

Student Pizza Party Before Home Volleyball Games

### SEPTEMBER 19

Homecoming Pep Rally & Game  
Football Tailgate  
KoC #823 After Football Game

Football Tailgate  
Registration



### SEPTEMBER 20

Homecoming Dance





ARCHDIOCESE OF ST. LOUIS  
EDUCATION WITH A HIGHER CALLING

# HIGH SCHOOL Presentation Night

Families of students grades 5 and up are invited to visit with representatives from Catholic high schools in the Archdiocese of St. Louis. Families may attend up to three 20-minute presentations.



**TUESDAY  
SEPTEMBER 23, 2025**



**6 PM - 8 PM**



**CHRISTIAN BROTHERS  
COLLEGE HIGH SCHOOL**



314-792-7390



[laurafisher@archstl.org](mailto:laurafisher@archstl.org)



[www.archstl.org/education](http://www.archstl.org/education)

Bishop DuBourg High School  
Cardinal Ritter College Prep  
Chaminade College Preparatory School  
Christian Brothers College High School  
Cor Jesu Academy  
De Smet Jesuit High School  
Duchesne High School  
Incarnate Word Academy  
Nerinx Hall  
Notre Dame High School  
Rosati-Kain Academy  
St. Dominic High School  
St. John Vianney High School  
St. Joseph's Academy  
Saint Louis Priory School  
St. Louis University High School  
St. Mary's South Side Catholic High School  
St. Pius X High School  
Ursuline Academy  
Villa Duchesne  
Visitation Academy

**SCAN ME**





# Family Rosary



**07 OCTOBER, 2025**

PLEASE JOIN US THE  
FIRST TUESDAY OF EVERY  
MONTH TO PRAY THE  
ROSARY AT CHURCH.  
DOORS OPEN AT 6:30PM,  
PRAYER STARTS AT  
6:45PM. ALL AGES  
WELCOME!





## AMAZON WISH LIST

[https://school.st-paulchurch.org/sites/stpaulschool/files/uploads/documents/amazon\\_wish\\_list\\_8.pdf](https://school.st-paulchurch.org/sites/stpaulschool/files/uploads/documents/amazon_wish_list_8.pdf)



## Mrs. Kelly Kaimann

*"But now, thus says the LORD, who created you, Jacob, and formed you, Israel: Do not fear, for I have redeemed you; I have called you by name: you are mine" Isaiah 43:1*

Email: [Principal@stpaulknights.org](mailto:Principal@stpaulknights.org)

Website: [Stpaulknights.org](http://Stpaulknights.org)

Location: [1235 Church Road, Saint Paul, MO, USA](#)

Phone: [636-978-1900](tel:636-978-1900)



**Kelly Kaimann**

Kelly is using Smore to create beautiful newsletters

[Contact](#)