



DUCHESNE HIGH SCHOOL
EST. 1924

PIONEER PARENT NEWSLETTER

NOVEMBER · 2023

DISTRICT CHAMPS!



With a 8-0 win over STEAM Academy, the Duchesne Pioneers are Class 1, District 3 CHAMPIONS! GOALS: Drew Heischmidt, Landon Kristensen, Landon Rehagen(2), Brendan Donovan(2), Tyler Purvis, and Nathan Lehne ASSISTS: Tyler Purvis(2), Bennett Borgmeyer(2), Landon McCarthy, and Dylan Slattery. SHUTOUT: Ben Burke

UPCOMING SCHOOL DATES

November 4

District Choir Concert

November 6

Swim & Wrestling Tryouts

November 8

Grandparents Day

November 11

State Quarterfinals

November 20-24

Thanksgiving Break

November 28

#iGiveCatholic

Q1 2023-24 President's List

4.0 or higher (no grade lower than B and satisfactory conduct)

Congratulations to our students who earned a spot on the President's List for Quarter 1. Keep up the great work!

Logan Archer

Jackson Bierbrauer

Sierra Borgmeyer

Trevor Boschert

Kylie Bryan

Seamus Burch

Claire Burks

Bridget Caldwell

Jackson Clever

John Cooper

Lucas Daleo

Madison Denker

Alyssa Diamon

Reagan Dill

Brendan Donovan

Faith Dunn

Victoria Edler

Anna Ehlmann

Hannah Gardner

Molly Glosier

Samantha Gold

Eric Greifzu

Naomi Grizzle

Drew Heischmidt

Katie Hill

Aice Hoffmann

Audrey Hoffmann

Alex Hopf

Ailsa Ide

Sam Jost

Brooke Kammerer

Brody Keathley

Charles Kielhofner

Will Kielhofner

Ryan Knoebel

Leah Krupich

Evan Kundel

Nathan Lehne

Sophia Lococo

Liliana Magers

Reilly McCormack

Daley Meyer

Kate Mikkelsen

Mackenzie Nave

Nathan Nickel

Edward Nieto

Jackson Nikodym

McKenna O'Brien

Reese Piskulich

Amelia Pontus

Tyler Purvis

Emily Rattini

Thomas Saguto

Caleb Schneider

Maggie Schneider

Michael Shaw

Sydney Shaw

Allison Slattery

Dylan Slattery

Maria Thornton

Caroline Walsh

Jake Wayland

Michael Weber

Julia Winkeler

Claire Zwick

Student of the Month:

Anna Ehlmann '27

Congratulations to freshman Anna Ehlmann our Student of the Month!

Anna competed in Extemporaneous Speaking at the first meet of the season for the Christian Interscholastic Speech League, and earned a red ribbon at her first meet!

Extemporaneous Speaking is an especially difficult category. Students select a

current events topic at random, and they only have thirty minutes to research and prepare their speeches.

Anna is great at thinking fast on her feet and putting together a clear speech. Anna is planning to compete in Extemporaneous Speaking throughout the season and she hopes to try the radio speaking category at our upcoming meet.



DHS students enjoyed Career Day 2023

Duchesne's Career Day event was held on Friday, October 13.

Students took part in a variety of workshops offered on resume building, careers of interest, and creating questions to ask employers. Afterwards, our students attended a Career Fair in the gym.

Several wonderful career fields were represented, and we received great feedback from employers on how the day went and how engaged and prepared our students were!

We look forward to our many career days to come!



From the Advancement Office



Becky Williamson
Director of Advancement

Greetings, Pioneer Nation!

What a month! Our team has been focused on recruitment and admissions. We had three successful high school nights that were sponsored through the Archdiocese. We also attended a high school night fair at Chaminade. I love attending these events because they allow me to see

what other schools are doing and make connections with other Advancement teams. I often find myself in good spirits after leaving these events. I am proud of our work for Duchesne, and you should be, too.

The buzz around Duchesne right now is unmatched. There is an excitement in the air. I have been on several grade school visits since school started, and the positive feedback and arms-wide-open reception is a wonderful feeling.

