



# St. Catherine Labouré Catholic School

9750 Sappington Road St. Louis, MO 63128

Phone: 314-843-2819 Website: [www.sclschool.org](http://www.sclschool.org)

Principal: [shoran@sclschool.org](mailto:shoran@sclschool.org) Asst. Principal: [mpatke@sclschool.org](mailto:mpatke@sclschool.org)

## September 12, 2024

### First Grade Mystery Reader

Father Dominic surprised Mrs. Null's first grade class as their mystery reader today, and he read them several stories. A good time was had by all!



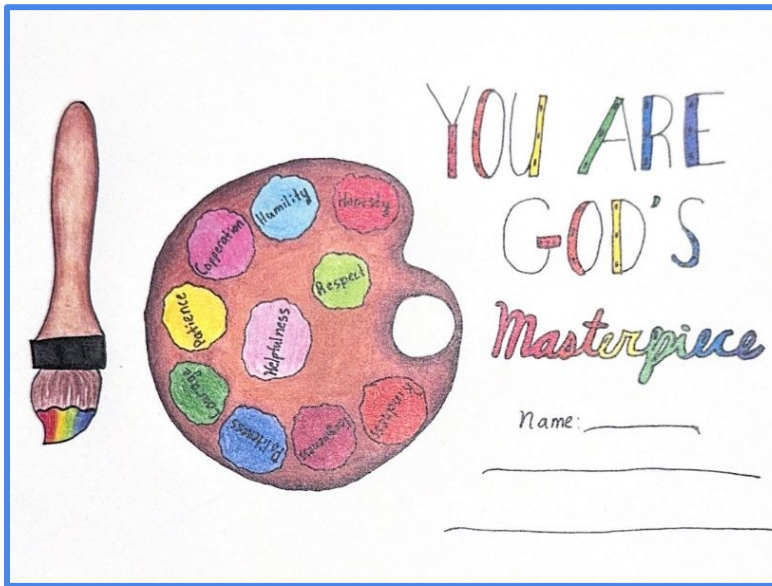
### Mid Quarter Reminder

Our year is off to a great start, and we are officially half way through the first quarter! Now would be a great time to check grades and for any missing assignments in FACTS!



# 2024-2025 Virtue Slips

Thank you to all students who submitted designs for our virtue slips this year. Fr. Dominic found it impossible to select a single winner, so we have two!! These are printed in duplicate and a copy is given to the student(s) to keep and the other copy is hung on the VIRTUE Bulletin Board in the hallway going into the Kindergarten / Technology / Music/STREAM area. Congrats to the ladies whose artwork was chosen!!



Artist: Harper Voyer



Artists: Annie Price, Molly Sinclair, and Melanie Schroeder

## For Your Planning

### September

- 17- Board of Education Meeting
- 16-23- ITBS Testing (8th Grade only)
- 27-29- Adult Volleyball Tournament

### October

- 3- Picture Day
- 10- Confirmation Parent Meeting @ 7pm
- 11- 7th vs 8th Soccer Game
- Noon Dismissal
- End of 1st Quarter





# School Forms Liturgy Committee to Help Students Focus on Virtue, Prayer, and to Grow in their Personal Relationship with Jesus

The SCL Day School has formed a liturgy committee composed of staff members who will be working together to lead our teachers and students in ways to grow in their faith journey, with special emphasis on growing in virtue. With Mrs. Horan, Mrs. Patke, and Fr. Dominic's support, the committee consists of:

- Mrs. Nikki Adams (5th grade)
- Mr. Steve Brinkmeyer (Counselor, Liturgical Coordinator, Catechesis of the Good Shepherd Instructor (K) and Middle School Youth Minister for Day School and PSR)
- Mrs. Angela Anderson (Catechesis of the Good Shepherd Instructor 1st-4th)
- Mrs. Cathe Bische (Middle School Resource Teacher)
- Mrs. Ellen Schleicher (Middle School Math Teacher & Math Resource Aide)

The committee will select a Virtue (defined as a "Holy Habit") each month on which the entire community is asked to focus. They will also provide information to students, teachers, and parents including a student-friendly definition and ways to show this virtue at school and at home as well as conversation starters and reflection questions. Students will receive Prayer/Reflection Journals with a sticker depicting this year's school theme, and teachers will give them time to reflect on these questions. Younger students who have trouble expressing themselves through words may also draw as a form of journaling.

