

# DUCHESNE HIGH SCHOOL PARENT NEWSLETTER

OCTOBER · 2022

## Tackling Hunger



In September, Duchesne took part in #Tackle Hunger, a food drive in partnership with KSDK 5 On Your Side, Operation Food Search, and Neighbors Credit Union. Not only did Duchesne students collect 3,337 pounds of food to help those in need, but they also received a shout out on KSDK 5 during the 10 p.m. news.

## UPCOMING SCHOOL DATES IN OCTOBER

### October 7

Homecoming Game - 7 p.m.

### October 8

Homecoming Dance

### October 11

Blood Drive - 9:30 a.m. to 1:30 p.m.

### October 12

Annual Wellness Event - 2:30 p.m.

### October 13

Jogues House Mass

### October 14

Quarter 1 Ends

College Day

### October 23

Open House - 10 a.m. to 1 p.m.

### October 24

No School

### October 26

Parent-Teacher Conferences

### October 27

Picture Re-take Day -  
7:30 a.m. - 10 a.m.

### October 28

Ray Lozano Assembly - 9:30 a.m.

### November 1

All-School Mass

### November 3-5

Fall Play

## From the Dean's Desk



**Debi Turner '96**  
**Dean of Students**  
**Assistant Principal of Student Life**

First and foremost- thank you to everyone for your generosity during our #TackleHunger food drive. We brought in enough food and items to feed al-

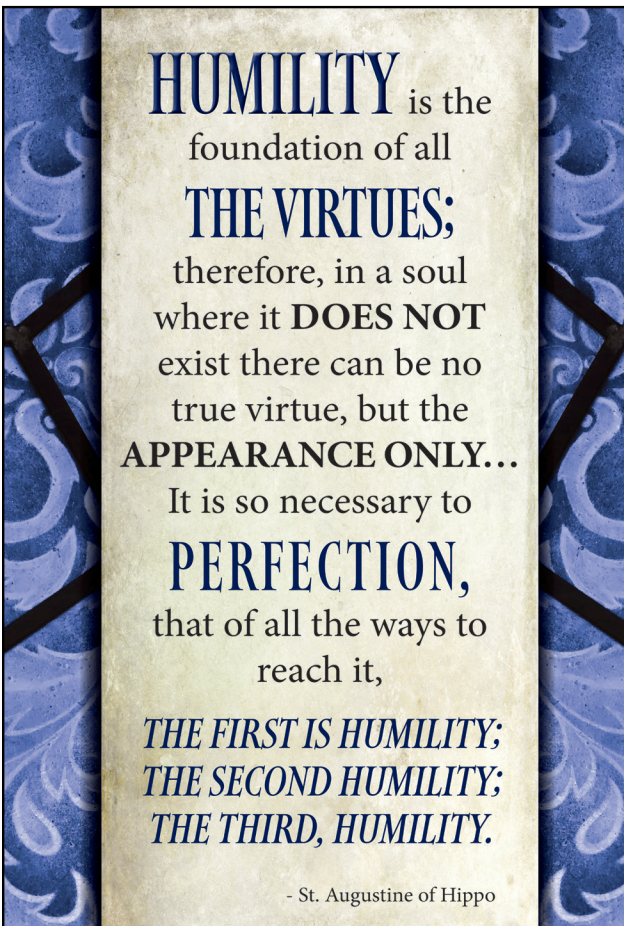
most 1000 people! I am humbled by the generosity of our DHS Community. We also want to thank the St. Cletus families for their contributions to our effort. THANK YOU!

On October 28th, we will have a guest speaker from the Elks, Ray Lozano, address our student body. Around this time last year, we hosted Mr. Lozano as he spoke to the students about the dangers associated with alcohol use and vaping. While these continue to be pressing issues for our young women and men, we have decided to focus this year's event around the dangers of using marijuana. I am looking forward to this event and hope our students are able to walk away from the assembly more educated about this topic.

Please be aware of online "scammers" that may be targeting your child

on social media sites. Instagram is the platform where we have seen this happening most often. These scam artists befriend your child posing as someone their age, gather personal information (and/or photos) from your child, then try to blackmail them by threatening to send the info/photos to school administrators and all the "followers" of their account. This sounds crazy, but I promise you that this is happening...and it is happening to students at Duchesne. The link below can provide you with some helpful tips to avoid online scams. Please take some time to review it and talk with your child about these red flags.