A new event we tried this fall was held just last week. We had a "Get to Know" Duchesne High School night at the Old St. Ferdinand Shrine in Florissant. It was a

good segue for families who haven't had the opportunity to speak with us one-on-one. It generated some Open House tours and future shadow visits. It was a smaller event, but still worth the reward. Stay tuned as we host more events like this in the future.

Speaking of Open House, what a day! We had 70 families walk through our doors. Our students SHINED! The faculty, staff, and coaches were wonderful. It was a day to remember. Please consider a share if you see us post events on social media. It helps our team reach out to families with grade school students.

In Advancement, we have been focused on gathering class reps, Pioneer Fund, recurring gifts, and planning renovations for the 310 building. If you have not been on campus, please consider booking a tour. Our president, Susan Noonan, has a bright vision for Duchesne, and all of her plans are falling into place. It is amazing to be a part of the Pioneer Family as we move forward with our plans for the future.

I appreciate your support of Duchesne and, most importantly, our students.

Sincerely,
Becky Williamson
Director of Advancement

Forming responsible young men on and off the field

Father/Son Letter Reading event in its second year



On October 12, seven senior football players stood in front of Duchesne's chapel while their fathers and other important role models read to them letters expressing their pride in the boys' development as a team and as young men.

This Father/Son Letter Reading program was initiated by Vince Morris, Duchesne head football coach, last year as a way to continue his coaching methodology of teaching his students how to act on the field, and in every day life as they begin to take on adulthood.

Morris picked up on the program from Chad Masters, a head coach he worked

with at Father Tolton and St. John Vianney high schools.

"It shows young men the emotional vulnerability it takes to be a man and how to deal with strong emotions," said Morris.

The night offered the senior players and their fathers a chance to connect in a way they may not otherwise have the opportunity to do.

"I really believe this event helps father figures take a step back from the day to day interactions with our sons, and convey all the great things they do that maybe we don't say as often as we should," said Travis Kundel, father of Ryan



Senior Ryan Kundel poses with his father, Travis.

Kundel. "In my particular case, I recognized the great things he's done, associated with football and outside of football, and challenge him going forward."

Morris says the event also stresses the importance that father figures play in the students' everyday life.

Grade school "Swifties" rock halftime performance

On October 6, the DHS Diamondline dance team led over 100 excited grade-school dancers to the field to perform a Taylor Swift dance routine at halftime during the boys varsity soccer game.

The event, called *Friday Night Lights* (Taylor's Version), was planned by Diamondline head coach Anita Borgmeyer '97 and Diamondline parent and DHS board member Dana Buckner to share the excitement of Duchesne's halftime performances with local grade school students and raise money for uniforms, jackets, poms, and other items for the dance team.

"Diamondline has always had summer dance camps," said Borgmeyer. "We wanted to bring [the kids] to the fun of our DHS Friday Night Lights!"

"We had over 100 future DHS Diamondline dancers, and it was awesome," said Buckner. "They played games, ate dinner, learned their Taylor Swift dance,



Local pre-K through 7th-grade students light up Frank Barro Stadium.

received a t-shirt, bow, poms, a bracelet, cotton candy, and performed at halftime. We still have people commenting on how fun it was to watch those kiddos!"

The pre-K through 7th-grade students also enjoyed performing with the

Diamondline dance team.

"These kids really look up to the high schoolers, so it was exciting to see them dance together," said Buckner.

The event was also made possible with the assistance of Diamondline parents, the

Athletic Boosters, the DHS administration, and faculty.

It was quite an exciting night, and Borgmeyer said it would not be the last.

"We will have to brainstorm our theme... the bar has been set pretty high!" she said.

ADMISSIONS TIMELINE

Monday, November 13, 2023
Application Intent Forms Due

Friday, December 1, 2023
Records Sent to First
High School Choice

Wednesday, January 10, 2024
First Trimester Report Cards

Wednesday, January 17, 2024
Second &
Third Round Applications

Friday, January 26, 2024
Acceptance &
Non-Acceptance Letter



Take Some Time to Enjoy the Beauty that Surrounds You!

