



St. Catherine Labouré Catholic School

9750 Sappington Road St. Louis, MO 63128

Phone: 314-843-2819 Website: www.sclschool.org

Principal: shoran@sclschool.org Asst. Principal: mpatke@sclschool.org

Oct. 2, 2025



SEE YOU AT
homecoming
SATURDAY
OCTOBER 11TH
NOON-10:00PM

Your SCL Homecoming Guide

Visit:

When: Saturday, October 11, 2025, from 12pm-10pm

Where: St. Catherine Labouré Parking Lot & Parish Hall

<https://stcatherinelabourehomecoming.org/>

Parent/Teacher Conference Sign Ups are Underway

**See email with link from Mrs. Koch soon,
beginning with families with 4 students, then 3 students etc.**

HOCO PEP RALLY

1970s Homecoming Celebration

Date & Time: Thursday October 9th, 10:30am

Where: SCL GYM

What's Happening:

- 1970s Game Show—style fun!
- Sneak peek at *new rides, parade route, and escape room!*
- Chance for one winner to win an Escape Room Voucher!

Dress Down Day:

Wear your grooviest 1970s outfit OR your class parade color!

See link on previous page for Class Parade Color

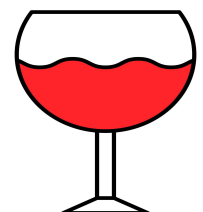


Grades 2-5 - Parent Presentation

Building on Success in the Intermediate Grades

Tuesday, October 14, 2025 / 6:30 –8:00 pm in Parish Hall

- ***This presentation will address issues that parents of this age will need as their children continue to develop independence in grades 3-4.***
- ***Topics will include brain development, appropriate social development for ages 8-9, "bullying concerns," the need for homework independence, and smart early choices for technology.***
- ***Light Snacks and drinks will be served to make this an enjoyable, educational, and social evening.***
- **Feel free to bring others, even those not affiliated with SCL.**



