



February 2025

Maximizing the Lunch Hour at St. Pius X Catholic High School: A Guide to Efficient and Effective Use of Time for Students

St. Pius submitted this information about ways their students can maximize their lunch hour. Of course, this is after eating a delicious lunch from the café!

In today's fast-paced academic environment, students are often faced with the challenge of balancing their schoolwork, extracurricular activities, and personal lives. However, one aspect of the school day at St. Pius X Catholic High School that provides an excellent opportunity for personal growth, academic success, and community building is the lunch hour. By using this time efficiently and effectively, students can reap numerous benefits that contribute to their overall development.

■ A Dedicated Time for Academic Advancement

The lunch hour presents a unique opportunity for students to focus on their academic pursuits outside the classroom. Working on schoolwork during lunch can reduce the after-school workload, alleviating stress and enabling students to enjoy a more balanced life.

■ Building Stronger Connections with Peers and Faculty

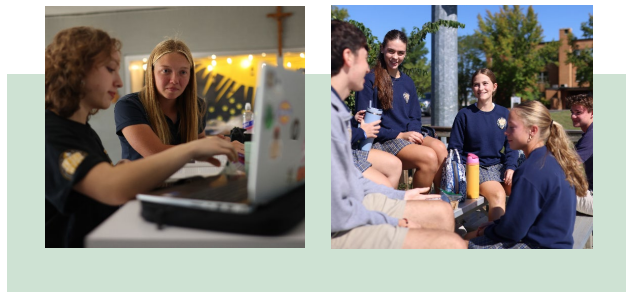
Another significant advantage of the lunch hour is the chance it provides for students to connect with their peers and teachers in a more relaxed and informal setting. This social aspect is crucial for fostering a sense of belonging and building a supportive community within the school.

■ Utilizing Lunch Hour as Mentor Time

Mentorship is a valuable component of a student's educational journey. The lunch hour offers an excellent opportunity for students to engage with mentors, whether they are teachers, older students, or professionals within our faculty and staff.

■ Focusing on Self-Study and Reflection

For many students, the lunch hour is also a prime time for self-study and reflection. Without the



constraints of a structured class schedule, students can use this time to delve deeper into subjects they are passionate about or explore new topics outside the standard curriculum.

■ Enhancing Time Management and Organizational Skills

Effectively utilizing the lunch hour requires students to prioritize tasks and manage their time wisely. By integrating schoolwork, social interactions, mentorship, and self-study into this short period, students learn to allocate their time according to their needs and goals.

The lunch hour, when used strategically, can be a powerful tool for student growth and development. It provides an essential balance between academic pursuits, social interactions, mentorship, and self-reflection, creating a holistic environment that supports the well-being and success of students. By making the most of this time, students can enhance their academic performance, build stronger connections, develop critical life skills, and ultimately, prepare for a brighter future. Encouraging students to view the lunch hour as an opportunity rather than a break can transform their school experience and foster a culture of continuous learning and growth.

We Serve *Great People!*



Congratulations to Senior Kate Hulsen for being recognized as an Outstanding Student Leader by the St. Louis County Youth Programs Department. Kate is a phenomenal leader at St. Joseph's Academy and we have no doubt she will continue to do great things once she graduates. Way to go!



Huge congratulations to Lutheran North Junior Ezekiel Laesch and Freshman Zoe Laesch!

Ezekiel is now a full member of the horn section of the St. Louis Symphony Youth Orchestra, after being an alternate last year! He rehearses for three hours every Saturday and performs in three concerts a year, including one alongside the St. Louis Symphony Orchestra.

Zoe plays flute for the St. Charles County Youth Orchestra, where she rehearses two hours each Saturday and performs in three concerts as well. Her group also performed at the Missouri Music Educators Association Conference in January 2025.

We're so proud of this sibling duo and their dedication to their craft!



Lutheran South Sophomore Mara Queen has earned recognition as the top bassist in the state! She was selected as the solo bassist for the Missouri All-State Jazz Band, consisting of students from across Missouri.

We Serve *Great People!*



Congratulations to Priory's Colin Pim '25 as he was recognized by the Saint Louis County Outstanding Leadership Program! Colin, the Student Council President, was nominated for his leadership and service to the

school community. As part of the program, he participated in a leadership conference at WashU and then was officially recognized by members of the County Council at a ceremony in Clayton.