“You know it’s fall when the air turns brisk, the leaves turn crisp and it’s time to trade in the sandals for boots. There’s no better time for change than fall — so why not use the changing of seasons to try new things?”

-F. Scott Fitzgerald



New MindReach APP for Youth



The CCRB (The Community and Children’s Resource Board of St. Charles

County) is excited to announce the launch of MINDREACH, a mobile phone app that combines self-assessments, access to mental health hotlines, definitions, parent support, and some fun into a single location. Developed for youth in grades 5 to 12 living in St. Charles County, this FREE app bridges the gap between technology and existing

mental health resources. Find it on your system App store. It is compatible with Apple and Android devices

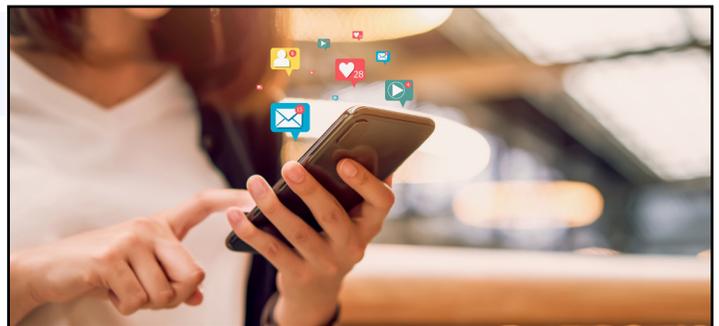
With MINDREACH, you can:

- Contact 24/7 Mental Health support via call, text, or chat.
- Connect to a Peer Help-line hotline.
- Fill out self-assessments to learn your risk of anxiety, depression, and more.
- Find volunteer opportunities and ways to be active for your mental health.
- Take fun quizzes and share the results with your friends.
- Share the app with friends.
- And more!

FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on ev-

erything happening. You can find us on Instagram and X (Twitter) @dhs_counseldept.



(continued on page 7)

(continued from page 6)

SCHOLARSHIP UPDATE

The FAFSA does not open until December, but you can get ahead of the game and create your Federal Student Aid (FSA) IDs now. You **MUST** have an FSA ID prior to completing the FAFSA. Please watch the below linked video that explains how to create your FSA ID.

How to Create your FSA ID

REMINDERS

Planning a college visit? Don't forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to scheduled visit.

https://www.duchesne-hs.org/cmss_files/attachmentlibrary/Forms/College-Visit-Permission-Form.pdf

SENIORS—Need your transcripts sent or a letter of recommendation??? Complete your request via Naviance. See Mrs. Grass for questions.

LOOKING AHEAD

FALL 2023

Nov. 3

ACT Registration deadline for Dec. 9 test

Nov. 16 @ 6:30pm

Parent Financial Aid Night @ DHS

Nov. 17

ACT late registration deadline for Dec. 9 test

December

FAFSA Opens—Delayed from the normal Oct. 1st

COLLEGE REPS

College Reps are located in the Counseling Office unless otherwise noted. Please schedule with Mrs. Grass if you plan to attend.

[CLICK HERE FOR FULL LISTING](#)

HELPFUL LINKS

DUCHESNE COUNSELING

<https://www.duchesne-hs.org/counseling.html>

FAFSA

<https://studentaid.gov/h/apply-for-aid/fafsa>

SCHOLARSHIPS

<https://www.fastweb.com/>

<https://myscholly.com/>

<https://myscholarshipcentral.org/>

NAVIANCE

<https://student.naviance.com/main>

COMMON APP

<https://www.commonapp.org/>

NCAA ELIGIBILITY

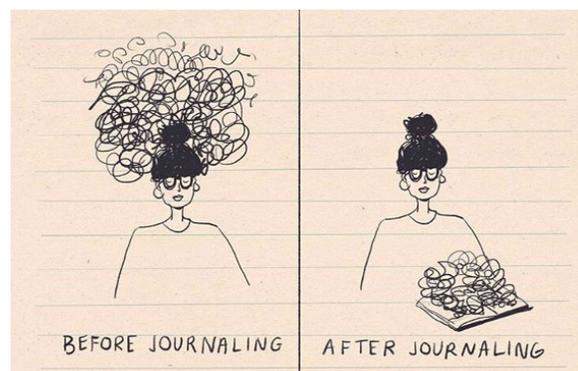
<https://web3.ncaa.org/ecwr3/>

ACT

<https://www.act.org/content/act/en-missouri.html>

SAT

<https://satsuite.collegeboard.org/sat>



Overthinking? Going through a difficult time? Happy? Sad? WRITE!

