**Our Lady Queen of Peace**

**Parish School of Religion**

**2025/2026 Handbook**

**PSR Mission Statement**:

Our Lady Queen of Peace PSR supports parents as *the primary faith educators* of their children by providing religious education in a loving parish environment.  Through our religious instruction and sacramental preparation programs, we invite our students into a deeper relationship with Christ, His Church and a greater understanding of God’s Love.

**Religious education:**

Religious education at Our Lady Queen of Peace provides an age-appropriate presentation of Catholic beliefs so that students will be knowledgeable about their faith, grow in intimacy with Jesus, and put these beliefs and traditions into their personal lives to bring forth the Kingdom of God in the world. Our Parish School of Religion (PSR) follows the religious education curriculum guide from the Archdioceses of St. Louis.

**Sacraments:**

The Sacraments of First Reconciliation and First Eucharist are celebrated in the second grade. First Reconciliation is scheduled in the fall, during PSR and First Eucharist is celebrated after Easter in the spring.

The Sacrament of Confirmation is celebrated in the spring of 8th grade. The date is determined by the St. Louis Archdioceses.

The students and their parents who are receiving these sacraments are required to maintain good attendance in PSR, attend meetings, pray daily, attend Mass on the weekends and participate in retreats as part of the preparation for receiving the Sacraments. These meetings and retreats are on the PSR calendar and reminders will be sent home via email throughout the school year.

**If your child did not attend PSR or a Catholic school the year prior to a sacrament year, extra learning opportunities will be scheduled.** It is highly recommended that students attend PSR every year. We will provide materials for parents to help their child prepare for sacraments. Mrs. Ostlund will also meet with the student to ensure they have a good understanding of the sacrament and the gift of God’s transforming grace and love we receive in the sacraments. Our goal is for the student to be ready to receive the sacrament with the other students**.**

Opportunities for celebrating the Sacrament of Reconciliation are provided for the students in 2nd – 8th grade during Advent and Lent, as a part of their religious education.

**Parents are obligated to bring their family to Church every Saturday evening or Sunday, to keep holy the Lord’s Day and to celebrate the Sacrament of the Holy Eucharist.**

**PSR Parents**

**All PSR parents** are encouraged and invited to volunteer and participate in functions for the parish and PSR. PSR parents are a **VITAL** part of our parish family and together we can promote community within the parish through active involvement at Mass, service projects and parish activities.

The following projects are examples of some of the service opportunities:

-November, we will collect food to donate to the food to donate to those in need.

-December, we ask families to choose an ornament off the giving tree to purchase a gift for someone in need.

-January, we collect items to be donated for mom’s in challenging pregnancies.

-Lent: Students bring in loose change or dollars to PSR to donate to Catholic Relief Services.

-Help work donut Sunday the third Sunday of May.

**Registration:**

PSR registration will begin in late spring. New PSR students are accepted throughout the school year.

Current fees:

1 child - $165 2 children- $295 3 or more children - $395

An additional Sacramental supply fee of $40 is for the 2nd and 8th graders and those making up missed sacraments.

**Supplies:** Materials and supplies are included in the registration fees.

**PSR Schedule and Arrival / Dismissals**:

PSR is held on Monday evenings from 6:00 until 7:30pm for Kindergarten through 8th grade from August through May. A school year calendar is on our website. Along with PSR class, please make Saturday evening or Sunday Mass a priority in your family. Start your week with God’s amazing grace that will help guide you and **your family closer to the heart of Jesus.**

**Drop off is in front of Church starting at 5:45pm.**

Parents are always **welcome** to join us for opening prayer in Church from 6:00-6:15 pm.

**If you are late for PSR**, please walk your child into Church to see if we are still there. If we are not in Church, walk your child into the **PSR office, door A-1** so we can take your child safely to class. All of our buildings are locked.

**If you need to pick up your child before the 7:30 bell,** please go to the office and we will call your child’s teacher for their dismissal.

For the safety of our students, the parking area in front of the big playground is roped off as a NO parking zone. Parents are to park in the big parking lot in front of the cafeteria. **At 7:30 please go to your child’s classroom to pick up your child**. Be careful as you walk back to your vehicle with your children. We want all of our students and families to be safe.

The students are dismissed with the bell. Occasionally the teacher may run over for a few minutes to finish getting the lesson in or having the students clean up. Please wait patiently outside the appropriate door. All outside doors will be locked during PSR**. For greater safety, please pick up your 5th through 8th grade children at their classroom before picking up your younger children.**

**Playground Use**

**For everyone’s safety, parents or guardians are to supervise their children on the playground.** We welcome children to play on the playground before and/or after PSR.

**Attendance**

Attendance is taken during each PSR session. If a student is unable to attend class for illness or another reason, please email Terry Ostlund at [psr@olqpmo.org](mailto:psr@olqpmo.org). **After two absences in one semester**, I will begin sending out a lesson for you to do with your child at home. Parents please help your child with this lesson and then send me an email when it is completed.