<https://it.nc.gov/resources/cybersecurity-risk-management/cybersecurity-awareness/online-safety-tips/avoiding-online-romance-scams>



## Humility chosen as theme for 2022-23

This fall, Duchesne began a new tradition of choosing a Catholic virtue that will serve as the theme for the school year.

Duchesne principal Dominic D'Urso '95 said the program will help unite and strengthen the school community, as well as inspire its students.

"I was also looking for a way to encourage students, particularly seniors, to take ownership of the school," D'Urso said. "To accomplish these goals, I settled on the Catholic virtues."

The seniors will discuss the virtues each year during their annual retreat. This year, they chose humility as their theme.

The chosen virtue will serve as

the focus for all-school Masses and be made visible throughout the school on posters featuring quotes from the saints. Students who model how to live out the virtue in their daily lives will be celebrated.

The program will also help continue Duchesne's objective to catechize its students and develop their faith lives.

"The goal for our virtue training is to focus on learning how to be good, as opposed to just avoiding doing/being bad," said D'Urso.

# Students hold bake sale to benefit local charities

Two Duchesne students are using their baking talents to raise money for St. Louis charities.

Juniors Julia Winkeler and Katie Hill began holding bake sales for their fellow students in the halls of Duchesne last year as part of an assignment for STEM class. STEM is an auxiliary class in Duchesne's Scholars Academy curriculum.

"One of our assignments was to do a mini-capstone project to benefit the community," explained Winkeler. "Katie and I partnered up and came up with the idea to do a bake sale."

Their first bake sale was held in December of 2021 and raised \$454 for the St. Louis chapter of the Make-a-Wish Foundation. In February, another bake sale raised \$360 for the Wings Program, which helps pay hospice bills for pediatric patients.

The duo continued their work into this school year with a sale benefiting Kids Rock Cancer, an organization that uses music to help pediatric patients cope with their cancer diagnosis. For three days, students could choose from a variety of tasty treats for purchase and



Julia Winkeler (left) and Katie Hill sell their baked goods to passing students.

help support a good cause.

"We feel very strongly about helping pediatric patients because we both have personal experiences with our family members having childhood diseases," said Winkeler.

Winkeler and Hill's next bake sale will be on December 4 at the Pioneer Christmas event and during lunch on December 5 and 6. The proceeds will be donated to the St. Louis Chapter of the Make-a-Wish Foundation.

## Student Spotlight: Ella Nikodym '23

On Tuesday, September 13th senior Ella Nikodym was honored for reaching her 1000th Career Setting Assist. Ella has quarterbacked the Pioneer volleyball offense for the past four years, and reached this mark early in her senior season despite her sophomore year comprising of only 10 matches due to an interrupted Covid season.

Ella is a fierce competitor who has been a great role model, teammate and friend to all members of the Duchesne volleyball program. Ella's mom Katie (Miles) '95 was an accomplished player for the Pioneer program during her high school career.

1000 and counting! Congratulation to Ella and her parents Jason and Katie '95, brother Jackson '26 and sister Emmy.



# Duchesne teacher plans class trip to London and Paris in 2024

Duchesne High School is excited to announce that its students will have the opportunity to participate in a class trip to London and Paris in June of 2024.

The journey will feature 11 days of traveling and touring London and Paris, exploring the deep history and culture at sites such as the Tower of London, Canterbury Cathedral, the Louvre, and the D-Day beaches of Normandy. Students will also get the chance to watch a show at the Globe Theatre.

The tour is being organized by Kim Morris, 1989 Duchesne alumna and literature teacher, and facilitated by EF Educational Tours.

Morris began putting details together for the tour with Duchesne administration this spring, and her enthusiasm for the project continued to grow after her own trip to London over the summer, where she visited some of the oldest buildings in England.

"I learned a lot on the trip," she explained. "I just kept thinking about how I want to share this with my students."

Duchesne principal Dominic D'Urso said trips like these can be life-changing.

"Traveling abroad can be a wonderful experience," he said. "[It] can open up the world for our students."

Duchesne Athletic Boosters president Jason Boschert is the father of one of the students considering going on the tour and recognizes the



Tour organizer and Duchesne literature teacher Kim Morris '89 poses in front of the Globe Theatre during her summer trip to London.

unique academic enrichment that global travel offers.

"This is an incredible opportunity to see the world!" he said. "I am very excited for my son to expand his education outside the classroom."

An informational meeting was held Thursday evening, September 22, with about 90 people in attendance to listen to the presentation.