The SJA Theater department recently put on a spectacular production of Joseph and the Amazing Technicolor Dreamcoat. The cast, singing, dancing, performances, costumes, staging, and lighting were outstanding. The cast and crew received rave reviews from audiences that came to see the 3 nights of performances.

Congratulations to Priory seniors who have been recognized by the National Merit Scholarship Corporation. This impressive group represents 14% of the senior class!



National Merit Semifinalist - Charles Schanbusch and Thomas Kraeger



National Hispanic Recognition Award - Matthew Singer



National Merit Commended - Deven Creeth, Ben Duke, Samuel Faust, and Michael Roxas



Sports



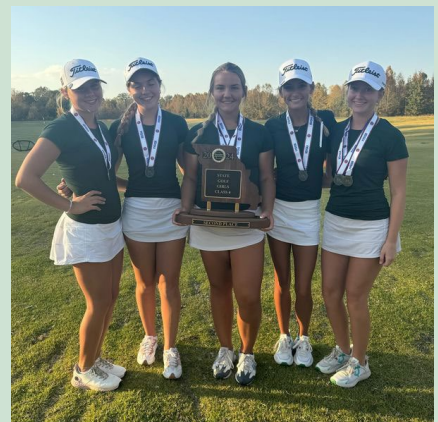
We are very proud of the Academy of the Sacred Heart 7th Class Girls Volleyball team who won their Division in the St. Charles Postseason tournament.

From Preseason to Postseason, these girls haven't dropped a set in 13 matches! That's 36 - 0 on sets!

Incredible!

Let's hear it for the St. Joseph's Academy Golf team!

They finished second place at the state championship! Also, Tess Guignon '27 is your 2024 Golf Class 4 State Champion! What an incredible season and an even more incredible ending.

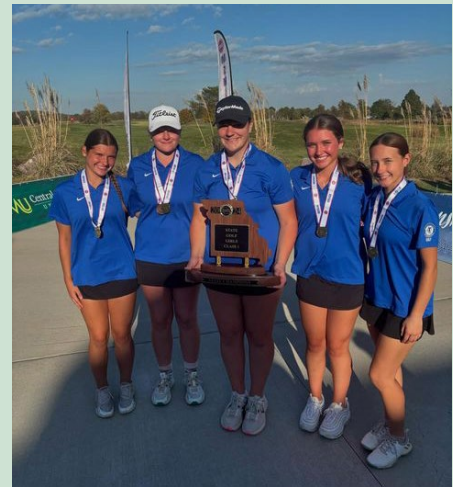


Sports



The SJA tennis team won the Class 3 Girls Tennis State Championship after victories over Liberty and Lafayette. Attached is a photo of the team. This marks 13 state championships for longtime coach, Doug Smith, and 19 total for the Tennis program.

Congratulations to Duchesne High School's Class 1 STATE CHAMPION Lady Pioneer Golfers!



First Team All-State Maddie and Reagan!

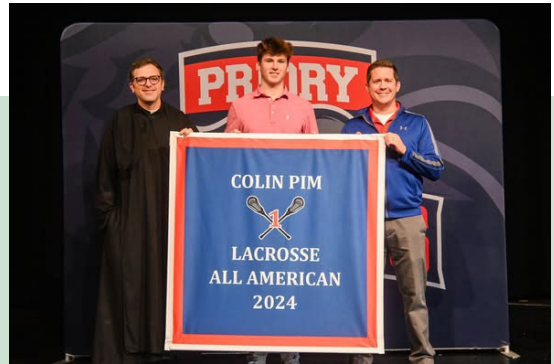


Congratulations to Duchesne High School Class 2 District 5 Volleyball Champions!!!



Sports

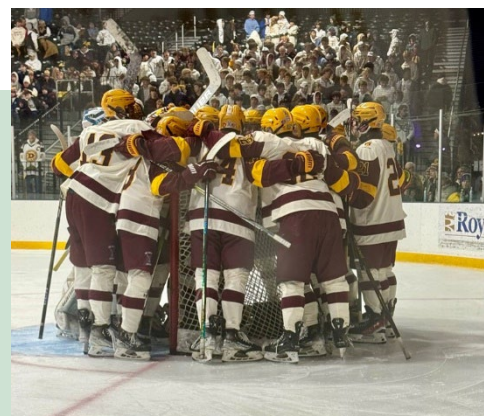
Great job to the Duchesne Cross Country Team on their final regular season meet, finishing with 4 medals. Congrats to Will and Audrey on 1st place!



