



# DUCHEESNE HIGH SCHOOL

*mind, body and spirit*

## PARENT NEWSLETTER ~ DECEMBER 2018

### CAMPUS MINISTRY

The past couple of months have been a whirlwind for Campus Ministry! We have incorporated three new programs for the students at Duchesne.

**John 21:12** meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month for breakfast, prayer, and faith sharing. If you like breakfast and awesome people, you'll fit right in. Students are encouraged to come when they can – 100% attendance is not required to be a part of this group!

**Worship Wednesday** meets on the 3<sup>rd</sup> Wednesday of each month. Adam Bitter and David Radley, local Catholic musicians, lead worship, while we have Eucharistic Adoration from 8 a.m. to 9 a.m. Our amazing chaplain, Fr Eddie Voltz, offers the opportunity of Confession. This is my *favorite* thing we have going on in Campus Ministry; the joy in the Chapel is palpable. The students and I are so excited about this awesome time to come together for prayer that we want to spread the excitement and extend the invite to all parents! Our next Worship Wednesday will be held on January 16 from 8 a.m. to 9 a.m. Please, don't miss out!

**Monthly Movie Night** meets on the 2<sup>nd</sup> Wednesday of month. In November, we changed things up a little bit and had a *The Incredibles* movie marathon. We laughed, cried, and ate a lot of pizza. Our next movie night will be on January 10. I am currently taking movie requests, so be sure to send them my way! All students are welcome to join us!

Because St. Rose Philippine Duchesne's feast day falls in November, this month always plays a special role in the school calendar. Her feast day fell on a Sunday this year, so we decided to celebrate a little early with Mass and cupcakes with rose colored icing. I am sure St Rose Philippine Duchesne approved of the early feasting and her namesake cupcake honor. Thanks to, Fr Voltz, for celebrating Mass with us!

Before Thanksgiving break, our students began the annual Adopt-a-Family service project. Each Communion adopted a local family in need and is responsible for collecting Christmas gifts for these families. The students buy, wrap, and deliver the gifts to the families on December 17, after our All School Mass. Please pray for us and for the families we are excited to serve!

Please, continue to pray for the students and me as we build this awesome faith family together!

Be assured of my prayers for you!  
Kristina Radley  
*Campus Minister*

### Dates to remember:

Dec. 3	Day 5
Dec. 4	Day 6 Cap and Gown Orders Due
Dec. 5	Day 7 9:15 Late Start Trading Post Open
Dec. 6	Day 8
Dec. 7	Day 1
Dec. 10	Day 2 CCBS/CCSC Concerts
Dec. 11	Day 3 Music Department Tour
Dec. 12	Day 4 Christmas Concert 9:15 Late Start Trading Post Open
Dec. 13	Day 5
Dec. 14	Day 6
Dec. 17	Adopt-A-Family 8:30 a.m. All School Mass Reading Day
Dec. 18	Exams Periods 1, 2, 3
Dec. 19	Exams Periods 4, 5, 6
Dec. 20	Exams Periods 7, 8
Dec. 21	No School
Jan. 7	Classes Resume Half Day – All Classes Meet Musical Auditions

# READING DAY & EXAMS 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

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

# COCOA AND CRAM FOR STUDENTS

On Wednesday, December 12, from 8 a.m. to 9 a.m. students will be able to get help preparing for exams from the Mind Officers of the Houses. Study tables will be set up in the PAC for each subject and tutors will be available for guided reviews for exams. Students should bring study guides and notes to the session. All students are encouraged to attend. Hot cocoa and other snacks will be provided.

# YUM!



Students enjoy St. Rose Philippine Duchesne cupcakes at lunch after her birthday Mass celebration!

## DEAN'S DESK

### EMOTIONAL VITAMINS FOR TEENS

Teenagers especially, are prone to suffering from a lack of self-esteem. Here are five ways parents can provide a healthy boost to their teen's self-esteem and the message these emotional vitamins convey to the teenager.

1. A good relationship with at least one parent.  
(*"You are loved"*)
2. Good Supervision.  
(*"You are secure."*)
3. Respect as an individual.  
(*"You are you."*)
4. Encouragement and recognition of effort and achievement.  
(*"You matter."*)
5. Gradually increasing responsibility and social involvement.  
(*"You are growing up."*)

## GUIDANCE NEWS

### IMPORTANT NEWS FOR SENIOR PARENTS!

College acceptance and scholarship information will be the main focus of the Class of 2019 graduation booklet. Be sure to enter your senior's information through the DHS website. Go to the "Parents" tab, next, scroll to "Class of 2019 College Acceptance". Please list each scholarship received on one form per college. If your senior has received multiple scholarships from multiple schools, you must complete separate forms for EACH.

