

# St. Catherine Labouré Catholic School

9750 Sappington Road St. Louis, MO 63128 Phone: 314-843-2819 Website: <u>www.sclschool.org</u>

**September 22**, 2023

Lord, help me to make time today to serve you in those who are most in need of encouragement and Assistance.

- St. Vincent de Paul

# Save the Date

Advent Music Concert Grades 1-3 Performing Tuesday, December 12th 6:30-7:30pm

## **Get Ahead of the Morning Rush**

- The MAIN doors to the school are now open at 7:20am so parents can leave home earlier to beat the worst of the traffic in morning.
- Kindergarten doors will open at 7:30am, but K students MAY be dropped off at the main entrance

What a lovely quote from St. Vincent! It reminds me of the word J \* O \* Y = Jesus, Others, Yourself. Vincent certainly embraced this way of living. He put God first, then others, then himself. St. Vincent was a humble man full of energy and zeal to serve

God by serving others. What a wonderful example for us all.

This weekend is the beginning of the parish's stewardship drive. How is God calling you to serve Him and others? Let us take these words by St. Vincent to heart and ask God to help us discern how we may best serve the parish and others.



Come to our celebration of the Feast of St. Vincent – scroll down for more information.

### Mark your calendars! You won't want to miss this!



# Celebrating the Feast of St. Vincent de Paul September 23/24 (all Masses)



"Lord, help me to make time today to serve you in those who are most in need of encouragement or assistance" St. Vincent dePaul

Join us...
Celebrate with us...
Pray with us...

### On the weekend of September 23 & 24 we are asking you to:

- Wear an SCL T-shirt: If you have a SCL t-shirt or SCL athletic jersey, youth ministry t-shirt, etc. please wear it to Mass this weekend.
- Name Tags: In an effort to build community and to get to know each other, we will be
  asking everyone to wear a name tag at Mass. This will give all of us an opportunity to learn
  each other's names. So, as you enter church on this weekend, please fill out a name tag and
  let's get to know each other!!
- Children's Liturgy: Sunday, September 24 @ 10:30 am mass. The children's choir will be singing!!
- Meal-A-Month Bag: In the spirit of St. Vincent de Paul, the parish is asking every family
  to take a meal-a-month bag home this weekend and return it the following weekend with
  groceries to help feed the hungry. The food collected stocks the food pantry at our sister
  parish in the city, St. Vincent.
- BBQ Sunday, Sept. 24, 10:00 am—7:00 pm: Sponsored by the Knights of Columbus.
   Bring your family and friends and enjoy good food while celebrating with your parish community the Feast of St. Vincent DePaul. Additional information in the bulletin and website.
- Stewardship Weekend: This weekend marks the beginning of the parish's stewardship campaign. What is God calling you to do?



See You In Church





Pet Blessing Saturday, October 7 10:00 - 10:15 am



# New Dismissal Time Change & Procedures

Thank you for your patience as we adjust the morning and afternoon dismissal times and procedures to accommodate the surrounding traffic. After a discussion with the SCL School Board this past Tuesday, the following changes were approved to move forward by Fr. Dominic and the SCL School Board members.

### **Morning Drop Off**

The school start time will remain unchanged with students expected to be in their classrooms no later than 7:50 am. However, to provide a wider and earlier window for drop-off to "beat the traffic" we are now opening the MAIN doors to the school at 7:20 am.

#### **Afternoon Dismissal**

We are making **TWO** changes in an attempt to get people on the road sooner but still in a safe manner for all.

- Effective Monday, October 2nd, school will be dismissed 5 minutes earlier- at 2:55 pm.

  This will reduce the "Homeroom" period at the end of the day from 10 to 5 minutes and not affect instructional time. We ask that all cars be in their designated parking spots at this time, as students will begin to enter the parking lot then. This is also when Mrs. Stevison will begin to stop cars and have them wait in the "Late Line."
- Effective Monday, September 25th, we are officially implementing the revised dismissal procedures from the Main School Lot that we have been testing recently. The lots near the playground will continue to dismiss as usual, but with your help, just with a bit more expediency. However, while the School Lot (rows & perimeter) and Church lot will still be dismissed in the same order (ensuring each section has a turn at being first) the direction you turn onto Sappington road will determine from which driveway you will exit.
  - -Cars going **RIGHT** on Sappington will exit from the driveway between the Parish Hall and Parish Offices. Cars going LEFT please do NOT use this exit—see below.
  - -Cars going LEFT should proceed down the slight hill/road in front of Parish Hall to the lower driveway near the stoplight. Whenever possible, a staff member will be posted between the driveway and stop the light to monitor the flow and trigger the light to turn red on Sappinton to SCL cars to turn left onto Sappington safely. Please monitor the light/staff person and do attempt to "squeeze in one more car" as it reverts back to green for those on Sappington.