For Your Planning

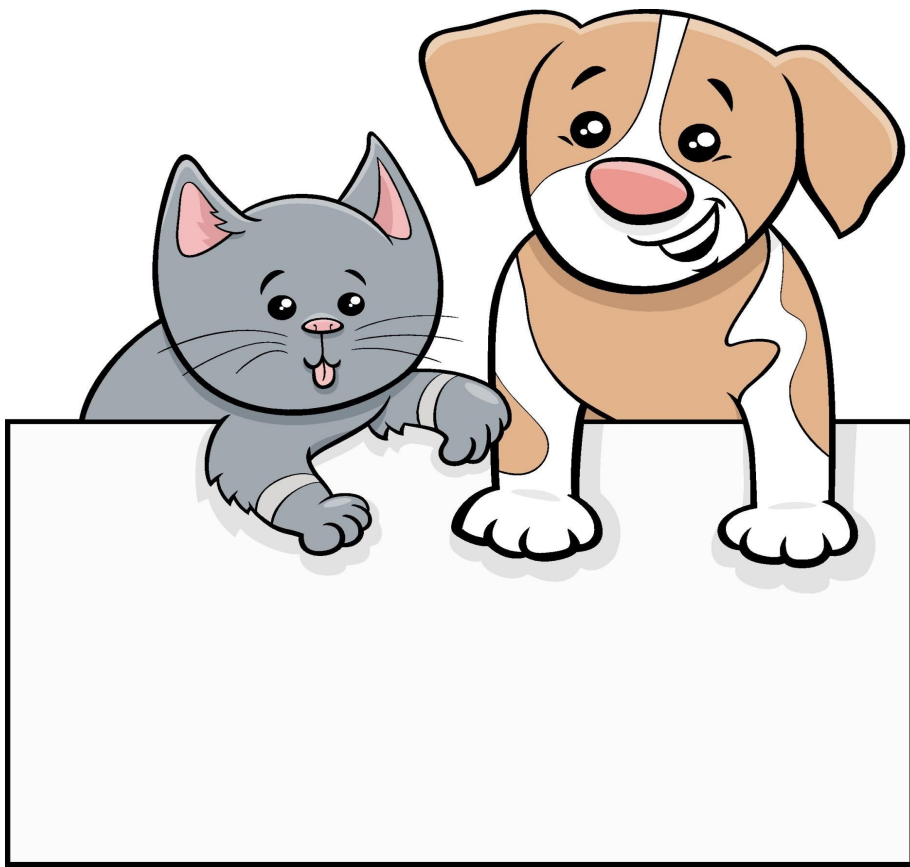
October

- 6 - NTC Presents "Land of Smiles", Grades K-3
- 7 - Rosary for the Sick - 3:15 PM
- 9 - K Field Trip to Pumpkin Patch
- 9 - HOCO Student Pep Rally - (AM)
- 9 - 7th vs 8th Soccer game - (PM)
- 9 - End of First Quarter
- 10 - NO SCHOOL (HOCO Set Up & Faculty Training)
- 11 - **Parish Homecoming**
- 14 - Parent Presentation for grades 2-5
- 21 - School Board Mtg - 6:30
- 22 - Rite of Confirmation Enrollment after 9:30 Mass
- 23 - 1st Reconciliation Retreat 6:30 - 8:00 PM
- 25 - Trunk or Treat
- 29 - Noon Dismissal for Conferences
- 29 - Conferences 2PM - 8PM
- 30 - Conferences 9AM - 4PM
- 31 - **No Classes - Halloween/Fall Break**



Second Grade Parent and Child First Reconciliation Retreat

A very special step in preparing our children to celebrate the Sacrament of God's mercy and forgiveness is on the October calendar. This evening retreat will be Thursday, October 23rd from 6:30-8pm in Church. It is a grace-filled evening for parents and second graders, and we look forward to sharing it with you.



Pet Blessing

Saturday, October 4 10:00 am—10:15 am Our Annual Pet Blessing will take place on Saturday morning, October 4 at 10:00 am on the grassy area in front of the Parish Center. Bring your favorite pet to be blessed. No pets are too unusual. Come one, come all!!! It will be over by 10:15 am so don't be late!

Save the Date

Star of Wonder—Star of Light Advent by Candlelight

An Evening of Reflection, Food and Fellowship for The Women of SCL Parish

- Speaker: Sr. Ann Claire Rhodes, D.C.
- Date: Sunday, November 23, 2025
- Doors Open at 5pm
- Location: SCL School Gym
- Registration Opens October 18
- Contact: abcatscl@gmail.com for more info



We hope you can join us!

October

St. Catherine Laboure

FOOD IN
FOCUS



**PLATE LUNCH AND SALAD
OPTION PRICING**
GRADE K-2ND: \$5.00
GRADE 3RD-8TH: \$5.35
EXTRA ENTRÉE: \$2.15
**ALA CARTE MILK/8 OZ WATER:
\$.50**

DAILY SALAD OPTION :
MONDAY: Chicken Caesar
TUESDAY: Taco Salad
WEDNESDAY: Chef Salad
THURSDAY: BLT Salad
FRIDAY: Cranberry Apple

**HOT AND COLD ALA CARTE
AVAILABLE DAILY**

**PLEASE CHECK YOUR MEAL
MAGIC ACCOUNT**

**You can reach the
Cafeteria Manager at
507manager@foodserv.org**

MENU IS SUBJECT TO CHANGE

Contact our dietitian at lisa@foodserv.org
for special dietary and allergy concerns.

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org

MONDAY



Did you know?

The largest pumpkin ever
grown weighed 1,140 pounds!

Crispy Nachos with
Cheese
OR
Hot Dog on a Bun
with
Fresh Veggies & Dip
Mandarin Oranges
Vanilla Wafers **6**

Walking Taco
OR
Cheese Quesadilla
with
Fiesta Rice
Golden Corn
Churro **7**

WEDNESDAY

Beefy Macho Nachos
OR
Soft Pretzel with Cheese
with
Pineapple Chunks
Creamy Yogurt
Veggies with Dip **1**

Cheeseburger on a Bun
OR
Breaded Chicken Patty on
Bun
with
French Fry Rings
Frosty Blueberries
Sparkling Jell-O **8**

THURSDAY

Emoji Waffle
OR
French Toast Sticks
with
Sausage Patty
Frosty Strawberries
Mini Blueberry Muffin **2**

Chicken Rings
OR
Cheese Stuffed Bosco
Stick
with
Apple Slices
Golden Corn
Sparkling Jell-O **9**

FRIDAY

PAPA JOHNS PIZZA

with
Veggies & Dip
Oranges Slices
Fresh Baked Cookie **3**

No School

10

Cheesy Garlic Buttered
Noodles
OR
Tony's Cheese Pizza
with
Golden Corn
Orange Slices
Teddy Grahams **13**