Morris explained that she is happy to see class trips return to Duchesne. She went to Paris for two weeks as a high school junior and hopes this trip will leave a similar impact on her students.

"I still remember that trip," she

said. "It's just something they'll always remember."

## Upcoming Blood Drive

DeVeuster is hosting the fall blood drive next Tuesday October 11th. There are still slots open to sign up and donate blood. Anyone age 16 and older can donate. All who attempt to donate will get a t-shirt. Please sign up to save a life

## Campus Ministry



**Jenny Broyles '15**  
**Campus Minister**

Dear sophomores and families,

The sophomore retreat is coming up on Thursday, November 10. I attend-

ed the sophomore retreat last year, and I can't wait to be a part of it again this year! The retreat will be led by a team from the Archdiocese. The day will be filled with talks, time for prayer and reflection, and opportunities for students to build on their relationships with each other and with God.

For the retreat, we will be going to St. Peter parish in St. Charles utilizing their gym and beautiful church. The retreat will begin at 8:15 and end at 2:30. Due to consistent issues with bus cancellations and St. Peter's close proximity to Duchesne, we will not be taking a bus to St. Peter's for the retreat. Rather, sophomores should go directly to St. Peter's and be picked up from St. Peter's. If needed, students may be dropped off at St. Peter's as early as 7:00. Students need to be picked up from St.

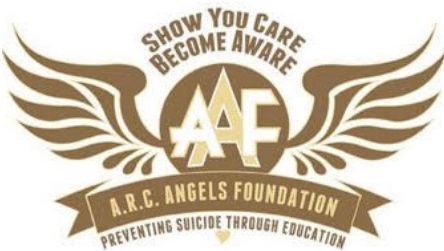
Peter's between 2:30 - 3:00. Sophomores who are able to drive themselves may park their cars at St. Peter's.

On the permission form, you will find important information such as the address of St. Peter Parish. To ensure everyone has a way to get to St. Peter's, there will also be a space to indicate if you will be dropping off and picking up your child, if your child will be driving, if your child has permission to ride with another child or parent, or if your child will be walking to Duchesne after the retreat. These permission forms should be turned in to me by Monday, November 7.

Thank you and God bless!

Mrs. Broyles

## Introducing the Pioneer Speaker Series!



### Joshua Purvis '23

We are proud to announce the Pioneer Speaker Series, a student-created speaker series that seeks to continue the mission of Duchesne by growing students in mind, body, soul, and spirit. This speaker series will cover those four

topics and address issues that teenagers face in our society today. Our first speaker is from the A.R.C. Angels Foundation and will cover the topic of mental health and suicide prevention. Although this can be a heavy topic surrounded by stigma, we believe that for the safety and happiness of everyone within our school community, we must address the issue. The all-school presentation will take place on Monday, October 11 in the afternoon. To check out the A.R.C. Angels Foundation, here is a link to their website: <https://arcangelsfoundation.org>

*Scan QR code  
to visit the  
A.R.C. Angels  
Foundation  
website.*



# Guidance Office

## PSAT REGISTRATION DEADLINE!

Junior and sophomore parents are reminded that the PSAT will be offered at DHS on Wednesday, October 12. Students should complete registration with a \$19 check (to DHS) delivered to Mr. Tinsley by 10/10. The PSAT is optional and serves as the qualifier for the National Merit Scholarship competition.

## AP EXAM REGISTRATION!

Parents should be aware that October 20 & 21 are the registration days for AP (Advanced Placement) exams.

The teachers of AP classes are a great source of information about the exams that require \$97 for each exam payable by check to DHS. (Multiple exams are payable by a single check.) Mr. Tinsley will collect the exam fees on the dates indicated and administer the exams at DHS in May.

## JUNIOR & SENIOR PARENTS!

Remember that a representative from Rockhurst University will be presenting college admission AND financial aid information at DHS on Thursday evening, 10/13, at 6:30 PM, in the DHS cafeteria. Please RSVP by emailing Mr. Tinsley,

gtinsley@duchesne-hs.org.

## SENIOR PARENTS!

A+ scholarship eligibility begins with the DHS "A+ Intent to Comply Agreement" form that is available on the DHS website (students, then forms) or in the guidance office. Also, be aware that scholarship offers from colleges are not made until the student applies and submits their transcript. DHS seniors are aware of how to request transcripts through Naviance.