At the end of the year, we will collect these journals and they will move up to the next Year with each student. We will add a new sticker of each year's theme for each year that the student uses their journal, and it will become a gift of memories to them at the end of their 8th grade year.

See the next page for information  
On September's virtue.



# Virtue for September: Reverence



**Definition:** Deep respect for someone or something.

**Mass:** We show Jesus great reverence when we go visit Him at Church.

**School:** We show Jesus great reverence when we recognize Jesus within our peers.

**Home:** We show Jesus great reverence when we invite Him into our home and love our family like He loved His.

## How Can I Show Reverence Today?

- **For teachers:** How can I model this behavior for my students?
- **For students:** How can I show reverence to Jesus, others, and the Church?

**Remember:** Reverence creates silence that makes Prayerfulness possible.

## How We Show Reverence at Mass:

1. **Always enter quietly to show Jesus that you respect His home.** Remember this is a sacred and special place.
2. **Genuflect in the direction of the Tabernacle before entering the pew.** Kneel down at your seat and say a prayer of greeting to Jesus.
3. **Join in fully in song and prayer.** Remember that your participation is a gift to Jesus.
4. **Listen attentively to the readings.** Try to picture the scene in your head. What does Jesus want to say to you today?
5. **Receive the Eucharist with great respect.** Bow fully at the waist as the person before you is receiving. Make your hands flat like an altar chest high, placing one hand slightly below the other. Say "Amen" clearly and receive Jesus in the Eucharist. Return to your pew in prayer.

## Conversation Starters & Journaling Prompts

When you go to a friend's house, how do you treat him/her? Do you ignore your friend and talk to others? Do you focus all of your attention on your friend you are visiting?

How have I seen others show reverence to Jesus, others, and the Church? When have I shown reverence to Jesus, others or the Church?

Is there a time that I have not shown reverence to Jesus, others or the Church?



# 8th Grade Volleyball Team Volunteers to Sort and Bag Collected Sneakers!



**Q.** Why does SCL collect used **TENNIS** shoes?

**A.** We work with a non-profit organization called Got Sneakers to recycle, reuse, and raise money. The tennis shoes that are collected are shipped to the company and based on the condition either sells them at low prices at stores serving the less fortunate or recycles the shoes, thus keeping them out of landfills. We receive part of the funds that the sales generate which we give to the SCL Poor fund.

We will continue to accept donations of **TENNIS** shoes (no other types of shoes- please) through September 20th and then again in the Spring.

# Celebrating Students' Acts of Virtue

**Gemma Johnson-** Picked up trash in the girls' bathroom.

**Aislynn Sullivan and Drew Theobald-** Helped a classmate clean out her backpack after water spilled.

**Sam Dokaj-** Sam gave his teacher his eraser. "The best eraser ever."

**Nino DeSuza-** Gave his teacher his "best pencil."

**Chase Richardson-** Thank you for picking up other people's paper towels without being asked.

**Madison Kornfeld-** Madison was very kind to a friend and is a great example of a leader.

**Will Meyer-** For holding open the door for a teacher when no other students would let her in.

**Jack Schaeffer-** Jack picked up trash in 202 that wasn't his.

**Jack Blume-** Being kind to a 1st grader in church.

**George Tillman-** George showed kindness to a friend when he helped him pick up his supplies from his pencil case that had fallen out.

**Ben Gennaoui-** Ben tied a friend's shoe that was untied.

# Celebrating Students' Acts of Virtue

**Nolan Eidson-** Nolan cleaned up a snack mess that wasn't his.

**Avery Gennaoui-** Avery plugged in all the Chromebooks in 202.

**Lexi Berry-** Lexi brought a student his backpack who forgot it in the gym.

**Ava Peniston, Gemma Johnson, & Elena Bockelmann -** Cleaned up a water spill in 202.

**Reese LaRusso and Sammie Schmittgens-** For helping another student in homeroom when she dropped her water bottle and helped clean it up.

