



DUCHESNE HIGH SCHOOL

shaping leaders in mind, body, and spirit

Hello all,

It is likely that the end of the semester is much closer than you think it is. In brief, we have a week of classes next week. We are off the week of Thanksgiving. After Thanksgiving Break, we will have two weeks of classes followed by finals week. Our last day of finals is on December 16th. We will then take a two week Christmas Break and return to school on January 3rd. If you are counting, that's only three full weeks of classes before the end of the term. Does it make sense that our students might feel a little stressed during this time of year?

The last few weeks of any semester are usually stressful. During these weeks teachers typically ask students to show evidence of their learning. Major projects and papers come due as we approach finals week, and then finals week itself presents all of the stressors associated with taking major tests. On top of the typical stress, the end of the first semester has the added joy and anxiety of the holidays.

Introverts like myself find the holidays intrinsically stressful. But even for those of us who do not get a little nauseous at the idea of spending time at family gatherings and Christmas parties can recognize how much time these events take. So, what's to be done? How do we best manage our time to minimize our stress?

The best way for students to deal with the stress brought on by the end of a semester is for them to stay on top of their work. As major assessments are assigned, they should section them out and work on them over several days. I know from experience (as both a student and teacher) that avoiding last minute work can be seen as idealistic thinking, but it is also incredibly helpful.

We will also do our best to make the end of the term a successful one for our students. I am sure our teachers will be more than happy to help students take big projects or papers and break them down into manageable components. Additionally, on the Wednesday after Thanksgiving (11/30) we will have our second quarter Power Hour (see the note below). Finally, on December 13th we will have our first semester Reading Day. We will start the day with mass. After mass, teachers will be in their rooms until noon to assist students and help them prepare for their finals.

Pax,

Dominic D'Urso



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Upcoming Events

November 11

District Football: Our team will compete in the district championship tonight. Unlike regular home games, our students will need to pay for a ticket. If, however, they show proof of their Soccer Quarterfinal ticket, they can get into the game for free. Our Booster Club will cover the cost.

Thanks, Boosters!

November 12

Quarterfinal Soccer: Our boys soccer team won their district. The state quarterfinal game will be held at Borgia High School, noon kickoff. You must purchase your tickets online.

District Choir Concert: 6 of our students (Dianne Collins, Charles Owen, Lucy Dwyer, Violent Schneider, Genevieve Moeller, and Grace Kelly) are singing in the district choir concert at the Touhill Performing Arts Center on UMSL's campus. The concert is at 4:30 and is free of charge.

Anyone may attend, so get there early if you would like a good seat.

November 14

Adopt-a-Family: We will kick off our annual Adopt-a-Family charity drive on Monday. Adopt-a-Family is one of our two major charity drives. In November and December our Coummunios provide families in the area with a Christmas celebration that they wouldn't be able to provide for themselves.

November 18

All School Mass: Our next all school mass is in celebration of St. Rose Philippine Duchesne's feast day. All are welcome.

November 21-25

Thanksgiving Break: We have all of Thanksgiving week off. We hope you enjoy that time with your friends and families.



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November 30

Power Hour: The faculty will not have formal professional development. Instead, they will be in their classrooms and available to our students as we approach the end of the quarter.

December 8

All School Mass

December 8 & 9

Musical Auditions: Those interested in performing in the musical or working crew should see Mrs. Owen for more information. This year's play is

December 13

All School Mass/Reading Day: The day will begin in Communion at 7:45. Students will have around 30 minutes to finish wrapping their Adopt-a-Family presents. We should start mass around 8:15. After mass, teachers will be in their rooms until noon. Students may leave after mass to begin studying for their finals. They can also see a teacher for individual support.

December 14

Final Exams 1, 2, & 3:

Period 1 Exam: 8:00—9:05

Period 2 Exam: 9:15—10:15

Period 3 Exam: 10:25—11:25

December 15

Final Exams 4, 5, & 6:

Period 4 Exam: 8:00—9:05

Period 5 Exam: 9:15—10:15

Period 6 Exam: 10:25—11:25

December 16

Final Exams 7 & 8

Period 7 Exam: 8:00—9:05

Period 8 Exam: 9:15—10:15



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Exam Information

Students only need to be on campus when they are taking their exams. If, for example, they do not have a period 3 exam, they are free to leave after their period 2 exam is finished. Also, if they do not have a period 1 exam, they do not need to get to class until their period 2 exam begins. If a student is off in between exams, they should report to the cafeteria and study for the third exam of the day.

All of the exam end by 11:30. This is done intentionally to give students time to prepare for their finals the following day.