Senior parents are asked to remind students that college applications should be submitted as soon as possible and before February 1. Parents are also advised that there are potential scholarship opportunities listed under "Scholarships and Money" on the Naviance/Student website. Click on "Colleges" (top right) and use the drop-down menu and select "Scholarships and Money", then "Scholarship List".

### A+ SCHOLARSHIP PROGRAM

Senior parents and students interested in taking advantage of the A+ program are reminded that the "Duchesne High School Intent to Comply Agreement" needs to be completed and returned to the students' counselor by April 1, 2019.

### JUNIOR PARENTS!

On January 22, the "Junior Parent College Planning Night", for class of 2020 parents, will feature a presentation from a Mizzou admissions representative and will include information on all aspects of the college search process. The event will begin at 6:30 in the DHS cafeteria.



## TRADING POST CHRISTMAS SALE

The Duchesne Trading Post has everything to meet your Pioneers spirit needs. Be sure to check out our new hoodies and long sleeve tees!

On Friday, December 7 and Friday, Dec. 14, we will be open from 5:30 – 7:30 p.m. All shoppers will enjoy a 20% holiday discount along with other numerous discounted items! Get you shopping done before the basketball game!

## GRADUATION ANNOUNCEMENTS

Senior Parents, the senior class met on November 27 with a representative from Jostens regarding graduation. Your senior should have brought home a packet of information and if you would like to order formal announcements or any other products from Jostens, orders are being accepted on December 4th during lunch.

## MUSIC DEPARTMENT NEWS

Our first annual Christmas Cake Concert will be Wednesday, December 12, at 7:00 p.m.

You will be able to bid on decorated cakes made by our music students. Slices of cake will also be available for purchase throughout the concert for \$1.00.

We hope to see you there!



## 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 14.

Click [HERE](#) to order your ad on line or checks can be given to Mrs. Lauricella.

## TIME TO BUY A YEARBOOK!

It's Yearbook time! Right now, the cost for a single year book 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 from sports, science experiments, new communios and lively Houses competitions. Don't miss this opportunity! Visit [Yearbookordercenter.com](http://Yearbookordercenter.com) & enter your school code: 8320.

## FROM THE SPORTS DESK

All winter sport schedules can be found by following this link: <http://www.arbiterlive.com/School/6170>

- DHS Booster Grade School Basketball Tournament December 1-2 and 8-9. Please contact Mike Boschert (Boschfam@sbcglobal.net) if interested in volunteering your time at the tournament!
- 42<sup>nd</sup> Annual Varsity Girls Basketball Holiday Tournament sponsored by Padavans NY and Tony's On Main, December 27, 28, and 29.

### 2019

- Boys Basketball, Cheer, & Diamondline Senior Night (vs. St. Charles High)- Jan. 25.
- AAA Conference Cheer and Dance Competition- Feb. 2 (@ Christian HS).
- AAA Conference Swim Meet- Feb. 4 (Prelims), and Feb.5 (Finals).
- Girls Basketball Senior Night-Feb. 7 vs. Christian
- Coronation Basketball Game- Feb. 8 vs. Christian HS
- Girls Swim & Dive State Championships-Feb.14, 15, and 16
- Girls & Boys Basketball Districts (@ North Tech)- Feb.16 thru 23

### FAN ETIQUETTE REMINDER:

Please remember that you are always representing Duchesne at sporting events. Always show respect for officials, players (both teams), and opposing fans. Our students are held to this standard and we hope that our parents and fans will **lead by example** throughout the season.



The referees are going to make mistakes- that's just the way it is...they are, after all, human. Please start trying to accept this reality now and perhaps it will be easier to handle as "unfavorable" situations develop during contests this year. Thank you in advance for your cooperation.

## 2018 FALL SPORT ALL-CONFERENCE

### Volleyball:

- 1<sup>st</sup> Team All Conference - Katie Clark '19
- 2<sup>nd</sup> Team All Conference - Madison Aubuchon '20
- Honorable Mention – Emily Noonan '19, Amanda Maasen '20, Claire Weber '20

### Soccer:

- 1<sup>st</sup> Team All-Conference - John Fink '19, Nick Budrovich '19, Will Schwendemann '19, Ryan Hill '21
- 2<sup>nd</sup> Team All-Conference - Will Sullentrop '19, Danny Parks '22
- Honorable Mention – Harry Loomis '19, Mikey Clever '19, Tommy Fink '22, Drew Cleveland '21
- AAA Conference Newcomer of the Year - Cameron Booth '22
- All-Region Team - John Fink '19, Nic Budrovich '19, Ryan Hill '21
- 2<sup>nd</sup> Team All-State – John Fink '19