Colin Pim '25 was honored at the end of the STUCO Assembly today after a successful 2024 lacrosse season.

Pim became the first lacrosse player and third in Priory history to earn All-American honors!

Congratulations, Colin!



De Smet Spartans take home the Jesuit Cup for the 3rd Year in a row to the Palace on Ballas! 3-1 win with goals by Lange and 2 by Fox. Great battle.

Sports

World Champion!

Congratulations to Priory's Noah Kinnaman '26 on being the junior boys world champion at the 2024 IWWF Barefoot Water Ski World Championships in Florida! Kinnaman swept gold medals in junior boys slalom, elite men's tricks, and jumps!



Photo credit: Lynn Novakofski

For the first time since 2003, the Jr. Bills are State Soccer Champions (3-2 PK's)!





Catering Creations!

As we earned a name for ourselves, we wanted to find new ways to share our culinary talents with the community. Events by FSC was a natural fit. Now as St. Louis' premier caterer, we help everyone plan the event of their dreams. And of course, we are serving up plenty of delicious food along the way. Please reach out to mjohnson@foodserv.org and she will help plan your next event!





Catering Creations!



Food Talk



By: Lisa Baragiola

7 Kitchen Staples for Teen-Friendly Meals

If you have teenage children, you may have heard it before: “There’s nothing to eat in this house!” Sure, you can do your part by buying lots of healthy foods, but your teen can get involved too, by helping to prepare some of those foods. Why? When teens learn healthy cooking skills at home, they’ll be better prepared to plan balanced meals and make their own food choices after they leave home. To help your teens get cooking, stock your kitchen with these easy-to-prepare staples.

Popcorn

Who doesn’t crave crunchy snacks? Invest in a popcorn popper! Popcorn is a whole grain, plus it’s loaded with dietary fiber for a healthy digestive system. Three air-popped cups deliver nearly four grams of dietary fiber.

Canned Beans

When it comes to making a quick meal, it doesn’t get much easier than canned beans – just rinse, drain and heat! They’re perfect for burritos, mashed on a tortilla, or added to canned soup for extra protein.

Nut Butters

Even if teens have no clue how to cook, that doesn’t mean they can’t whip up a simple meal or snack. Nut and seed butters – such as peanut, almond or sunflower butter – all are perfect no-fuss foods for the novice cook. They’re a cinch to spread on toast with sliced bananas or make a tasty dip for apples, celery or bell pepper strips.

Eggs

Whether fried, scrambled or hard-boiled, eggs are an easy protein food for teen cooks. With a prep and cook time of less than five minutes, eggs are an easy addition to any meal. They are a great source of protein, vitamin B12, choline and phosphorus – all essential nutrients for teens.

Prepped Vegetables

It doesn’t matter whether they’re fresh, frozen or canned, the more pre-prepped vegetables you have on hand, the more likely your teen will eat them. Think pre-cut baby carrots and hummus for snacks, frozen edamame and peas to add to pasta and diced tomatoes for chili.

Grains

Busy teens don’t have a lot of time to spend in the kitchen, but that doesn’t mean dinner has to be a sandwich. Quick-cooking whole grains such as quinoa, instant brown rice and whole-wheat couscous take less than 15 minutes from start to finish. For a speedy meal, teens can toss cooked whole grains with microwaved frozen vegetables, season them with lower-sodium soy sauce, and add a convenient source of protein, such as cooked frozen or canned chicken or seafood, canned beans or tofu.

Lean Protein

When you teach teens basic cooking techniques, you’ll be amazed by how quickly they catch on. Start by showing them how to grill, bake or broil marinated chicken, fish or beef. Or demonstrate how to sauté ground chicken or turkey, tempeh or tofu to add to spaghetti sauce, chili or tacos.

Before you know it, your teen will be telling you what’s for dinner.



FSC Excellence Awards

The creation of the FSC Excellence Awards was announced at our Manager Meeting in October 2023.

Supervisors and Office Staff nominate accounts for each of the awards and a panel, including Home Office staff, will collaborate and select the winners in each category and they will be presented at three of our managers' meetings.