#### **Miscellaneous**

Many people suggested that we utilize the driveway between Parish Center and Parish Office as an "exit only" with one lane turning right and the other turning left. This option was explored, but we were advised by St. Louis County Police to NOT do this due to the "obstructed line of vision of cars turning left."

• The "Family Handbook" and "Parking Lot Procedures" will be updated in the new future and reposted on the website.

Please see the attached map for clarification and feel free to contact a School Board member or the school office for questions. Thank you for your patience, flexibility, and cooperation in adapting to these new procedures that hopefully will make life less stressful, more pleasant, and safer for many.

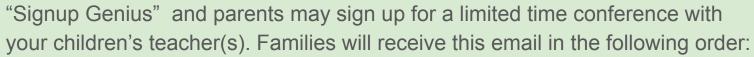
# Parent - Teacher Conferences

# When?

- Thursday, October 26th from 1:00-8:00 P.M.
- Friday, October 27th from 1:00-5:00 P.M.

### How to Schedule?

Each family will receive an email from Mrs. Koch (<a href="mailto:skoch@sclschool.org">skoch@sclschool.org</a>) that will contain a link to a



- Monday, September 18 Families with 4 or more students
- Thursday, September 21 Families with 3 students
- Monday, September 25 Families with 2 students
- Friday, September 29 Families with 1 student

### K-to 5th Grade

Please sign up for one conference time per child with his or her **homeroom** teacher

### 6th - 8th Grade

Please schedule with only ONE core subject teacher - Math, Science, Social Studies, Language Arts, Religion- per child.

### **Everyone**

Conference times are also available for sign-up at this time with co-curricular teachers, Art, Music, PE, Stream, and Spanish

# **2nd Opportunity**

On Tuesday October 3rd the Signup Genius will up will be open to all families for the second time. This will allow conferences to be scheduled with other core or specialty teachers until Wednesday, October 18th at 9:00 A.M.



# For Your Planning

- 22-23 8th Grade Fundraiser- Adult Volleyball Tournament at SCL
- 23-24 Feast of SVP Celebration after ALL masses & BBQ on the 24th
- 28 SCL Hosting Sophia Institute, a Religious Professional Development for Teachers. School will be in session!
- 29 NO CLASSES Teachers Attending Professional Development at Vianney
- 30 Social Saturday after 5:00 PM mass!!

#### **OCTOBER 2023**

- 4- School Picture Day
- 5 Ist Reconciliation Retreat 6:30-8:00 PM for 2nd Grade Students & Parents
- 7 Pet Blessing 10:00AM
- 10 School Board Meeting 6:30 PM
- 13 End of 1st Quarter
- 20 Noon Dismissal Teacher Faculty Meeting & 7th vs 8th Grade Soccer Game
- 26 Noon Dismissal Conferences 1:00 8:00 PM
- 27 Noon Dismissal Conferences 1:00 5:00 PM
- 30-31 No School Fall Break

#### NOVEMBER 2023

- I All Saints Day No School Fall Break
- Noon Dismissal Teacher Faculty Meeting & Veterans' Day Program

### **NURSES' NOTES**

# Why Is Sleep So Important?

Each month Nurse JoHanna and Nurse Whitney will be going into the classrooms to speak to the students about a health topic. Their topic for September is sleep!



# They explained the importance of sleep:

- Helps your immune system fight off germs
- Helps your brain store memories and then recall them why we need good night sleep for a test)
- Helps your mood
- Gives you energy
- Decreases pain and stimulates healing
- You grow when you sleep
- With the older students they talked about how it helps with hormone regulation

# They also discussed some things to do to get good night's sleep

- Eat a good dinner
- Decrease sugar
- No caffeine
- We talked about bananas having melatonin and mg in them to help with sleep
- Little to no screen time before bed
- Get into a sleep routine
- Relaxation techniques

Sleep is one of the most important things you can do for your health! Not getting a good night's sleep can have lasting effects and can affect our day and health in so many ways.

# Algebraic Equations + Teamwork = Better Together!

Two of our 8th grade Math classes worked on writing and solving word problems involving algebraic equations with variables on both sides.

They worked so hard and did an outstanding job!