# Admissions Office

We are happy to share with you that the online application for all Archdiocesan high schools is now open! All online applications for Catholic high schools are due on November 14, 2022.

[Click Here To Apply](#)

## DUCHESNE OPEN HOUSE

October 23rd, 2022  
10 a.m. to 1 p.m.



SCAN TO RSVP

Parent volunteers needed.

[Click Here to sign up.](#)

## DHS Admissions Timeline 2022-2023

**Sunday, October 23, 2022**

Duchesne Open House

**Monday, November 14, 2022**

Application Intent Forms Due

**Friday, December 2, 2022**

Records Sent to First High School Choice

**Wednesday, January 11, 2023**

First Trimester Report Cards

**Wednesday, January 18, 2023**

Second & Third Round Applications

**Friday, January 27, 2023**

Acceptance & Non-Acceptance Letter

# Advancement Office

## Volunteers needed for Pioneer Expedition Dinner Auction

The Pioneer Expedition is Duchesne's annual dinner auction which supports all Duchesne students. This year's theme is Winter Wonderland! Mark your calendar for Saturday, February 4, 2023.

We invite all members of the Duchesne family to participate in as many ways as possible. Whether you volunteer, donate auction items, secure advertising for your company, or become a sponsor for the auction, your support is welcomed and appreciated!

### Volunteer Opportunities

The Pioneer Expedition is a success because of its volunteers, so we need you! Volunteering for Pioneer Expedition is a wonderful way to get involved and meet other parents. To learn about volunteer opportunities, please see our [Pioneer Expedition Volunteer Page](#).

### Supporting the Pioneer Expedition Dinner Auction

To learn about supporting the Pioneer Expedition Dinner Auction, please see our [Pioneer Expedition](#)

[Support Page](#) or contact Office of Advancement at 636-946-2603.

Thank you for your generous support of Duchesne and Go Pioneers!"

## Pioneer Fund

The Archdiocese's recent statement of support for DHS is generating so much excitement and support regarding Duchesne!

We invite you to participate in the annual Pioneer Fund as a way to show your support and help Duchesne continue *shaping leaders in mind, body, and spirit* while we add **Advanced Technology and Campus Projects to enhance our Academic Excellence and Student-Centered Programs**.

You can make your gift online [here](#). (Please note the option of signing up for weekly or monthly contributions, which are sometimes easier to manage.) We appreciate whatever you can do. We appreciate having you and your student(s) among our Duchesne Family!

Please contact Nancy Kohl at [nkohl@duchesne-hs.org](mailto:nkohl@duchesne-hs.org) or 636.757.6925 with any questions, including those about Matching Gifts. Thank you!

**In-Person National College Fairs**

**St. Louis National College Fair**

**Sunday, October 30**  
1pm – 4pm  
St. Louis University – Simon Recreation Center



**NACAC National College Fairs**



**SIGN UP NOW FOR FREE!**  
[nacacattend.org/fairs](https://nacacattend.org/fairs)



**PICTURE RETAKE DAY**

**OCTOBER 27TH**




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## CONGRATULATIONS

Congratulations to Ella Nikodyn for recording her 1000<sup>th</sup> career assist as the setter for the Duchesne girls' volleyball team. Ella has quarterbacked the Pioneer offense for the past 4 years and reached the milestone early in her senior year despite an abbreviated covid schedule in her sophomore season.

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## THANK YOU!!!

Thank you to all the Duchesne Athletic Boosters and Volunteers who helped at the Bud Light Tent on the Riverfront as part of Oktoberfest. The weather was outstanding and the fundraiser was a huge success.

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## HEALTHY ROSTER

If you have not accepted the invitation to join Healthy Roster, please do so. Our new athletic trainer, Katy Mueller, uses this application to communicate with parents and coaches when an injury occurs during the season. It is easy to use and very helpful to track the progress of injured student athletes. Katy also uses this program for tracking physicals and other medical documents.

Going into the winter sports sea-

son, Katy will no longer accept paper copies of physicals or pre-participation documents. Parents have access to their child's Healthy Roster account with the ability to upload documents themselves. Once uploaded to healthy roster, Katy receives a notification email and the ability to review the document and accept it.

Please contact Katy for questions regarding this program.

*Katy Mueller*

*Duchesne Athletic Trainer*  
*athletictrainer@duchesne-hs.org*

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## HIGH SCHOOL SPORTS PHYSICALS

SSM Athletes are welcome to get sports physicals with their personal physician or with Health Sports Medicine offering FREE sports physicals for our athletes. You must be a current student at Duchesne to be eligible for this free physical. You MUST sign up at the SSM Health Sports Medicine: 2022 High School Sports Physicals website.

