

DUCHESNE HIGH SCHOOL PARENT NEWSLETTER

DECEMBER · 2022

The end of a great season!



Congratulations to our Pioneer Football Team for reaching the Final 4 with wins over St. Pius X and Brentwood to win Districts and then defeating Portageville in the state quarterfinals before losing to eventual state champion East Buchanan in the state semifinals. This Duchesne Team became only the 5th football program in school history to advance to the Final 4 joining the previous teams from 1982, 1983, 1999, and 2005.

UPCOMING SCHOOL DATES IN DECEMBER

December 13

All School Mass - 8:15 a.m.
Reading Day

December 14

Final Exams 1, 2, & 3

December 15

Final Exams 4, 5, & 6

December 16

Final Exams 7 & 8
Home Boys Basketball

December 17

Christmas Break Begins

December 27-29

Holiday Tournament

January 3

Classes Resume (half day)

From the Dean's Desk



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

I want wish each of you a happy and safe Christmas Season. It has been a very fun year, but I'd be lying if I said I was not looking forward to Christmas Break. The hustle and bustle of final exams and the holidays can sometimes feel cumber-

some. I hope that each of you are able to enjoy your time with family and friends and return to Duchesne refreshed and ready to finish the school year strong!

As we begin the second semester, there will be an increased emphasis on the "basics". This includes dress code violations, cell phone usage, and being on time to classes. Detentions will be held more frequently (thanks, Mr. Woodall) and will be issued to students that violate these rules. Reminder: If a student is issued a detention, that detention takes precedence over other after school activities (practices, games, etc...). Thank you for your support as we try to start the new year on the right foot. Merry Christmas and Happy New Year!

ACA Awards Ceremony



Three Duchesne juniors were recognized at the Annual Catholic Appeal Awards Ceremony for essays they wrote expressing the importance and impact of the ACA. From left: Katie Hill, Julia Winkeler and Maria Thornton.

The 2022 Cor Duchesne Dinner

This year's annual Cor Duchesne donor dinner was held on November 13, 2022 at Bogey Hills Country Club in St. Charles.

The dinner honors members of the Cor Duchesne Society which consists of donors who have made significant financial contributions to Duchesne High School, and recognizes individuals who have selflessly served the school and their community.

This year's recipients were Renee Moore '86 who received both the Teacher Excellence Award and the Spirit of Duchesne Alumni Achievement Award, and DAB President Jason Boschert '98 who received the St. Rose Philippine Duchesne Service Award.

Seminarian Robert Lawson '13 provided this year's Reflections from a Young Alum.



From left: President Susan Noonan, Renee Moore '86, Jason Boschert '98, Robert Lawson '13, and Principal Dominic D'Urso '95.

Spreading Christmas music and cheer at local grade schools



The DHS choir and band hit the road on Tuesday, December 7 to perform Christmas music for St. Rose and Sacred Heart schools in Forissant.

Student Spotlight: Grace Schueler '23

When you ask faculty who they consider to be a model of student leadership and kindness, one name at the top of the list is Grace Schueler '23.

This month Grace's Spanish class was assigned to create a piece of artwork that is inspired by a Spanish artist, then give a presentation in Spanish to the class.

The artist Grace chose was Diego Velázquez, a famous Spanish painter from the 1600's. Her theme was Mary and Jesus.

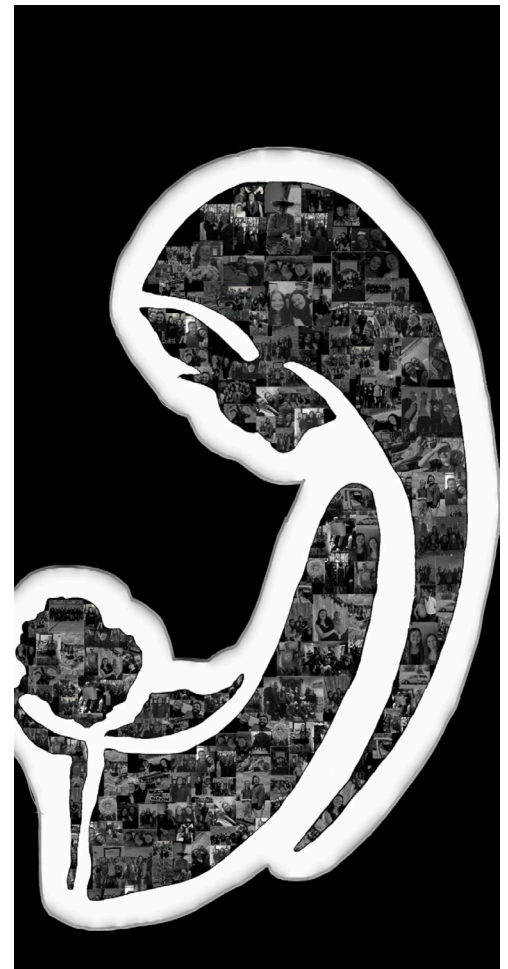
"The process of creating my artwork was I drew the image of Mary and baby Jesus. I then went through all of my photos and picked the ones that I wanted to use," she explained. "All of the pictures in the image held a special meaning. Everyone in the pictures has impacted