**Mrs. Duncan-** Saving the students from a wasp in the classroom.

**Larry Schroeder-** Thank you for picking up the trash when no one else would.

**Gus Tillman -** Gus helped Nurse Johanna clean up a coffee spill.

**Aniston Miller-** Aniston showed kindness to a kindergartener who was crying in the nurse's office. She walked him back to class.



# SAINT CATHERINE LABOURE FIRST ANNUAL HOMECOMING October 12, 2024

Opening Ceremonies—12:00pm— Main Stage

Kid's Game Booth—12:00pm—Main Lot

Cake Walk—12:00pm—School Lobby

Carnival Rides—12:00-10:00pm—Main Lot

Inflatables—12:00-6:00pm—Main & Upper Lots

Catherine's Raffle Basket Bonanza—12:00-6:00pm

Chrysanthemum Corner & Pumpkin Patch—12:00-6:00- Victory Garden

Catherine's Upscale Resale—12:00-5:00pm—Parish Hall

Catherine's Café—Fresh Food & Icy Cold Beverages—12:00-9:30pm—Main Lot

Chuck—A—Luck—6:00pm-9:30pm

Pull Tab Bingo! - 12:00pm-6:00pm

Live Entertainment

3:00-5:00—Karl and Noon Mass Band—Main Stage

6:00-9:00—Riley Holtz—Main Stage

**Homecoming Apparel Store Closes September 15th**

**Ride Bracelet & Pre-Event Game Tickets On SALE NOW**

**We Are Looking for Additional Volunteers**

Visit [www.sclparish.org](http://www.sclparish.org) to link to all Homecoming Opportunities



# "Grill & Chill: A SCL BBQ Extravaganza!"

Join us for a **sizzling** good time!

St. Catherine Laboure Annual Parish BBQ  
Sponsored by the Knights of Columbus

**Sunday, September 22nd**

**10am—6pm—SCL Cafeteria**

*indoor and outdoor seating available*



Pork Steak Dinner	\$15
Boneless Chicken Dinner	\$15
Pulled Pork Dinner	\$15
Children's Plate—Hamburger/Hot Dog	\$7
2 Brats w/ Kraut Dinner	\$15
1/2 Slab Baby Back Ribs	\$20

All dinners include 2 sides and dessert. Choice of baked beans, cole slaw, potato salad, corn on the cob.

Ted Drews Frozen Custard  
Pretzel Boys  
Raffle & More



# Cub Scout Family Campout (K-5)

Saturday, September 21 – Sunday, September 22



All families with boys in kindergarten through 5<sup>th</sup> grade are welcome to join in for a day of:

**Hiking – Bonfire – Camping – Fishing – Canoeing – Friendship**

SCL Cub Scout Pack 646 is proud to sponsor this fun-filled family weekend at Camp MacClosson. Just 55 minutes away from St. Catherine, come for a short time, or put up a tent and spend the night with other SCL families.

Not in Cub Scouts? Not a problem! Come anyway. Bring the whole family and enjoy a day / night out that your family will remember for years to come!

For more information:  
Emily Brinkmann  
ERBrinkmann@gmail.com  
636.357.2580



Please RSVP to Emily by September 17 via text, email, or phone.

## 2024-2025 Pack Events

SCL Family Campout

Cub Launch

Scouting for Food

Caroling/Gingerbread Houses

Pinewood Derby

Hiking

Blue and Gold Banquet

Memorial Day Good Turn

And More!

## Sign up for Cub Scouts

<http://bit.ly/registersclscout>



Email or text Emily Brinkmann with any questions or to find out who your child's den leader is!

[ERBrinkmann@gmail.com](mailto:ERBrinkmann@gmail.com)

(636) 357-2580



**SCL Youth Ministry invites you to  
save the date for**

# **Trunk *or* Treat**

A Halloween-themed illustration featuring three black silhouettes of a girl with a basket, a boy, and a ghost walking across a dark landscape with two tombstones. In the background, a large yellow sun or moon is partially obscured by white clouds. Two black bats are flying in the purple sky, and several yellow stars are scattered throughout.