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## FALL/WINTER SPORT SCHEDULES

Fall/Winter sport schedules are available on our website via the google calendar or you can fol-

low on Arbiter (a scheduling software used by many high schools). The Google Calendar will update in real time when there are changes made to games/meets/matches. Please follow us on Twitter (@Athletics\_DHS) for daily schedules and updates on practice and games that will be altered by the weather.

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## FALL 2022 SENIOR ATHLETES

### Cross Country Boys

Gabe Weber

### Football

Josh Baker-Mayes, Dan Gaither, Lee Jackson, Denereio Jarriett, Rob Jones, Ethan Kissell, Cam Lee, Jamond Mathis, Paul Myles, Amorion Oliphant, Philip Peltes, Greg Powell-Kenner Elijah Ross, Ben Smith

### Golf Girls

Anna Hertelendy, Molly Knobbe, Nina Reckamp, Mary Smith

### Soccer Boys

Brennan Carpentier, Brady McCormack, Victor Quinteros, Tyler Small

### Tennis Girls

Mary Kathleen Beckemeier, Dave'Yana Harding, Cheyenne Page

(continued on page 9)



(from page 8)

### Volleyball Girls

Maggie Boschert,  
Elizabeth Bricker, Diane Collins,  
Rebecca Delano, Tyler Meers,  
Ella Nikodyn, Violet Schneider,  
Rachel Small

## Fall District Tournament Schedule

### Cross Country

October 29 / Hosted by Fulton  
High School / Times TBA

### Football

October 28 / TBA

### Golf Girls

October 10 / Hosted by  
Harrisburg High School at L.A.  
Nickell GC in Columbia

### Soccer Boys

October 29-November 3 /  
Hosted by  
Winfield High School

### Tennis Girls

October 1 (Individuals) /  
October 3-5 (Team) / Hosted by  
St. Charles High School

### Volleyball Girls

October 20-25 / Hosted by  
Duchesne High School

### October 20

Quarterfinals at 5:00/6:30 p.m.

### October 21

Quarterfinal at 4:00 p.m.

### October 24

Semifinals at 5:00/6:30 p.m.

### October 25

Championship at 5:00 p.m.

## Mark Your Calendars

**October 7** - 11:00 a.m. AAA Conference Cross Country Meet hosted by St. Mary's at Jefferson Barracks

**October 7** - 7:00 p.m. Homecoming Football Game vs St. Dominic  
6:45 p.m. Duchesne will honor the 1982 Football team on the 40 th anniversary of their 2nd place finish in the Missouri State Playoffs. All former players and coaches, along with their families, are invited to the pre-game ceremony and homecoming game. We will also honor long-time public address announcer Gregg Zeisler, and spotter Tom Zeisler, for their years of service to the Duchesne football program. We hope all of our current Duchesne families and alumni can join us that evening to honor the only Pioneer football team to ever play in the state championship game along with the Zeisler Brothers who retired last season after 42 years in the press box.

**October 18** - 5:00 p.m. Girls Volleyball Senior Night vs Orchard Farm

**October 21** - 6:30 p.m. Football Senior Night vs MICDS

**October 21** - 7:30 p.m. (Football Halftime) Cross Country, Girls Golf, Girls Tennis Senior Night

## Winter Sports Important Dates

**October 31** - Basketball and Wrestling tryouts begin. Wrestling is a cooperative activity with Lutheran St. Charles and host school for practices/matches

**November 1** - Swim Information Meeting in room 45 at 3:00 p.m.

**November 7** - Swim and Dive Girls tryouts begin.

Any student trying out for these sports MUST have all pre-season paperwork turned in to the main office to participate. If your son/daughter played a fall sport, we have all necessary paperwork, but would still need the \$100 sports fee turned in to the office prior to beginning tryouts. If you are not sure what you have turned in, please check with Mrs. Bryan in the main office as soon as possible. All forms (except the MSHSAA PPE) can be completed on our website.