The parameters for each category:

- **Food**—Cost, Presentation, Inventory, Handling and Creativity.
- **Safety & Sanitation**—Health Inspections, Slip Resistant Shoes, Gloves, Personal Hygiene, Food Temps and Food Storage.
- **Communication**—Paperwork Timeliness, Response time to messages, Client Relations, Interaction with Students & School Staff, and Interaction with their Team.

The winning team receives a poster to hang in their kitchen and each employee receives a pin signifying the category in which they won the award. Our hope is for employees to try their best to win all three pins!

The Winners of the Third Round of Awards Are:

- **Food Category**—Alberici
- **Safety & Sanitation Category**—St. Margaret Mary Alacoque
- **Communication Category**—City Academy

FSC thanks all the nominees and winners for their hard work and dedication.

You make us proud!



Winner, Food Category: Alberici
Brian Hale, Manager



Winner, Safety & Sanitation: St. Margaret Mary Alacoque
Jill Fischer, Manager

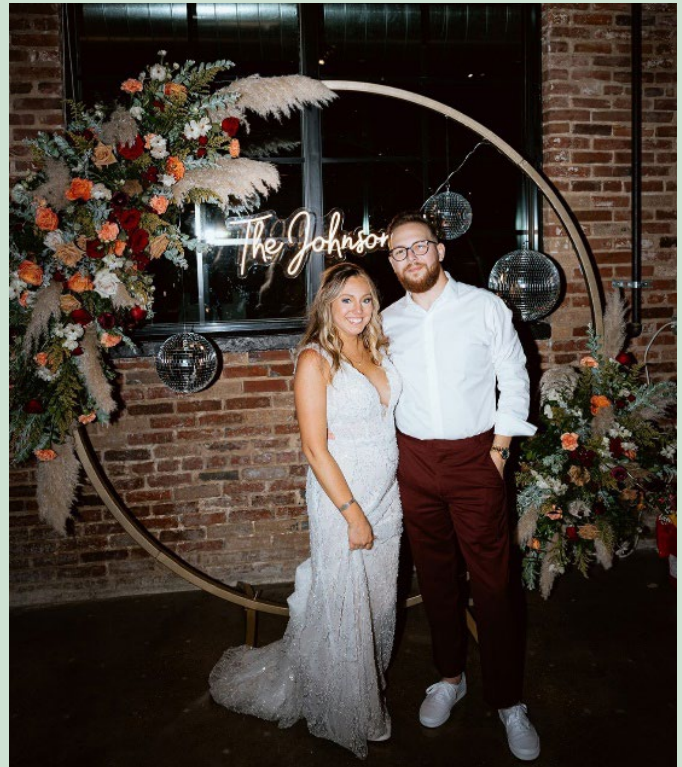


Winner, Communication: City Academy
Laura Carpenter, Manager



FSC Family Features

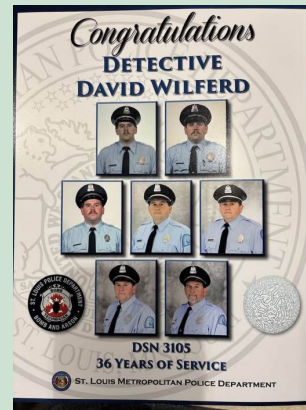
Our Director of Events, Michele Weinfeld-Johnson and her husband Larry hosted a beautiful wedding for their son Tyler and his fiancée Karli on October 5th. The ceremony and reception took place at 3rd Degree Glass Factory and was catered by some of FSC's best Chefs. Congrats to Tyler and Karli and their families!



FSC Family Features



Bridgette Beaman's son Landon made 2nd team all-district football team and was Defensive Lineman of the Year for St. Francis Borgia High School. Bridgette works for FSC at Purina Farms.



Jan Wilferd's husband retired after 36 years at the St. Louis Police Department. Thank you for your service David! Jan is our Café Manager at St. Joseph's Academy.



Liz Cashion, our Manager at Holy Spirit, was happy to welcome her first grandchild Rayna Elizabeth, born November 6, 2024.



Shelley Howerton, Manager at St. Dominic High School, was blessed with not just one, but two granddaughters! Her daughter Ashley Hays and her husband Sam Hays welcomed Audrey Renee 5 lbs 10 oz, 17 inches, and Allison Michelle 4 lbs 14 oz, 17.7 inches long. FSC congratulates Shelley and her family on this wonderful news!