**October 26th 7-8:30pm**

**(Rain Date October 27th 5-6:30pm)**

**SCL Parking Lots**

**More Info Coming Soon!**





955 Executive Parkway Drive  
Suite 100  
Creve Coeur Missouri 63141  
(314)200-5131  
[www.westcountybehavioral.com](http://www.westcountybehavioral.com)

**Expert Advice!  
The busier you are,  
the more you may  
need to read this!**

***The following is provided via a Partnership with  
West County Behavioral Health and the Archdioceses of St. Louis***

**OVERWHELMED! MAINTAINING BALANCE AND CONNECTION IN A BUSY FAMILY**

*By Cari McKnight, MSW, LCSW*

It starts with the best of intentions. Your daughter expresses an interest in playing soccer, so you sign her up at 4 years old. You want to make sure she starts early, so she doesn't get left behind. Pretty soon, you sign her up for Girl Scouts. It's a wholesome activity that builds character, right? Next, you enroll her in piano lessons - you think that you should expose her to an instrument as you want to make sure that she's well-rounded. As time goes by and her friends start different activities, you want to give her those same opportunities... so you let her join the softball team. Then she wants to try basketball, so you let her do that too. Before long, you realize that if she is going to have any chance of playing soccer long term, she had better get on a select club team to be challenged and get good coaching. You soon realize that a club team is a big commitment – it is year-round, they practice twice a week and have tournaments every weekend – but you feel it is worth it because you want her to be able to play in high school, at the very least. You don't mind letting her do a few clubs after school also, because you want to keep her occupied after school (we all know what happens to kids with too much free time!), and besides, it will look good on a college application. One day you wake up and look at your calendar and feel paralyzed: she has basketball and drama club on Mondays, soccer practice on Tuesdays and Thursdays, piano and Girl Scouts on Wednesdays, yearbook club on Fridays, and tournaments every weekend, some out of town. This doesn't even count homework or school projects. And, this is only one child.....

Today's youth are stressed as never before. Academically, our children have shorter summers, fewer free periods, tougher grading standards, and are taking more college-level classes in high school, etc. Athletically, kids are encouraged to be on competitive travel teams that run year round (vs. just seasonally), specialize at young ages, have games at 10 pm some nights, etc. Socially, there is pressure to be available at all times – the constant buzz of cell phones, interruptions from texts at all hours of the night, etc. sets up an expectation that our children should always be responding to texts and participating on social media. It is very easy for both kids, and parents to feel completely overwhelmed and out of balance.

We ask ourselves – how did we get here? There are a few societal reasons that have combined to create this insidious phenomenon. First of all, we have been inundated with the message that the world is a dangerous place for kids these days. This has inspired a knee-jerk reaction to make sure kids are involved in structured activities instead of just letting them have free play time after school. While these fears are well founded in some areas, this has extended into many areas where crime is rare or nonexistent. In addition, we have also learned to be fearful that our children will miss out or be left behind. This fuels, early, intense involvement in activities, as many parents fear that if they delay starting a sport or a musical instrument that their child may never be able to compete.

# OVERWHELMED!! Advise (cont.)

On top of all of this, because we have heard the message that colleges are looking for “well-rounded” applicants, we can fall into the trap of thinking the busier our children are, the better job we are doing as parents. Overall, there is just a general increased pressure on our children to achieve – from knowing their alphabet and colors before school, to being expected to be on the select teams at a young age, to worrying about what colleges will accept them (far earlier than is necessary) – our youth are very driven by their achievements and resume of activities.

No doubt, most parents usually just want what seems best for their kids. Even when intentions are good, though, kids can easily become overscheduled. The pressure to participate in a handful of activities all the time and to “keep up” can be physically and emotionally exhausting for parents and kids alike, and can leave us all feeling disconnected.

Sooner or later, kids who are too busy will begin to show signs. Every child is different, but overscheduled kids may exhibit these red flags:

- feel tired, anxious, or depressed
- complain of headaches and stomachaches, which may be due to stress, missed meals, or lack of sleep
- fall behind on their schoolwork, causing their grades to drop
- want to drop out of previously enjoyed activities
- difficulty making, keeping or enjoying the company of their friends
- a reluctance or refusal to go to school or get out of bed
- self-harming behaviors or thoughts of suicide



It is important to pay attention, as the effects of being out of balance can be far-reaching and impact all of us. Individually, we are more prone to both mental and physical illness when we are stressed and overwhelmed. Our cortisol levels increase – which physically shrinks the hippocampus, one of the memory centers of the brain. Cortisol affects our white blood cell functioning, and we end up sicker more often. Elevated cortisol also negatively impacts serotonin (a brain chemical key to depression and anxiety). We end up with tired, irritable kids who aren’t learning as easily and who are more and more dependent upon us because they are not able to successfully manage their own lives independently.