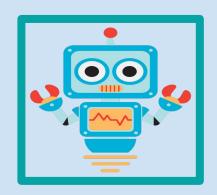
# **SCL Robotics**

Middle school students are invited to join an extracurricular robotics program for middle school students which will operate in conjunction with the "The Clavius Project." There is no charge to participate and all levels of experience are welcome. For more detailed information about this program please go to the following website <a href="https://doi.org/10.1007/journal.org/">The Clavius Project</a>.

The team will meet on Tuesdays at SCL from 3:20-4:30 (Parent Coach Mrs. Schaller needs time to finish teaching at VIZ and get to SCL) in the innovation station beginning in early October 2023. Students will be allowed to stay after school in the Innovation Station as we have parents who have volunteered to take turns supervising the kids from 3:00 until one of the coaches arrives.

Participants are asked to regularly attend on Tuesdays, and also to represent SCL in the Clavius Robotics Jamboree on April 27, 2023 at SLUH. We understand that some interested students may have temporary commits such as 8th grade Cotillion or a fall sport practice, but you can sign up now and join the team after your previous obligation is complete.

To join the group, please email Mrs. Patke at <a href="mailto:mpatke@sclschool.org">mpatke@sclschool.org</a>



# A Message from the SCL Athletic Association

2023-2024 Basketball Registration is now open.

Instructional basketball will be offered for Grades 1-2. CYC Basketball will be offered for Grades 3-8.

Your registration process starts here:
South County CYC District (teamsideline.com)
The window closes on September 30th.



# 7<sup>th</sup> Grade Service Project Opportunities

- Help the Knights of Columbus at their BBQ this Sunday.
   For more information contact Joe Hejlek at joehejlek@yahoo.com.
- Help serve meals at St. Vincent Parish in downtown St. Louis.
   Contact Sue Tumminia to sign up <a href="mailto:stumminia@sclparish.org">stumminia@sclparish.org</a>.

# Celebrating Students' Acts of Virtue

Marshall Hebenstreit- For being honest

Violet Hooper- Returned lost necklace to owner

Josh Brinkmann- Put all the balls away after recess

**Bennet Knipp**- Shared his snack with a friend who didn't have one

**Vivian Gianino**- Helped her friend pick up her crayons that spilled

**Charlie Iselin**- Helped a friend feel better when he was sad

**Louie Godfrey & Oliver Gladbach**- Picked up all the paper from the recycling bin when it tipped over

**Beau Steinlage**- Cleaned up four picnic tables after lunch

Martin Braun- Helped a classmate tie his shoe

Joe Antonacci- Put away recess balls without being asked

Landon Kinworthy- Being kind to a classmate

**Blake Richardson**- Helped a Kindergartener tie her shoe at recess

Beau Steinlage- Helped a friend tie his shoe

Bridget Bode, Ellie Villa, Nora Smith, & Harper Voyer-Helped carry Caitlyn's things and took notes for her

**Sloane Miller-** Volunteered to pick up a dead bug when no one else would

Vinnie Sinclair- Helped a friend clean out his desk

Nolan Sandvos, Connor Gladbach, Declan Hays, & Landon Burkey- Put away the volleyball net after recess even though they didn't play volleyball that recess

**Avery Lang-** Stopped to help tie her friend's shoe while in line for the bathroom

Mia Sinclair- Cleaned up a crayon mess on the floor

**Calvin Price-** Cleaned up all the snack trash on the floor in room 202

Maddie Fitzgerald, Patrick Theobald & Nate Masters-Thank you for cleaning up a Lego spill in the library even though you didn't make the mess.

**John Buhlinger-** Found a coin outside and turned it in to donate to the poor

Millie McLaughlin- Helped a classmate clean up a huge water spill

# St. Catherine Laboure

#### MONDAY

French Toast Nibblers OR Mini Waffles with Crispy Bacon Slice Yogurt **Frosty Peaches** 

#### **TUESDAY**

Baked Macaroni & Cheese **BLT Wrap** with Fresh Veggies & Dip Mandarin Oranges

Cinnamon Goldfish

#### WEDNESDAY

Mini Corn Dogs OR Crispy Chicken Tenders with Tossed Salad Vine-Ripened Grapes Mini Rice Krispies Treat

#### **THURSDAY**

Pepperoni Hot Pocket OR Italian Chicken Sliders with Tossed Mixed Greens **Diced Pears** Creamy Yogurt

#### FRIDAY

Carnival Corn Dog OR Cheeseburger with Bun with Smiley Face Potatoes lcy Blueberries Flavored Jell-O

