



DUCHEESNE HIGH SCHOOL

shaping leaders in mind, body and spirit

PARENT NEWSLETTER ~ DECEMBER 2, 2019

CAMPUS MINISTRY

There is much to be thankful for here in our Duchesne community! It is Church custom to pray for the faithfully departed during the month of November. We held a special Mass for our community to pray for the names in our book of remembrance, as well as in our hearts, of all those who have gone before us in Faith. We were blessed to have Father Eddie Voltz lead us in this sacred Liturgy.

With Two Breakfast & Bible Studies we have continued to make our way through the Gospel of John while enjoying community and sharing graces from meditation on God's Holy Scripture. I continue to extend a warm welcome to any and all who have a desire seek out and hear how God is speaking to them through His Holy Word.

As November came to a close, we began Adopt-A-Family. Each Communion was assigned a family to provide Christmas presents and a Christmas dinner, enabling our Duchesne Community to spread the light of Christ to our neighbors. This program allows our students to make a real connection with area families by delivering the gifts to the families.

Each Wednesday of Advent, we will have a small voluntary prayer service at our Advent wreath in the Main Lobby. We will start at 8:45 and any parent is welcome to join us.

Finally, I humbly ask to continue to pray for the success of our Duchesne community. Please pray for all students, faculty, and administration to increase in the virtue of Charity and patience as we await the coming of our Lord this Advent season. Please know of my prayers for all of you as we enter into this new season of the Church.

In Christ through Mary,

David Halfmann

Dates to remember:

- | | |
|------------------|---|
| Dec. 7 | All State Band |
| Dec. 9 | Day 2
Blood Drive |
| Dec. 10 | Day 3
Music Concert
Music Marquee |
| Dec. 11 | Day 4
9:15 a.m. Late Start
Trading Post open 7:15 – 9:30
Musical Auditions |
| Dec. 12 | Day 5
Musical Auditions |
| Dec. 13 | Day 6
Musical Auditions |
| Dec. 16 | Day 7 |
| Dec. 17 | Adopt-A-Family
All School Mass
Reading Day |
| Dec. 18 | Exams |
| Dec. 19 | Exams |
| Dec. 20 | Exams |
| Dec. 23 - Jan. 3 | Christmas Break |
| Jan. 6 | Half day |
| Jan. 7 | Day 1 |

READING DAY & EXAM Q & A

What is Reading Day?

This is an opportunity for students to meet with teachers any time after the Adopt-A-Family mass until 11:45 a.m. to answer questions or get extra help. Some teachers will have specific topics they may be covering at certain times, where others may leave it up to students to decide what they need to ask.

How will this help my student?

Allowing the students time to get extra help and ask questions about their exams during school hours, so as to not have to worry about practice times and rides.

My student says this day is optional.

This is NOT an optional day. We count this as a school day. The Adopt-A-Family mass is that morning, and some students will deliver the gifts to families after Mass. If a student does not want help or to ask the teachers questions, they may leave after 10:00. Students should not complain about never having time see a teacher to ask questions if they do not take advantage of this opportunity.

How long do they have to stay?

Students only have to stay until 10:00, but teachers will be available until 11:45 a.m. to work with students. The school will be open during regular hours so students may stay for as long as they need to that day for rides.

Do kids go to each class?

A student can go to as many or as few teachers as they deem necessary. There is no set structure to the day. Individual teachers may tell students what they are going to be discussing at certain times, but there is no set schedule – more like what they will see on their college campus.

How does the exam grade figure into their final grade?

Semester grades are calculated using 40% of first quarter grade, 40% of their second quarter grade, and 20% of the exam grade.

If I don't have an exam, do I have to attend school?

Students only need to be in school when they have exams. We would ask that they not leave and come back, that when they are here, they stay until they are finished that day.

EXAM WEEK SCHEDULE

READING DAY DECEMBER 17

8:30 a.m. - Adopt-A-Family/All-School Mass

9:45-11:45 - Reading Day

EXAMS

December 18

Period 1: 8:00 - 9:05

Period 2: 9:15 - 10:15

Period 3: 10:25 - 11:25

December 19

Period 4: 8:00 - 9:05

Period 5: 9:15 - 10:15

Period 6: 10:25 - 11:25

December 20

Period 7: 8:00 - 9:05

Period 8: 9:15 - 10:15

IT'S YEARBOOK TIME!

Right now, the cost for a single yearbook is \$55, however, the cost will be raised to \$65 after winter break so now is the time to make your purchase.

There are so many exciting memories being made at Duchesne every day. Don't miss this opportunity to preserve these memories forever! Visit Yearbookordercenter.com & enter your school code: 8320.



SENIOR PARENTS

Senior Tribute Yearbook Ads are available and can include photos along with a personal message to your son or daughter. You can opt for a quarter page, a half page or a full page. There are a limited number of pages available for ads in the yearbook. The deadline for submitting Senior Tribute Ads is Friday, December 13.

Click [HERE](#) to order your ad online. If you need information, please contact Mrs. Lauricella at lauricella@duchesne-hs.org.