Family life also can suffer — when one parent is driving to basketball practice and the other is carpooling to dance class, meals are missed. As a result, some families rarely eat dinner together, and may not take the extra time to stay connected. Plus, the weekly grind of driving kids all over the place and getting to one class, game, or practice after another can be downright tiresome and stressful for parents. This can all impact the connection between kids and parents, and between couples as well. We can easily end up feeling very disconnected from one another... this can lead to poor communication, being out of touch with kids’ lives, and marital struggles.

## SIMPLE SUGGESTIONS TO MAINTAIN BALANCE:

- **Agree on ground rules ahead of time.** For instance, plan on kids playing one sport per season or limit activities to two afternoons or evenings during the school week. This may make for some difficult choices, but this is one way to keep a balance.
- **Know how much time is required before committing to an activity.** For example, will there be time to practice between lessons? Does your child realize that soccer practice is twice a week, right after school until dinnertime? Then there's the weekly game to consider, too. Is travel involved? Be very clear about expectations as you make decisions to join a new team, musical, or activity.
- **Keep a calendar to stay organized.** Display it on the refrigerator or other prominent spot so that everybody can stay up-to-date. And if you find an empty space on the calendar, leave it alone!
- **Create structured family time.** If you're eating fast food on the run every night, plan a few dinners when everyone can be home at the same time, even if it means eating a little later. Numerous studies have shown that families who eat dinner together report stronger relationships and better grades. According to a study by the National Center on Addiction and Abuse at Columbia University, kids and teens who eat dinner with their families at least five times a week have a much lower risk of substance abuse. Schedule family fun time, too, whether it's playing a board game or going on a bike ride or hike. We can easily forget or underestimate the importance of family connection in protecting our children.
- **Take charge of technology!** Set up a central family charging station so that our children can turn in technology each night. This helps kids set a boundary with their peers - for example, no phones after 9 pm. In addition, it keeps kids from being disturbed in the night, and also helps prevent them from making poor choices online late at night.



- **Try to carpool with other parents to make life easier,** and to free up more time for our other children, spouse, and/or ourselves. When you do end up driving, turn off the radio and use the time to TALK. Kids frequently open up while you are driving and they aren't looking at you....it can be a surprisingly good time to connect.
- **Build in time to do things for yourself.** It is important to make some time for ourselves – whether we make time to read, take a walk, chat with a friend, or whatever, we need to do this so we don't get too burned out.
- **Help your children set priorities.** If kids start struggling academically, they may need to drop an activity. Or, consider avoiding some AP classes if students can't keep up at that pace. But while school is a priority, remember to not let the focus be all about academic achievement. We need to have talks with our kids about finding a balance – let them make choices about where to put their energy. Let them know that taking care of themselves (having some free time, being involved in some other activities) is at least as important as making that 4.0 that they are striving for. So many young people are obsessed with having straight A's that they start developing anxiety and perfectionistic tendencies. Help your children see that having balance and stable mental health is important for the big picture of their lives, and that they are valued for who they are, not what they achieve. Assure them that their performance does not define them!
- **Know when to say no.** If your child is already doing a lot but really wants to take on another activity, discuss what other activity or activities need to be dropped to make room for the new one. And don't be afraid to set boundaries to protect your family time! It is perfectly ok to say no to a practice or game when you want to protect your family time (ie. traditional family activities around holiday times, weekends to the lake, family gatherings, etc.). Let children see that it is acceptable to make family connections a priority!