PAPA JOHNS PIZZA

Cheese, Pepperoni

Or Sausage

with

**Orange Wedges** 

Garden Salad

#### DAILY SALAD OPTION:

ALA CARTE MILK/80Z WATER:\$.50

FOOD IN

FOOD IN FOCUS PLATE

**LUNCH AND SALAD OPTION PRICING** PRE K: \$4.00

GRADE K-2ND: \$4.50

GRADE 3RD-8TH: \$4.85

EXTRA ENTRÉE: 1.95

MONDAY: Chicken Caesar TUESDAY: Taco Salad WEDNESDAY: Chef Salad

THURSDAY: BLT Salad FRIDAY: Garden Salad

#### HOT AND COLD ALA CARTE **AVALIBALE DAILY**

PLEASE CHECK YOUR MYSCHOOLBUCKS ACCOUNT THANK YOU

### MENU IS SUBJECT TO CHANGE

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

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

### Cheese Stuffed Bosco Stick

Pepperoni Hot Pocket with Fresh Veggies & Dip Orange Wedges Yogurt

# Crispy Chicken Strips

Turkey and Cheese Croissant with Golden French Fries Garden Salad Ice Cream Cup

### **Dinosaur Chicken Nuggets** Golden Grilled Cheese

with Vegetable Medley **Frosty Peaches** Jiggling Jell-O

11

#### Popcorn Chicken OR Hot Ham and Cheese with

Fruit Flavored Yogurt French Fries Veggies with Dip

Stadium Style Hot Dog

# **Noon Dismissal**

No FSC

20

27

### **Breaded Chicken Patty** OR

Grilled Hamburger with Golden French Fries Fresh Veggies & Dip **Mandarin Oranges** 

#### Golden Grilled Cheese OR

**Chicken Rings** with Tomato Soup Sweet Strawberries **Chilled Pudding** 

#### French Toast Nibblers OR

Mini Waffles with Crispy Bacon Slice Yogurt Frosty Peaches

Chicken Ring

OR

Toasted Beef Ravioli

with

**Buttered Noodles** 

### Crispy Chicken Nuggets **Tater Tots**

Fresh Veggies & Dip Creamy Sherbet

### Fall Break

26

#### Fall Break

#### Cheese OR Carnival Corn Dog with

Crispy Nachos with

Fresh Veggies & Dip **Tropical Mixed Fruit** Vanilla Wafers 23

#### French Toast Sticks with Golden Hash Browns **Tropical Fruit Medley**

**Fall Break** 

31

Emoji Waffle OR Mini Blueberry Muffin

# Golden Corn Sparkling Jell-O

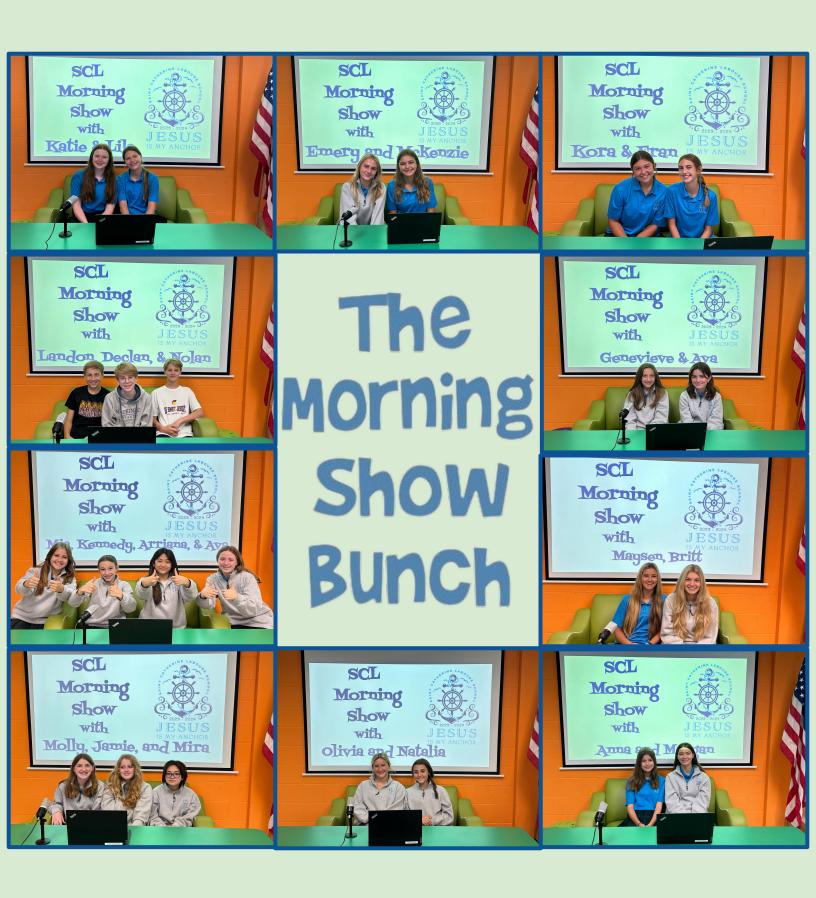
# Did you know?