Stadium Style Hot Dog
OR
Crispy Chicken Nuggets
with
Tater Tots
Fresh Veggies & Dip
Creamy Sherbet **14**

Tony's Cheese Pizza
OR
Hot Dog
with
Steamed Broccoli
Pineapple Chunks
Creamy Pudding **15**

Dinosaur Chicken
Nuggets
OR
Golden Grilled Cheese
with
Smiley Fries
Peach Slices
Jiggling Jell-O **16**

Hamburger on a Bun
OR
Corn Dog
with
Ruffles Chips
Garden Green Beans
Chilled Peaches **17**

Baked Macaroni &
Cheese
OR
BLT Wrap
with
Fresh Veggies & Dip
Mandarin Oranges
Cinnamon Goldfish **20**

Chicken Rings
OR
Cheese Stuffed Bosco
Stick
with
Apple Slices
Golden Corn
Sparkling Jell-O **21**

Golden Grilled Cheese
OR
Chicken Rings
with
Ruffles Chips
Sweet Cherries
Chilled Pudding **22**

Waffle
OR
French Toast
with
Hash Brown
Strawberry Yogurt
Pineapple Chunks **23**

PAPA JOHNS PIZZA

with
Veggies & Dip
Orange Slices
Fresh Baked Cookie **24**

Carnival Corn Dog
OR
Cheeseburger with Bun
with
Lays Chips
Mandarin
Flavored Jell-O **27**

Mini Chicken Tacos
OR
Cheesy Quesadilla
with
Fiesta Rice
Golden Corn
Peaches **28**

Half Day
No Lunch

29

Fall Break

30

Halloween
Fall Break

31



Mr. Oelzen's 7th graders explored the process of
mummification through hands-on activities, including feeling
fake versions of the mummy's organs.

Scenes From SCL



Our 2nd graders had a blast creating their own restaurants in STREAM class through the Junior Achievement program. From designing menus to becoming chefs, they got a fun taste of entrepreneurship!

Scenes From SCL



Kindergarten celebrated Johnny Appleseed Day with a variety of apple-themed activities and delicious apple snacks!



Field Trip Fun



On Thursday, September 25th, the 3rd-grade class took a field trip to Ronnie's Movie Theater to watch *Light of the World*. The film, told from the perspective of the Apostle John, portrays the life of Jesus—from the start of His ministry through His crucifixion and resurrection. It was a powerful and meaningful experience that the students truly enjoyed. After the movie, they headed to Fitz's for lunch.

Run for Ryan

Rosary for the Sick

Tues., Oct. 7th, 2025; 3:15 p.m.

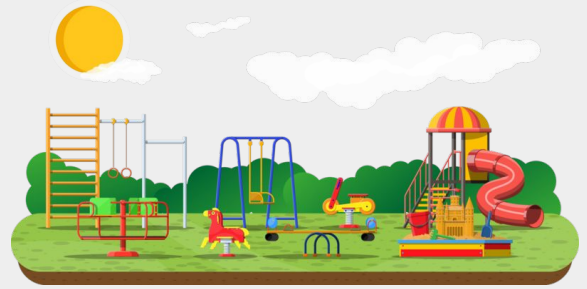
The month of October is dedicated to the Holy Rosary because the Catholic Church celebrates the feast day of Our Lady of the Rosary on October 7. Pope St. Pius V established the feast day in 1571 to commemorate the Christian victory in the Battle of Lepanto on October 7, 1571. The Church attributes the victory to the Virgin Mary's intercession, which was sought through the recitation of the Rosary.

The Church dedicates the entire month of October to the Rosary to encourage individuals, families, and communities to pray the Rosary daily for peace. The Rosary is a scriptural prayer that honors and contemplates Mary, and is considered a summary of the Gospel and Christian life.

We believe that the Rosary can instill confidence, and that the Blessed Virgin Mary made promises to those who recite it faithfully. These promises include protection, the destruction of sin, and an increase in virtue and good works.

We will again be dedicating this rosary for healing to Mr. Mike Folk, husband of 5th grade teacher, Mrs. Karen Folk and Mr. Tony Tumminia, husband of parish staff member Sue Tumminia. If you have other special intentions, please email Mrs. Patke at mpatke@sclschool.org

Additional Recess Monitors Needed!