Odds & Ends

Employment Opportunities

We are always looking for good employees to fill a variety of positions. There is usually a need at the beginning of each semester as well as throughout the year. Applicants may send their resume to Susan Parisi at susan@foodserv.org or apply online at www.foodserviceconsultants.org



Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi (susan@foodserv.org) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119. If sending photos, it is best to send in digital format.

Newsletters are published as follows:

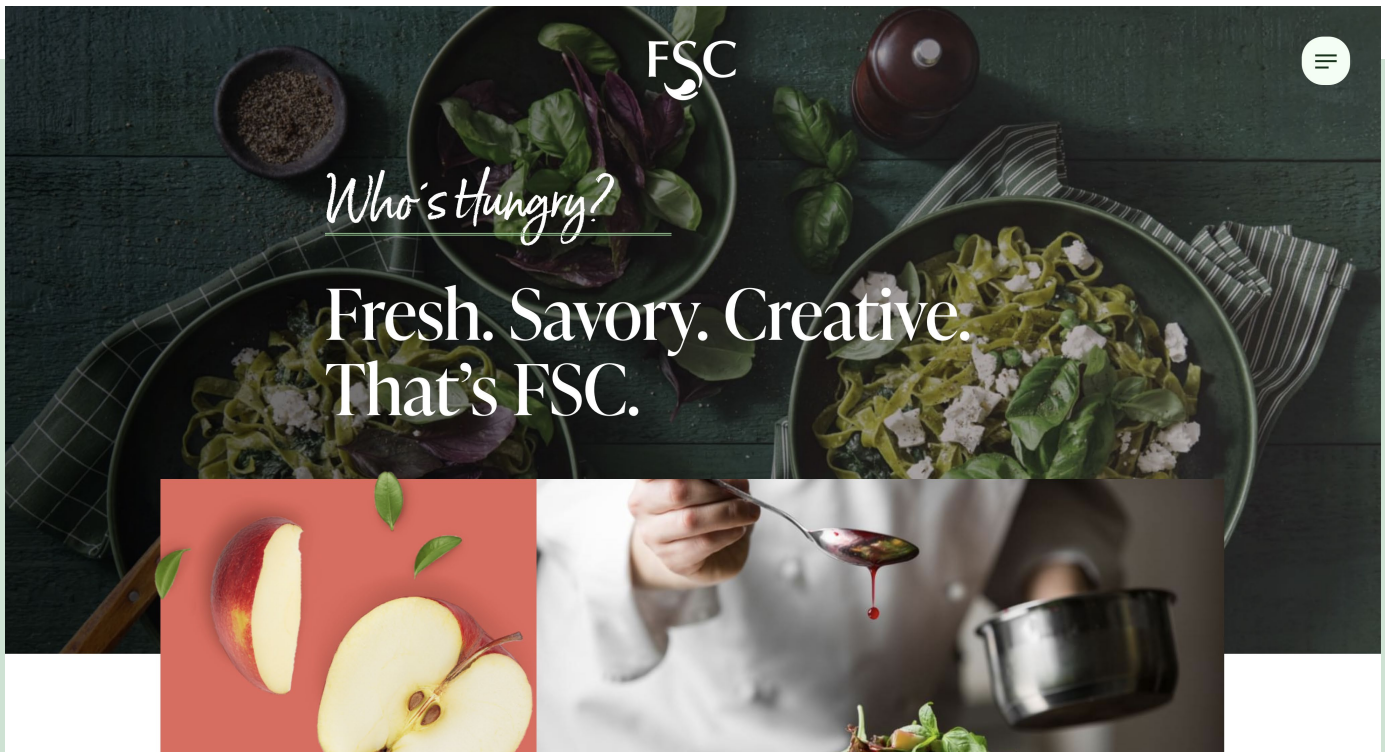
<u>Newsletter Date</u>	<u>Deadline for Info</u>
April	March 22nd
October	September 11th
January	December 15th

Some of the information in this newsletter was taken from articles originally published in the St. Louis Review, and various school newspapers and social media.

We are pleased to say this edition of the insider is printed on post consumable paper.



Odds & Ends



Digital Edition

We offer a digital version of the FSC Insider. If you would prefer the digital version over the printed version, please email susan@foodserv.org. Once the digital version is available, you will be sent a link to view the document. *Thank you.*

Visit our website!

www.foodserviceconsultants.org