my life in one way or another. The pictures were converted into black and white, to go with the black and white theme that Diego Velázquez used in his paintings. From there, I simply placed the images in the picture of Mary and Jesus, I did some trimming of the pictures to fit."

Grace is also known for her steady presence on the girls basketball team.

"She always offers encouragement to underclassmen, and she is someone we all know we can count on," said Head Girls Basketball Coach J.T. Taylor. "She is a wonderful senior captain, and Grace is someone you want on your team. Her future is bright."



Grace's artwork of Mary and Jesus was inspired by Spanish artist Diego Velázquez

Diamondline success at Lindbergh Dance Team Competition



On Saturday December 3 Diamondline competed at the Lindbergh Dance Team Competition and placed 3rd overall in Hip Hop and 4th overall in Pom!! Our Duchesne family is so proud of their hard work and dedication!

Pioneer Christmas 2022

Christmas spirit was in the air Sunday, Dec. 4 as DHS had its second annual Pioneer Christmas. The front campus was aglow with over 300 luminaries as Santa and Mrs. Claus greeted kids and heard their special wishes. Those waiting were able to color holiday pictures or complete their letters to Santa. Visitors were also able to enjoy the candlelit front campus, have a picture taken with Jingles the Reindeer, have hot chocolate compliments of the DHS Boosters, buy delicious cookies and other goodies, and show their Pioneer Pride by purchasing a live Christmas Tree from the Gardening Club.

Huge THANK YOU to all of the students who helped set the scene, from our basketball guys filling sandbags to everyone working together to decorate, set up and clean



A few of Duchesne's choir members pose for a picture with Santa and Mrs. Claus

up. We couldn't have had this event without you!

A very special THANK YOU to Terry and Jo Ann Gravemann and Marsha Hollander Parker for their

acting abilities and Mike Didion and Jingles the Reindeer!

Mark your calendar for next year, and save the date for Sunday, Dec. 2, 2023!

Duchesne welcomes two new faces



Meet Tom Friedel

Duchesne High School welcomes Tom Friedel to its staff as the new part-time custodian.

Friedel previously lived at The Village of the Blue Rose in Clarksville, Missouri.

“It is currently in the process of closing, but it was a place where special needs adults lived and worked,” said Friedel’s sister-in-law and Duchesne alumna Judy (Eckelkamp) Friedel ‘80. “All the residents worked at the restaurant there.”

Before that Friedel was a volunteer at nursing homes in St. Charles where he was recognized as “Volunteer of the Year” on several occasions.

Friedel has three brothers, all of whom

graduated from Duchesne: Jim Friedel ‘80, Bill Friedel ‘86, and Bob Friedel ‘91.

In his free time, Friedel loves watching DHS sports and helping as a fixture during the Lady Pioneers Basketball Tournament.

“He was always home between Christmas and New Years, and he lived at the gym for that week for as long as I can remember,” said Judy.

Friedel also enjoys country music, and watching wrestling on TV, and is a huge fan of college football and basketball.

When asked what he thinks of working at Duchesne so far, Friedel said with a broad smile, “I absolutely love working here.”

Meet Rodney Woodall

Duchesne High School is happy to announce Rodney Woodall as its new Assistant Dean of Student Life.

A graduate of Southeast Missouri State University, Woodall attained a degree in criminal justice before going on to work for the St. Louis County Police Department. In August of 2020 he retired early after 19 years with the department after undergoing heart transplant surgery.

“It changed my outlook on life,” said Woodall. “I had to change my jobs.”

After visiting campus and getting hired, Woodall could see that Duchesne is a great fit for him.

“I want to add to the positive energy that’s already here,” he said.