## In Conclusion.....

**Essentially, it comes down to realizing that it is our job, as parents, to protect our children and families. We need to be brave enough to set boundaries and take the lead on this. While this is a cultural struggle, it is up to us as individuals to start drawing the lines and take back our families. We can't expect change unless it begins at home. We need to give our children the message that they are not defined by their achievements, as society is telling them that they very much are. And, while many of us are fearful that if we miss games or don't feed into societal expectations our children will pay the price, it could be argued that the price our kids pay is much greater if we do nothing. Our children need us, they need their families. Let's show them that we will make that a priority.**

**Article Written by:  
By Cari McKnight, MSW, LCSW**

I offer warmth and compassion to develop a strong therapeutic relationship with each client. I create a safe environment so that you are able to get down to your core emotions, then help you further explore those feelings. I believe that this is the key to any lasting change or improvement. Changing thoughts and behaviors is great, and definitely part of what needs to happen in therapy...but that is only a temporary first-order change. Real, LASTING change comes from addressing the underlying feelings and emotions behind those behaviors. This authentic growth is my goal for every client.

I have extensive experience in mental health treatment and am passionate about helping others create balance and happiness in their lives. I specialize in private therapy for adults, adolescents, couples, and families dealing with relationship/interpersonal difficulties. I also provide mental health therapy for issues such as depression, anxiety, grief, and trauma, among many others. When you feel "stuck", I work with you to identify unhealthy patterns, and then help you break those patterns.

In addition to my clinical therapy practice, I also author articles and literature on a variety of relevant mental health topics – including relationships, marriage, interpersonal conflicts, and self-actualization. I also do presentations and speaking engagements in the community related to various mental health topics. I look forward to working with you to help you to create a more rewarding and fulfilling life!

**For additional questions, resources or to schedule a private consultation, parents my reach out to her at (314)200-5131 [www.westcountybehavioral.com](http://www.westcountybehavioral.com)**

JOIN US FOR



Let us show you how we SHINE! Hear from current students, visit our campus and attend breakout sessions on topics of your choice.



**TUESDAY, SEPT. 17**  
6:30 P.M.



**COR JESU ACADEMY**  
10230 Gravois Rd, 63123

**Session Topics:**

CJA Mythbusters: "I heard that at Cor Jesu..."

Your Investment: Financial aid and the Cor Jesu difference

Athletics: Highlighting Charger teams, accomplishments and spirit

Fine Arts: Spotlight on art, music and drama

College + Career Prep: Exploring real-world opportunities in high school

A Place For You: Transitioning from different schools

Cor Jesu Traditions: A sneak peek of our sisterhood, spirit and traditions



To register, scan or visit  
[www.corjesu.org/CorJesuNight](http://www.corjesu.org/CorJesuNight)





# WAYS TO VISIT CAMPUS

[stmaryshs.com/admissions/visit-smssc](http://stmaryshs.com/admissions/visit-smssc)

## SHADOW A DRAGON

All 8th graders are invited to shadow a Dragon and experience the Dragon Difference on **Tuesdays** and **Thursdays** in the fall.

## DRAGON FOR A DAY

All 6th, 7th, and 8th graders are welcome to experience the Dragon Difference on **Friday, September 27** from 8:00am-11:30am.

## MIDDLE SCHOOL FOOTBALL NIGHT

Cheer the Dragons onto victory as they take on the Chaminade Red Devils. **Friday, September 27** from 5:00pm-7:30pm.

## HIGH SCHOOL NIGHT @ ST. MARY'S SSC

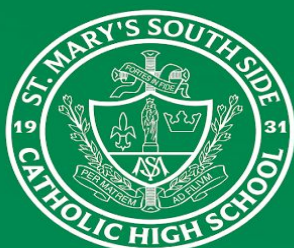
Families with students in 5th-8th grade are invited to attend a twenty minute presentation from St. Mary's SSC on **Thursday, October 10** from 6:00pm-8:00pm.

## MIDDLE SCHOOL SOCCER NIGHT

Cheer the Dragons onto victory as they take on the Maplewood Blue Devils. **Tuesday, October 22** from 5:00pm-7:30pm.

## OPEN HOUSE

Join us on **Sunday, November 6** for our Open House. Take a student-led tour, meet administrators, teachers, coaches, and staff, and see why St. Mary's SSC will set YOU up for success.



## QUESTIONS?

Mrs. Christina Bianchi  
Director of Enrollment  
[bianchic@stmaryshs.com](mailto:bianchic@stmaryshs.com)  
314.481.8400 ext. 110