**Virtue Based Restorative Discipline (VBRD)**

**Virtues are holy habits that imitate God. Virtues guide our thoughts, words, and deeds. VBRD is a program designed to teach youth and adults the process of embracing virtues in our lives and to promote critical thinking skills that when integrated into moral living allows students to own the problem and the solution. The VBRD model will be used to build virtue and repair the harm in our PSR classrooms.**

**If a student is causing disturbances in the classroom, the following procedures will be followed:**

**The teacher will speak with the student to reinforce expected behavior**. If the teacher’s attempt at redirecting the student’s disruptive behavior is ineffective, the student will be sent to the office to work on his or her work. After the student arrives at the office, he/she will fill out a reflection sheet about their behavior choices. Mrs. Ostlund will speak with the student. (In some situations, a student may be asked to fill out a reflection paper and work quietly in the office until the end of PSR.) We want all students to learn and grow in their faith. If a student is having difficulty with self-control or respect, they may work better in a quieter environment. This becomes a win-win situation because the class can continue learning and the student struggling with self-control can continue learning in the office area.

**Parents will be notified the second time a student is sent to the office.** The third time, Mrs. Ostlund will arrange a meeting with the student and a parent for the restoration process. We promote a learning environment where we will commit to constructive thoughts, words, and deeds.

**If the student’s disturbance is dangerous to themselves or others,** the student will be sent home for the evening, suspended or asked to be home schooled for a portion of the school year.

**PSR “At Home” Model**

If the traditional Monday evening PSR does not fit your schedule and/or if you would enjoy PSR lessons at home with your children, you may choose the “At Home” model for religious education. Mrs. Ostlund will meet once a month with each student and parent, at a mutually agreed time, for a short meeting. The parent schedules when the family will meet for an hour to complete the faith lesson for each week. Tuition is the same for the traditional and the “at home” models.

**School Closings**

If for any reason the PSR needs to cancel a class on a Monday evening I will send out a text on the Remind app and then send an email with the family lesson for you to do at home with your children that evening.

**Feel free to text me** if do not get a notification and you believe we should not have class due to dangerous weather.

**Safe Environment**

To provide a safe environment for all of our students, all teachers and volunteers have completed the Prevent and Protect training, have a background check, and have read and signed our Code of Ethical Conduct form.

Annually the students are presented the Safe Touch program developed by the St. Louis Archdioceses. This program is taught every fall by a trained teacher.

**Teacher & Parent Teamwork**

We highly encourage good communication between parents and teachers. We do not have formal report cards but encourage you to take the time to discuss matters with your child’s teacher at dismissal time, if necessary.

**Parents are leaders of faith in your home**

We ask parents to live the faith by praying with their children, attending Mass together on Saturday evening or Sunday and by being a good role model in faith to your children. As parents, our vocation is to partner with God in leading our families closer to the heart of Jesus. Enjoy the vocation of family!

**2025/2026 PSR**

**Administration:**

Pastor: Fr. Tom Miller

PSR Coordinator: Mrs. Terry Ostlund

Contact information: [psr@olqpmo.org](mailto:psr@olqpmo.org) or 314-566-8363

**Catechists:**

K- Mrs. Judy Lorentz, assistant Mrs. Lynn Gustafson

1st grade- Mrs. Allison Hitt, assistant Mrs. Linda Grither

2nd grade- Mrs. Julie Miller assisted by Mrs. Kathy Acton, Mrs. Vicki DeLong, Adalynn Painter

3rd grade- Mrs. Ellen Hughes, assistant Denise Schnable

4th grade- Mrs. Brittany Schnapp, assistant Whitney Joerger

5th grade- Miss Maya Morris and Cathy Morlock

6th grade- Mrs. Tina Painter and Mrs. Lori Carbone

7th grade- Mr. Mark Zeller, assistant Connor Otzenberger

8th grade- Mrs. Sharon Reineri

Safe Touch Program Teacher- Dr. Mary Buckey

Office: Mr. Pete Ostlund

**Classroom Location**

**PSR Office: Building A-, Door A-1**

**Kindergarten and 8th Grade: Pick up at Building A, door A-5**

**1st Grade and 2nd Grade: Pick up at Building B, Door B-1**

**3rd Grade: Pick up at Building C, Door C-1**

**4th Grade, 5th Grade, 6th Grade, and 7th Grade: Pick up at Building D, Door D-1**



**Priceless, praying daily with your children**



**The best way to learn prayers “by heart” is to pray them often. After praying formal prayers with your children, give them an opportunity to pray spontaneously from their heart.**

**Sign of the Cross**: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Grace Before Meals:** Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty through Christ our Lord. Amen.

**Prayer to the Guardian Angel:** Angel of God, my Guardian dear, to whom his love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

**The Lord’s Prayer**: Our Father, who art in heaven, hallowed be thy name;  
thy kingdom come; thy will be done on earth as it is in heaven.  
Give us this day our daily bread; and forgive us our trespasses  
as we forgive those who trespass against us; and lead us not into temptation,  
but deliver us from evil. Amen.

**Hail Mary:** Hail, Mary, full of grace, the Lord is with thee.  
Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory Be:** Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and will be forever.Amen.

**Act of Contrition:** My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good, I have sinned against you  
whom I should love above all things. I firmly intend, with your help, to do penance,  
to sin no more, and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

**St. Michael Prayer:** St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil.  May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

**Holy Spirit Prayer (of St. Augustine):** Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, That I always may be holy. Amen.