



DUCHESNE HIGH SCHOOL

shaping leaders in mind, body, and spirit

Hi all,

A few weeks ago, a number of parents and teachers joined me for the first meeting of Duchesne Reads. As you know, we are reading *The Anxious Generation* by Jonathan Haidt. In our first meeting we discussed the opening sections of the study. I think it is fair to say that the group felt as though Haidt put into words, and gave statistics to back, a phenomenon we are all seeing with the children in our lives.

One of the characteristics Haidt articulates particularly well is the decline of and need for risky play throughout childhood. To do so, he focuses his attention on the concept of antifragility to “describe things that actually need to get knocked over now and then in order to become strong...Antifragility is a common property of complex systems that were designed to function in a world that is unpredictable” (73). To illustrate his point he uses the human immune system, which needs to be exposed to dirt, parasites, and bacteria. He also describes the need trees have for wind as they grow. If a tree is not strengthened by the buffering of wind as it grows, it will eventually topple under its own weight.

Antifragility as a concept applied to children means that they need to be exposed to risk and failure in order to grow in a healthy and strong way. As Haidt explains, antifragility is “the ability of a child to handle, process, and get past frustrations, minor accidents, teasing, exclusion, perceived injustices, and normal conflicts without falling prey to hours or days of inner turmoil” (73). How do we walk the line between protecting our kids from injustice while allowing them to handle “perceived injustices” on their own? How do we help them see the difference between “normal conflicts” and extreme ones? Haidt’s answer is to reinstate play-based childhoods and move away from phone-based childhoods. What is ours?

The answer to that question and many more will be discussed at our next meeting, October 22nd. We will be discussing part 3, “The Great Rewiring.” Hope to see you there.

Sincerely,

Dominic D’Urso



DUCHESNE HIGH SCHOOL

shaping leaders in mind, body, and spirit

Upcoming Events

September 27

Homecoming: Our pep rally will be at 2:00 and will include an introduction of our Homecoming court. The game begins at 7:00. The Homecoming court will also be introduced prior to the game. As usual, all of our families are welcome to attend both events.

Home Tennis

September 28

Homecoming Dance: The doors open at 7:00 with the ceremony starting at 7:30. The dance will follow the ceremony and end at 9:30. Students attending the dance are required to stay until 9:00.

October 1

Home Golf (Bogey)

October 2

Home Tripleheader: Golf (Bogey), Tennis, and Volleyball

October 3

All School Mass: As always our families are welcome to join us for Mass. The service should begin around 9:45.

October 7

Home Soccer

October 8

Blood Drive: Duchesne will host our annual Fall Blood Drive, from 9:30 to 1:30. For more details contact Mrs. Long.

Home Volleyball

October 9

Power Hour: As we approach the end of the quarter, Wednesday is a great opportunity to get in and see teachers for some last minute help.

October 10

Half Day: To facilitate faculty professional development, classes will be dismissed at 12:05. Lunch will not be served. The building will remain open, if students need to wait for a ride. The 10th is also the last day that classes will meet before the end of the first quarter.



DUCHESNE HIGH SCHOOL

shaping leaders in mind, body, and spirit

October 11

Career Day: Career Day is a half day of school. Students will start in their Communion at 7:45. From there, they will rotate through a variety of workshops. The morning will conclude with a career fair. For additional details, please see Mrs. Grass's note in this month's Parent Newsletter.

October 14

No School

Home Soccer

October 16

Home Volleyball

October 17

1994 Soccer State Championship Reunion/Swiftie Night:

On Friday night we will honor the 1994 Boys Soccer State Championship prior to our game. At halftime, the Diamondline will perform with over 100 grade-schoolers. It should be a fantastic night. I hope everyone can make it.

Looking Ahead (More Details Soon)

October 24

Parent/Teacher Conferences