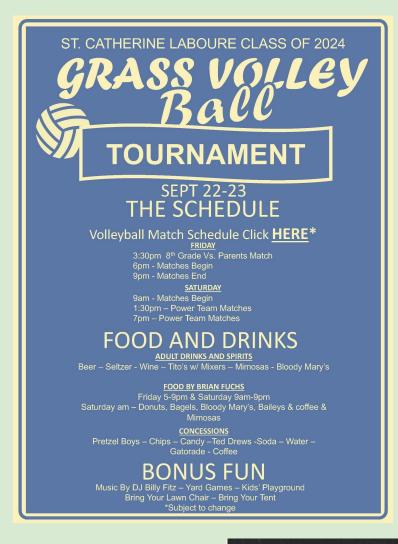
The first Jack-o-Lanterns were made with turnips and were thought to scare away evil spirits.

### **Fall Break**

30

Cafeteria menus are also posted on the SCL school website under Resources











ST. JOHN VIANNEY HIGH SCHOOL INVITES 6TH-8TH GRADE BOYS TO





**FRIDAY** 

**SEPT 29** 





**VIANNEY** 

NORTH *<<<<<*<

ATHLETIC COMPLEX

1311 S KIRKWOOD RD KIRKWOOD, MO

FUN ACTIVITIES & GAMES

VIANNEY **BBO CLUB** 

VIANNEY.COM



### Rebel for a Day

Friday, September 29th from 8 AM- 12:30 PM

We are excited to welcome future ND Rebels to campus! All 6-8<sup>th</sup> grade girls are invited to join Notre Dame High School on Friday, September 29<sup>th</sup> from 8 AM- 12:30 PM to disco and groove through a "day in the life" of an ND Girl. Each visitor will have the opportunity to participate in engaging activities, talk to current students, meet faculty and staff, and enjoy all the perks of life at Notre Dame High School.

Register for Rebel for a Day HERE!

https://ndhs.info/r4ad





Tues, Sept 12, 2023
7:30—9:00 pm
Concession Stand Pavilion\*

\*Inclement weather? Meet in the Parish Hall.

# 2023-2024 Meetings

Mark your calendar for these Tuesdays:

Sept 12 Jan 9

Oct 10 Feb 27

Nov 14 Apr 9

# **Synod on Synodality**

Does the word *synod* sound like a snooze? It's actually pronounced *sin-ned*, and it's just a fancy word for a meeting of church leaders.

Pope Francis called the 3-year-long Synod on Synodality in 2021 to determine the future direction of the entire Church. It's kind of a big deal. Check out "Explainer: So, what exactly is a synod?" by Colleen Dulle from America The Jesuit Review to get up to speed. Then join us for fellowship and discussion.



# What's a meeting like?

Our meetings give us a moment to pause and listen to what the Holy Spirit is saying to us. We open with prayer and Scripture before discussing a faith-based topic in relation to the Catholic Church and to the modern world.

During our conversation, we respect everyone's right to be heard as well as their right to speak. We believe dialogue depends on courage both in speaking and in listening. It is not about engaging in a debate to convince others. Rather, it is welcoming what others say as a way to discern how the Holy Spirit is calling us to live for the good of all.

# QUESTIONS? SCLFIAT2@GMAIL.COM



# **EXPERIENCE THE** Dragon differences

### SEPTEMBER 29TH **DRAGON FOR A** DAY

8:00am-12:00pm

All 6th, 7th, and 8thgrade boys are welcome for a day of fun and discovery.

- Take a tour of our campus which covers more than 27 acres
- Experience what it's like to learn with the Dragons
- Meet new people, eat pizza, and play some video games on the gaming trucks





# NOVEMBER 5TH **OPEN HOUSE**

11:00am-2:00pm

This annual Open House event is an excellent opportunity to visit our campus. You can tour the school, meet administrators, teachers, parents, and students, participate in academic, club, and athletic activities!





# TUESDAYS, THURSDAYS, & **FRIDAYS**

**SHADOW VISITS** 

8:00am-12:00pm

All 8th graders and transfers are encouraged to shadow one of our Dragons!

- Visit several junior/senior classes in session
- Attend a junior/senior Leadership Development Class with a member of the Student Leadership Team
- End your visit with lunch!