FROM THE SPORT'S DESK

CONGRATULATIONS TO OUR AAA ALL-CONFERENCE

ATHLETES

SOFTBALL – AAA Conference Co-Champions!



1st Team: Macy Miller ('20), Janet Ginsburg ('22)

2nd Team: Madeline Brenizer ('21)

FOOTBALL



1st Team: Jack Allison (46), Mitchell DeGuentz ('20),

Carter Walton ('20), Antwon Hayden ('23)

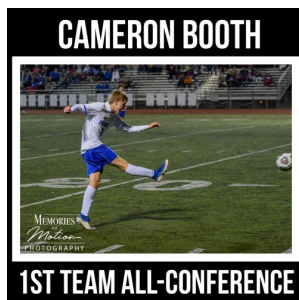
2nd Team: Nick Bono ('21), Jamond Mathis ('23)

Honorable Mention: Reece Rothfuss ('20), Nathan

DeGuentz ('22), Keshawn Hayden ('23), Amorion

Oliphant ('23), Cameron Lee ('23)

SOCCER



1st Team: Cameron Booth ('22)

2nd Team: Ryan Hill ('21), Tommy Fink, ('22), Danny Parks ('22)

Honorable Mention: Seamus McCormack ('20), Drew Cleveland ('21), Joe Deluvia ('22), Cameron Oppelt ('22)

VOLLEYBALL

Honorable Mention: Claire Weber ('20), Maddie Aubuchon ('20), Meaghan Booth ('20), Ella Nikodym ('23), Ella Christy ('23)

Missouri Football Coaches Association All-State Academic Team:

Ty Rufkahr (21), Thomas Murray ('22), Nathan DeGuentz ('22), and Trevor Saguto ('22)

WINTER SPORTS CONCESSIONS

The parents of each athlete (basketball, cheer, and Diamondline) are asked to sign up to work a shift at the concession stand. If you child plays Varsity, please sign up to work a JV game. If your child plays JV or Freshman, please sign up to work a varsity game. Please follow this link to register today.

We will take all the help we can get in the concession stand... ANYONE that would like to donate their time is GREATLY APPRECIATED. Students that sign up will receive service hours for the time they work. Thank you in advance for your commitment to this effort.

<https://www.signupgenius.com/go/4090e4daca62caaf49-201920>

BASEBALL NEWS

There will be a baseball parent and player meeting for all interested in playing baseball in the spring on Monday, December 2 at 7 p.m. in classroom 47 by the back entrance to locker rooms. Questions? Contact Coach Hollander at mhollander@duchesne-hs.org.

DUCHESNE ATHLETIC BOOSTER NEWS

SPECIAL PRICE FOR THE BRICKS ON THE PIONEER PATH

This one-time discounted price is \$75 until 12/31/2019.

On 1/1/2020 the price will return to \$100. It is the perfect gift for the person that has everything!

You may place your order at <https://www.duchesne-hs.org/empoweren73036.html>

BOOSTERS HOLIDAY PARTY ON JANUARY 22, 2020

ALL (members and non-members) are invited to join us!

Knights of Columbus Hall-6:30pm-Open Bar- Food Provided

FROM THE DEAN'S DESK

EATING DISORDERS: DISEASES NOT DIETS

One of the three major threats to our teen's today is eating disorders. The intent of this information is not to alarm parents, but to inform you of specific warning signs so these dangerous behaviors can be identified in their early stages and treated effectively. As the father of three daughters, I know how difficult it is to really believe that your princess may have a problem. This can also be a problem with boys and my hope is to help you to be aware of issues that our young people are dealing with.

Anorexia Nervosa

Signs and Symptoms:

- Intense fear of becoming obese, even when underweight.
- Distorted body image or the perception that one is obese when an individual is, in fact, underweight.
- Refusal to maintain body weight above a minimum.
- Obvious underweight (approximately 15 percent below ideal body weight).
- Refusal to eat anything but the lowest of low-calorie foods.
- Meals are often followed by intense exercise to burn up the few calories ingested.
- Absence of three or more menstrual cycles.

The Consequences:

- Problems with hormones and metabolism.
- Dysfunction of most body organs and loss of muscle tissue.
- Serious disturbance in mood (depression).
- Malnourishment.
- Potentially fatal heart abnormalities.

Bulimia

Signs and Symptoms:

- Rapid consumption of large amounts of food in a short time; at least two binge episodes per week for at least three months.
- Feeling a lack of control over the amount of food eaten. Body weight may fluctuate; may or may not appear underweight.
- Self-induced vomiting, intense exercise, regular use of laxatives and diuretics.

The Consequences:

- Stomach problems, and in severe cases, stomach rupture.
- Loss of dental enamel from repeated vomiting.
- Irritation of the throat and esophagus.
- Pneumonia resulting from inhalation of stomach contents while vomiting.

FROM THE GUIDANCE DEPARTMENT

COLLEGE FINANCIAL AID

Senior Parents! Remember that the FAFSA may be completed now. Often colleges require that the FAFSA be submitted prior to any determination of financial aid or scholarship consideration. FAFSA should be completed sooner rather than later.

SENIOR PARENTS – SCHOLARSHIPS!