### Football:

- 1<sup>st</sup> Team All-Conference Defense - Blake Rufkahr '19 (DL & P), Mitchell DeGuentz '20 (DB),
- 2<sup>nd</sup> Team All-Conference Offense – Blake Rufkahr '19 (G), Mitchell DeGuentz '20 (RB)
- Honorable Mention – Nick Bono '21 (OL), Jack Allison '20, (LB), Mitchell DeGuentz '20 (KR)

## TEAM PICTURES

Team pictures and sport candids can be purchased online at the following link:

<http://order.trotterphoto.com/RedCart/#7c1209>

## SPRING SPORT INFO:

Spring sport tryouts begin on February 25. Please be sure that your child has a current physical (dated after 2/1/18) on file with the Main Office PRIOR to tryouts. Please be on the lookout for off-season training opportunities (Twitter is best way to hear of these) during the winter months. The All-Student Fitness Center is open Monday-Thursday after school for student use too! Our Spring Break runs March 16 thru March 24. **Please be advised that your child is expected to be at spring sport practices during this time.** Please consider this prior to planning vacations or trips during spring break.

## OFFICE OF ADVANCEMENT NEWS:

### AUCTION NEWS AND WISH LIST

Plans are underway for the **2019 Pioneer Expedition Dinner Auction**, to be held on Saturday, April 27, 2019. Gesture will be the company to provide our fundraising software and mobile bidding at the auction this year. The success of the Pioneer Expedition is essential to Duchesne. Last year, the auction netted over \$112,000, which included nearly \$50,000 for the Tuition Assistance Fund-A-Need. We hope to surpass that total in 2019.

This year in lieu of each family shopping for an auction item, we are asking each family to contribute to their student's (or students') Communion toward the purchase of auction items. Our goal is to have 100% participation. No donation is too small. Contributions can be made by cash or check. Checks should be made to Duchesne High School with "Auction" on the memo line. Donations of all levels are appreciated and 100% tax deductible.

Each Communion achieving 100% participation will receive a special treat on a determined date. A form will go home with your students by the 10<sup>th</sup> of December. We ask to have all donations returned / submitted before December 19<sup>th</sup>.

Of course, if you already have any items or would like to pick up a gift or two for the auction, those would be appreciated as well! These ideas make great auction items:

- Sports equipment; pro or college team apparel
- Duchesne Apparel (Trading Post)
- Electronics
- Jewelry, purses, or accessories
- Holiday décor (don't forget about holidays in the spring and summer, too), home items, or housewares
- Tickets to concerts or sporting events
- Gym memberships, work out accessories
- Gift cards, gift cards, and more gift cards!
- Bath and body gifts/spa and beauty packages
- Wine and wine accessories
- Specialty coffee and coffee accessories
- Camping, fishing, and hunting items
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Please note that all auction donation items must be new; we cannot accept pre-owned items for this purpose.

Also, if you have any extra baskets or containers we can use to display items for the silent auction, we are happy to take them off of your hands. Please feel free to drop off auction items and baskets at the 310 Building after 8:00 am.

For more information on how you can make the **Pioneer Expedition** a success, including volunteer opportunities, please contact Kate Santellano, Special Events Coordinator, at [ksantellano@duchesne-hs.org](mailto:ksantellano@duchesne-hs.org) or 636-946-2603, ext. 6924.

Thanks in advance for your help! We couldn't do this without YOU! Happy Holidays and Happy Shopping!!!

## YEAR-END GIFTS MAKE A DIFFERENCE FOR DUCHESNE AND RECEIVE TAX BENEFITS TOO

### PIONEER ANNUAL FUND

Our annual Pioneer Fund mailing will be in your mailbox soon. Please respond with your gift before the end of the year. At whatever level you can participate, that participation validates your commitment to your own child's Duchesne education. For your convenience, you can donate by clicking [Pioneer Fund](#).

### YEAR-END GIVING

All gifts made by 12/31/18 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 to maintain and add to our programs and plant while keeping 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 good will and holiday giving plans to work for both of us -- make a donation to Duchesne and get a tax credit for doing so.

### REQUIRED MINIMUM DISTRIBUTIONS (RMDs)

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 stock, 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 your tax or investment advisor with any questions you may have.

### TIMING

Please Note: According to the IRS, for your donation to be applied to 2018, 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 are delivering your donation, you can use the drop box by the main front door of school, or, we will have staff in the Advancement Office on Monday, 12/31/18, from Noon until 3pm. You may call Nancy Kohl at 314-541-0188 with any questions. Thank you.