Woodall’s role will be to assist in providing a safe and positive atmosphere for students to thrive in, as well as help enforce dress code, tardies, and monitor lunches.

Woodall is looking forward to serving as a model for students on how to overcome challenges in life.

“I had a lot of adversity,” he said. “I achieved a lot of my goals. I set my mind on things and was able to get through by having a good support system. I’m here to make sure [the students] succeed in life.”

Woodall has three children. In his free time he enjoys keeping active by exercising and gardening. He also volunteers for Donate Life, an organization that promotes organ donation.



Don't Panic: Stress Free Finals



Karmen Mays
Director of Community,
Inclusion, and Wellness

Finals week is both the most stressful yet one of the most important weeks of the school year, as it shows the result of all your child's time spent learning. It's not uncommon for students to stay up all night cramming the last few months of knowledge into one night, and unsurprisingly, this isn't healthy. Encourage your son/daughter to take these steps to maintain healthy studying habits and good mental health during finals week.

1. Get organized

Encouraging your student to create a study schedule to pace themselves and have a clean and orga-

nized study space can help you feel more calm and focused. If your child can't find a quiet place to study inside your home, consider having them study at a library or coffee shop.

2. Be supportive

Send encouraging text messages when you know your student is overly stressed or a care package with their favorite goodies. Be their own personal cheerleader and remind them that you are proud of them and they can conquer anything.

Remind students to get a good night's sleep: Sleep deprivation can actually worsen stress and trigger symptoms of mental health. It is recommended that teenagers get about 7-9 hours of sleep every night. If they do this, they will start to notice that it is easier to wake up in the morning, to focus while studying, and to retain information

3. Check their eating habits

Have healthy meals that are nourishing and some snacks prepared to give them the stamina they need. And encourage them to drink plen-

ty of water. Hydration is an easy way to take care of yourself when deep in an all-day finals study session.

4. Tell your son/daughter that this is all temporary

Tell your son/daughter that this is all temporary: Grades are not a reflection of their self-worth. School does not determine the rest of their lives. Things may be hard right now, but you will get through it. This stress is temporary. And if they need help, don't be afraid to reach out. Pay attention to their mental health and any red flags.

Check in if needed with Mrs. Karmen Mays by emailing kmays@duchesne-hs.org or scan the QR code to schedule a virtual or in-person quick session to help get things on track.



Pioneer Nation Gave It Their All for iGiveCatholic!

Have you heard? Thanks to receiving amazing support from all corners of Pioneer Nation, we were able to meet the matching gift challenge for \$50,000 with our iGiveCatholic campaign. With that match, we raised \$136,045, ranking first in our archdiocese and 13th in the country for all entities participating in this year's iGiveCatholic program. Those funds will be put to use for our students with improvements in the gym and the PAC, for starters. **CONGRATULATIONS and THANK YOU!!** Our entire Duchesne community helped to make this campaign a success -- students, faculty and staff, alumni, parents, and friends. It's a Great Day to be a Pioneer!



From left: Athletic Booster President Jason Boschert '98, President Susan Noonan, and Director of Advancement Becky Williamson celebrate a successful Giving Tuesday at the end of Duchesne's iGiveCatholic livestream.

Fish anybody?



St. Ferdinand Catholic Church in Florissant is helping to promote Duchesne at their fish fries this month by handing out DHS flyers with every order!

Stop in December 9 and 16 and you can support them by dining in or carrying out an order from 3 p.m. to 7 p.m.

Guidance Office

SENIOR PARENTS!

Local scholarship information is becoming available including the St. Louis Mothers of Twins Club Scholarship, Festival of the Little Hills Scholarship, St. Charles Optimist Club (coming soon), and others. You and your student may find local scholarship information on Naviance (scholarship tab) or contact Mr. Tinsley. Also, remember that in most cases, completion of the FAFSA (Free Application for Federal Student Aid) is required when applying for any university-based scholarships.

COLLEGE APPLICANTS!

Seniors have been reminded

to request transcripts ASAP via Naviance to complete their college applications. Students that have any problems requesting transcripts should see Mr. Tinsley. Nearly 60% of the class of 2023 has applied to the colleges of choice with many letters of acceptance - accepted!

TESTING DAY!

Parents are reminded that on March 29 all DHS students (seniors excluded) will take a version of the ACT. Sophomores and freshmen will take a practice ACT, while the juniors will take a "real" ACT that may be used for college admission and scholarship purposes.