SCL relies on a consistent rotation of paid and/or volunteer parents or friends of SCL to assist the faculty and staff in keeping the students safe during lunch and or recess when the instructing teacher is not present to supervise the students. These individuals are referred to as “Recess Supervisors.” We do pay the Recess Monitors \$25 per day, unless the person specifically requests to be on a volunteer only basis. All supervisors must have completed the Safe Environment Program as verified by the Parish Office. In addition, these individuals have agreed to become familiar with, and follow to the best of their ability, SCL recess rules and school safety procedures.

Regular Recess Supervisor Volunteer Duties

Supervisors commit to a weekly or bi-weekly rotation on the monthly recess schedule for the academic school year. Supervisors sign in at the office before recess to collect the necessary supplies, walkie talkies, and instructions for the day. While on duty the primary responsibility is supervising the students to ensure their well-being and enforce the written recess rules. Other duties include overseeing transitions between lunch/recess/line up for the classroom, set up and clean-up of equipment and securing the perimeter.

Recess Supervisor Volunteer Subs List

SCL relies on a list of parents/friends who are willing to be available at the last minute to cover recess shifts that require a substitute for a Regular Recess Supervisor. (This is a great option to be involved in the recess program for those who are unable to commit to a monthly schedule.)

If interested in becoming a Recess Supervisor (regular or substitute) please contact the office or Roxanne Kelemen rkelemen@sclschool.org for more information.



Positive Effects and Reasons Why Therapy is Important for Children and Adolescents

Written By: Meagan Gerchen

Many caring parents find themselves wondering, “Does my child need therapy?” If you haven’t been to therapy yourself, it can be hard to know what it offers. For children and adolescents, therapy can be a supportive, practical space to learn how to identify feelings, manage big emotions, strengthen social skills, build healthy relationships, grow confidence, and improve focus and day-to-day functioning, at home, at school, and in the community.

In therapy, kids learn to notice and name what they’re feeling and to practice tools for calming their bodies and minds. They try these strategies in session and then use them in real life; at school, at home, and during activities, so progress becomes visible and sustainable.

Therapy also supports clearer communication and stronger relationships. Children and teens practice skills such as listening, expressing needs, setting boundaries, and problem-solving with family, peers, teachers, and other trusted adults. With guidance, they learn to advocate for themselves respectfully and effectively.

As skills grow, confidence often follows. Therapy helps young people notice their strengths, understand what motivates them, and set realistic goals. When appropriate, therapists involve parents or caregivers in check-ins to align on goals and celebrate progress, so everyone is working from the same playbook.

These gains can translate to the classroom. As children develop emotional regulation and coping tools, they’re better able to concentrate, participate, and recover from setbacks. Therapists can also teach study and organization strategies that fit a child’s developmental stage and learning style.

Therapy is not one-size-fits-all. Depending on a child’s needs and age, sessions may look like traditional talk therapy, or they may include art, play, movement, and social-emotional games designed to help kids learn by doing. Early on, we typically meet weekly or every other week to build rapport and momentum. Once a strong routine is established, we adjust frequency together. We can do biweekly, monthly, or as needed based on goals and symptom severity. To support consistency, many families schedule ahead or make use of school professional-development days or half days. Providers’ availability varies; some offer after-school hours, and some do not. When needed, we can coordinate with schools, provide excuse notes, and advocate so mental health needs are addressed appropriately.

Parents and caregivers’ involvement is essential and staying in touch with your child’s therapist is important. It’s highly recommended that parents respond when therapists outreach to families, share updates, and asking questions strengthens the therapeutic relationship and gives us a fuller picture of how your child is doing outside the therapy office. Those insights help us tailor strategies that work at home and school, not just in session.

Therapists also collaborate with other professionals in your child’s life, such as pediatricians, psychiatrists, or school staff, to make sure care is coordinated and comprehensive. We only do this with your written permission. Therapy is confidential, and we obtain a signed release of information before speaking with anyone outside your family.

Therapy can be a meaningful support for children and teens at many stages; not only during crises, but also as a proactive way to build skills for their life. A caring, consistent relationship with a therapist often leads to measurable gains in emotional well-being, behavior, relationships, and school success. If you think your child could benefit, we’d be honored to help. At West County Behavioral Health, our team works with families to create practical, compassionate plans that fit real life.