**November 9** - The basketball and swim parent meeting will be held at 6:00 p.m. (More details to follow)

# Duchesne Athletic Booster News



The Duchesne Athletic Boosters are the lifeline to our athletic programs at Duchesne, so your involvement is important to us. Please take part in the following fundraisers: The All Sports Lottery, working the Bud Light Tent at Oktoberfest, Spring

BBQ, membership, and volunteering in the concession stand at sporting events. All of these activities have been instrumental in securing financial support for our athletes and coaches. Becoming a member of the Duchesne Athletic Boosters is a great way to meet and socialize with other parents in our community and pursuing a common goal in supporting our athletic program benefiting our children at Duchesne.

To become a DAB member, [CLICK HERE](https://www.duchesne-hs.org/booster-membership.html) or visit <https://www.duchesne-hs.org/booster-membership.html>

## UPCOMING DAB EVENTS

TBA – Christmas Party with the Duchesne Coaches

April 2 – Duchesne Athletic Boosters Spring BBQ Fundraiser

THE DUCHESNE PIONEER PARENT ASSOCIATION PRESENTS

## Girls Night Out Shopping Event

October 26th

6:00 pm - 8:00 pm

Main Street St. Charles

Shop Local Favorites, Socialize, and Support the PPA!



Featuring

Portion of sales will go to the PPA for upcoming events.

UDEFINED Boutique | Jake's on Main  
Vintage She Shed | Cozy Shop | Ju Ju B's

THE DUCHESNE FINE ARTS PROGRAM PRESENTS

## THE CURIOUS SAVAGE

BY JOHN PATRICK

NOVEMBER 3, 4, & 5

AT 7PM

IN THE PAC

DUCHESNE HIGH SCHOOL

## TROPICAL TRIVIA

Night

JANUARY 14 | \$160 PER TABLE

CLICK TO REGISTER



# Help Celebrate 100 Years of Duchesne in 2024

Duchesne turns 100 in 2024, and we want your input! As we prepare for this momentous occasion, we'd love for you to share your ideas on how we can celebrate by taking a short survey:

[TAKE SURVEY](#)



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*join us*

**GRANDPARENTS DAY**

NOVEMBER 9, 2022

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**CLICK TO REGISTER**

DUCHESNE HIGH SCHOOL PRESENTS

**FALL FORE DUCHESNE**

GOLF WITH DHS AT THE FALLS!

OCTOBER 14, 2022  
8:30AM CHECK IN  
9:00AM START

FOUR PERSON SCRAMBLE  
\$125 PER PLAYER - \$500 FOURSOME

The Falls Golf Club  
1170 Turtle Creek  
Drive O'Fallon, MO  
63366

**CLICK TO REGISTER**

[HTTPS://WWW.DUCHESNE-HS.ORG/FALLGOLF.HTML](https://www.duchesne-hs.org/fallgolf.html)

# DUCHESNE BASKETBALL GIRLS' BASKETBALL FEEDER PROGRAM OPEN TO PLAYERS IN 5TH THROUGH 8TH GRADES

## Program Details

- Teams play winter league games (January and February)
- Practices begin in early November (1-2 practices per week)
- Cost is \$175 which includes a Duchesne t-shirt, practice jersey, and all league fees

We will do our best to accommodate everyone who wants to play. However, we have limited space on each team (8-12 players maximum).

As a result, there will be a sign up deadline of October 25th, 2022. After that date, players will only be added if there is enough space on the teams.

Questions? Please email Coach Taylor at  
[jtaylor@duchesne-hs.org](mailto:jtaylor@duchesne-hs.org).

To sign up for the team, please scan the QR Code





# Social Skill Groups

For DHS Students

**Audience: Motivated teens in high school who are interested in learning new ways of making and keeping friends.**

**Therapist led, skills based social skills group that focus on:**

- Skills to build and maintain friendships
- Tools to manage and resolve conflict
- Strategies to navigate new social situations
- Opportunities to role play and practice with others in a supportive environment
- Build social confidence and feel engaged in relationships

Participants will practice how to:

- Use appropriate conversational skills
- Use humor appropriately
- Use electronic communication
- Enter & exit conversations
- Be a good host during get-togethers
- Be a good sport
- Handle arguments and disagreements
- Change a bad reputation
- Handle rumors and gossip
- Handle rejection, teasing and bullying

**For enrollment, please fill out this google form:** <https://forms.gle/qVVbpDKts8k2HgRV6>

**Groups will meet weekly for 45-60 minutes after school for eight weeks.**

*All sessions will be facilitated by Mrs. Karmen Mays*

Questions, comments and/or concerns: [kmays@duchesne-hs.org](mailto:kmays@duchesne-hs.org)