Consider urging your students to browse the scholarships available on Naviance. In recent years DHS seniors have been awarded scholarships from the St. Charles Optimist Club, the Festival of the Little Hills, the Noonday Kiwanis Club of St. Charles, and the IAABO - IAFO scholarships, among others.

Also, be sure to have submitted the "A+ Scholarship - Intent to Comply Form", available on the DHS website (students, forms), to Mr. Tinsley in the Guidance Office.

JUNIOR PARENTS

Junior Parents! Mark your calendars for the "Junior Parent - College Planning Night", January 23, 2020, 6:30 p.m. in the DHS cafeteria. An admission representative from Mizzou will present information on all aspects of the college search process.

MUSIC DEPARTMENT NEWS

Our second annual Christmas Cake Concert is Dec. 10 at 7 p.m. in the PAC. Not only will you hear fun Christmas tunes, but you'll be able to bid on your favorite decorated Christmas cake or buy a slice to enjoy during the concert.



BLOOD DRIVE

Duchesne will host a blood drive on December 9th in the PAC. The drive is from 9 a.m. to 1 p.m. All donors need to know the last four digits of their social security number and must also bring a state-issued ID. If parents would like to donate, they should email Mr. D'Urso ddurso@duchesne-hs.org with the times they are available. To learn more about the blood drive click here [Blood Drive](#).



GRADUATION ANNOUNCEMENTS

If you were unable to return the Josten's packet last week, please send the completed packet back to school to Mrs. Giessman before the Christmas Break. If you need a packet, Mr. Clodius has extras in his office.

If you received an email requesting confirmation on your senior's full legal name for the diploma, and have not returned it, please do so as soon as possible to Mrs. Giessman. These full names must be submitted very soon. Graduation will be here before you know it!

CLASS OF 2020 SENIOR FINALE FUNDRAISER

Please help us raise funds for the Senior Finale by purchasing Mattingly's Electronic Gift Cards! They can be purchased online, on separate links, for both St Charles & Florissant locations from Dec. 2 thru 23, 2019. 20% of E-Gift Cards sold goes to DHS Senior Class Finale. No expiration data on the E-Gift Cards.

St. Charles Location Link:

<http://www.giftfly.com/fundraiser/shop/mattinglys-saint-charles/P0K5QLYQG89Z>

Florissant Location Link:

<http://www.giftfly.com/fundraiser/shop/mattinglys-florissant/GHCSVWNUPN9Z>



FROM THE OFFICE OF ADVANCEMENT

YEAR-END GIVING AND RMDs

As you prepare for the gift-giving season, please remember Duchesne! All gifts made by 12/31/19 will yield tax benefits for you while helping your favorite high school continue in our mission. Your tax deductible gift will make a difference in your child's exceptional education experience *right now*, helping us maintain and add to our programs, and helping to keep tuition as low as possible for your family. And although your child's tuition is not tax deductible, your donation to Duchesne IS. So put goodwill and holiday giving plans to work for both of us -- make a donation to Duchesne and get a tax credit for doing so.

For your convenience, you can donate by clicking [Pioneer Fund](#).

And please remind your family members who are 70 1/2 years or older that they can direct all or part of the required minimum distribution (RMD) for their appreciated securities such as stocks, bonds, and mutual funds to Duchesne High School. The school gets 100% of the gift and the individual is shielded from tax on the distribution. These distributions can be made at any time, but as the end of the year is approaching, now is the best time to schedule them. Please consult a tax or investment advisor with any questions you may have.

Note: According to the IRS, for your donation to be applied to 2019, you must either deliver it to Duchesne by December 31, or, if you are mailing it, it must be postmarked by December 31. If you're delivering, you can use the drop box by the main front door of school, or, we will have staff in the Advancement Office (636-946-2603) on Tuesday, 12/31/19, from Noon until 3pm. Please call Nancy Kohl at 314-541-0188 or email nkohl@duchesne-hs.org with questions or special arrangement needs.

Thank you for your ongoing support!

PIONEER AUCTION 2020

Auction Update: Join us on December 11th for a wine tasting at 6:00 p.m. in the library.

While you are out and about shopping and hitting those holiday specials, why not pick something up for the auction? Or, consider asking people you do business with for a donation.

2020 DUCHESNE WINTER CHEER CAMP



CAMP DATES: January 15, 16, 20

TIME: 6-7:30 pm

WHERE: DHS PAC (Performing Arts Center)

WHO: 7th Grade and under

COST: \$40 (includes a t-shirt)

WHAT: Learn cheers and a half-time routine, and have fun!

PERFORMANCE: January 21 at the Boys Varsity basketball game. Please arrive by 6:45pm in the gym.

QUESTIONS: Contact Coach Morris at kmorris@duchesne-hs.org

Name _____ Grade _____ (Pre-K through 7th)

Parent's names _____

Email _____ Phone # _____

T-shirt size: YXS YS YM YL XS S M L XL Enclosed: Cash or Check # _____

Mail form/money by **January 10** to: Duchesne High School, Attn: Coach Morris, 2550 Elm St., St. Charles, MO, 63301