THANK YOU

The Class of 2026 would like to send a big thank you to all of the teams that participated in the Adult Volleyball Tournament last weekend. We'd also like to send a special shout-out to all of our sponsors from this year:

Dave Sinclair Buick GMC
P'sghetti's Pasta & Sandwiches
Across the Board
Streib Electric
Roeslein & Associates
Larson Exterior
JW Software
EAU
Southside Machine Works
KW Realty
IWR
Triad Bank



Congratulations to the Winners

**Premium Division
Champs:
Floppy Mike**



**Busch Gold
Division Champs:
2 Legit 2 Quit**

**Busch Silver
Division Champs:
Fathers Favorites**



Snag Cornhole Champion Braggin' Rights!

Who Will Be the Cornhole Champs of Homecoming '25



- Step #1 - Go to <https://link.clover.com/urlshortener/2Pq8Lf> to pay the Tournament Entry Fee of \$50 per team
- Step #2 - Complete the registration form once you receive the email invitation
- Step #3 - Get prepared for some great fun on HOCO Saturday. Tournament will be held on the upper ball fields.

Questions - Call the Parish Business Office
314-843-3245 ext. 214

**SCL YOUTH MINISTRY INVITES YOU TO
SAVE THE DATE FOR**

OCT. 25

7-8:30PM



**WHERE:
SCL
PARKING
LOTS**

TRUNK or TREAT

**(RAIN
DATE
OCT.
26TH)**

MORE INFORMATION TO COME

Join OLLIE'S TRANE at the annual Cardinal Glennon Sun Run

**Sunday, October 12, 9:00 AM at Forest Park (Upper Muny Lot)
5k run/walk or 1 mi walk – Family Friendly, all ages welcome!**



The Sun Run supports the world-class pediatric health care for SSM Health Cardinal Glennon Children's Hospital which is a not-for-profit hospital providing care to communities throughout Illinois, Missouri and beyond. Cardinal Glennon is committed not only to healing children today but finding new ways to help them stay healthy in the future.

Ollie Geen, 1st grade at SCL is a 6-year-old hepatoblastoma (rare liver cancer) survivor that was treated extensively at Cardinal Glennon Children's Hospital when he was 2-3 years old. Ollie just celebrated 3 ½ years in remission.

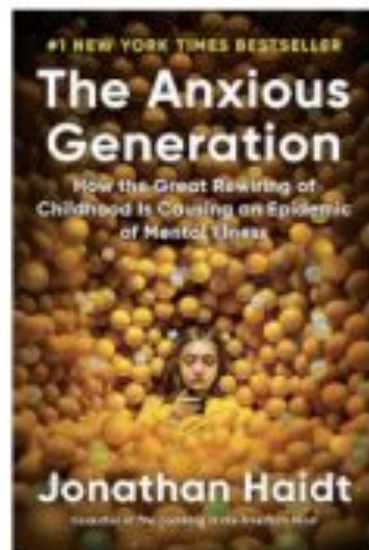


The Anxious Generation

How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness, by author Jonathan Haidt

A Book Discussion Workshop for Parents and Teachers

The Anxious Generation has taken the country by storm, bringing a clear message: over-protective parenting in real life and over-exposure online has produced a devastating shift in young people's mental health and daily functioning. But parents and schools CAN take steps to change course for our kids!



**St. Gerard Majella School is hosting a book discussion group,
All parents, teachers, and school staff are welcome!**

Date: Wednesday, November 5, 2025 **Time:** 6:00-8:00 p.m.
Location: St. Gerard Majella School
Liguori Hall (school cafeteria)

Those who wish to attend are strongly encouraged, but not required, to obtain a copy and read *The Anxious Generation* beforehand.

Can't get it all read in time? Prioritize the following chapters:

Introduction: Growing Up on Mars Chapter 3: Discover Mode and the Need for Risky Play
Chapter 1: The Surge of Suffering Chapter 12: What Parents Can Do Now

- ☐ Parents of ALL AGES of children and all other interested adults are welcome. **Children and youth do not attend; adults only.**
- ☐ The program is two hours in length, incorporating a professional presentation as well as time spent in breakout groups for discussion, brainstorming, and planning.

Presenter: Amy V. Maus, MSW, LCSW specializes in school consultation, providing faculty training, parent presentations, principals' groups, and on-site consultation to dozens of area schools each year. She is co-author of *The Care Team Approach: A Problem Solving Process for Effective School Change*.