CONGRATULATIONS

Congratulations to our Duchesne Boys Soccer Team for winning their district tournament with victories over Canton (5-0) and tournament host Winfield (3-1).

Congratulations to our Pioneer Football Team for reaching the Final 4 with wins over St. Pius X and Brentwood to win Districts and then defeating Portageville in the state quarterfinals before losing to eventual state champion East Buchanan in the state semifinals. This Duchesne Team became only the 5th football program in school history to advance to the Final 4 joining the previous teams from 1982, 1983, 1999, and 2005.

Congratulations to Ella Nikodym (2023) on being selected as the AAA Conference Volleyball Player of the Year.

CONGRATULATIONS TO OUR AAA ALL-CONFERENCE FALL ATHLETES

FOOTBALL

All Conference Team: Josh Baker-Mays ('23), Dane Gaither ('23), Lee Jackson ('23), Rob Jones ('23), Ethan Kissell ('23), Cameron Lee ('23), Jamond Mathis ('23), Travion Mays ('24), Paul Myles ('23), Amorrion Oliphant ('23), Phil Peltis ('23)



The Pioneers are embraced by the crowd after their 34-22 victory over Portageville.

SOCCER

1st Team: Cole Brockmeyer ('25), Landon Kristensen ('24)

2nd Team: Brennan Carpentier ('23), Luke Fink ('25), Declan Fuchs ('25)

Honorable Mention: Gianni Bolanos ('25), Ben Burke ('24), Tyler Purvis ('24)

VOLLEYBALL

1st Team: Taylor Meers ('23), Ella Nikodym ('23)

2nd Team: Rebecca Delano ('23)
Player of the Year: Ella Nikodym ('23)

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.

Katy would like to eliminate paper copies of physicals or pre-participation documents as 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.

WINTER SPORT SCHEDULES

Winter sport schedules are available on our website via the google calendar or you can follow on Arbitrator (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.

WINTER SPORTS CONCESSIONS VOLUNTEERS

The parents of each athlete (basketball, cheer, and dance) are asked to work a shift at the concession stand for all home basketball games. Each respective head coach will put together a schedule of workers for the winter season. If you already signed up thank you; and if you have not done so yet, please contact your respective head coach to volunteer for a shift in the concession stand.

If your child is on the Varsity team, please sign up for a lower level game. If your child is on a lower level team, please sign up for a varsity game. We welcome parents who do not have children participating in the above mentioned programs to volunteer as well since all proceeds from the concession stand sales are distributed to all Duchesne athletic programs.

ATHLETIC BOOSTER NEWS

The DAB Christmas party will be held on January 4th from 6 p.m. to 9 p.m. at the Rec. Hall. Admission is free for all members.

Guests are welcome to join us for \$10. Admission includes drinks, food, unlimited games, and an update from the coaches and athletic director.

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

UPCOMING DAB EVENTS

January 4, 2023 at 6 p.m.

Christmas Party with
the Duchesne Coaches
at the Rec Hall
on Duchesne Drive

April 2, 2023

Duchesne Athletic Boosters
Spring BBQ Fundraiser

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.

[JOIN THE BOOSTERS](#)

Mark Your Calendars

December 23-29 - Boys Varsity Basketball at MICDS Holiday Tournament – Schedule TBA

December 27-29 - 46 th Annual Girls Varsity Basketball Holiday Hoops Tournament

4 games played each day at 11:00 / 12:30 / 2:00 / 3:30

Pioneers play their first game on December 27 th at 3:30 p.m. vs Notre Dame STL



Mom's Holiday Shopping Day is Saturday, December 10, from 8 am-2 pm. Register at check in for VIP shopping and receive a shopping discount, breakfast pastries, Irish Coffee, and mimosa!

Pre-registration not necessary.

Stop by and check out all of our DHS items! We have added kid sizes too!

We have long sleeve dry fit basketball, baseball, soccer, football, volleyball, and new e-Sport T's



Gather your team and join us for a cool night of Tropical Trivia on Saturday, January 14, 2023!



Tickets on sale now for the 2023 Pioneer Expedition Dinner Auction - Winter Wonderland!
dhs2023.givesmart.com

the
**Save
Date**

**DREAM HOME
RAFFLE**

Kickoff Party

JANUARY 30, 2023 AT 7 P.M.



Trading Post Hours

The Trading Post is open every Monday and Wednesday, from 7:30 a.m. -12:30 p.m. and Friday from 12:00 p.m.-4 p.m.