Journaling is the process of writing down our thoughts and feelings about our personal experiences.

The benefits of journal writing include:

- Self-awareness
- Ownership of feelings
- Honesty with self
- Release of emotions

DUCHESNE HIGH SCHOOL

Financial Aid NIGHT

November 16, 2023

DHS Cafeteria
 6:30pm

A representative from the Missouri Scholarship & Loan Foundation will be presenting on **Financial Aid 101, FSA ID, FAFSA and other resources to pay for college**

Students and families are invited to join us. Recommended for 12th grade, but all are welcome!

[Click Here to Register](#)

Questions? Email *Brittany Grass*
bgrass@duchesne-hs.org

Mr. Gene Tinsley
gtinsley@duchesne-hs.org
Counseling Director, freshman and sophomore counselor

Mrs. Brittany Grass
bgrass@duchesne-hs.org
College and Career Counselor, junior and senior counselor

Mrs. Becca Baugh
bbaugh@duchesne-hs.org
Learning Consultant



CONGRATULATIONS

Congratulations to the Duchesne Girls Golf Team on their District Championship and 5th place finish at the state tournament at LA Nickell Golf Course in Columbia. The 5th place accomplishment was the highest finish for any girls golf team in Duchesne history. State qualifiers are Bridget Caldwell (2027), Maddie Denker (2025), Leah Krupich (2027), and Reagan Potts (2025).

Congratulations to Maddie Denker (2025) who was named all-state for her 8th place finish at the state golf tournament.

Congratulations to the following Girls Volleyball players on their selection to the All-District Volleyball Team:

1st Team – Daley Meyer (2027)

2nd Team – Claire Burks (2025), Victoria Edler (2026) and Alice Hoffman (2024)

Congratulations to Will Kielhofner (2025) on qualifying for the state cross country championships taking place on Friday, November 3rd at Gans Creek in Columbia.

THANK YOU!!!

Thank you to all the Duchesne Athletic Boosters and Parents who volunteered in the concession stand during the fall athletic season. We appreciate your continued support of our athletic program

HEALTHY ROSTER

If you have not accepted the invitation to join Healthy Roster, please do so. 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. Please contact Katy for questions regarding this program.

Katy Mueller
Duchesne Athletic Trainer
athletictrainer@duchesne-hs.org

HIGH SCHOOL SPORTS PHYSICALS

Athletes are welcome to get sports physicals with their personal physician or with Health Sports Medicine who is 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: 2023 High School Sports Physicals website.

WINTER SPORTS SCHEDULES

Winter sport schedules are available on our website via [Big Teams](#). Big Teams 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 event updates that are altered by the weather.

WINTER SPORTS CONCESSION 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. If you already signed up, thank you. If you have not done so yet, please go to signupgenius below to sign up for a shift in the concession stand. If your child is on the varsity team, please sign up for a JV game. If your child is on the JV team, please sign up for a varsity game. We welcome parents from other sports teams to volunteer as well since all

proceeds from the concession stand sales are distributed to all Duchesne athletic programs.

BOYS BASKETBALL = <https://www.signupgenius.com/go/8050C4CA9AD-2BA1F58-45664365-duchesne>

GIRLS BASKETBALL = <https://www.signupgenius.com/go/8050C4CA9AD-2BA1F58-45664904-duchesne>

FALL DISTRICT/STATE TOURNAMENT SCHEDULE

Cross Country

State Meet on November 3 / Gans Creek - Columbia, Missouri / 11:15 a.m. Boys (Will Kielhofner)

Soccer Boys

State Quarterfinal on November 11

District #4 winner at Duchesne (if Duchesne wins district) / Time TBD

State Semifinal on November 17

World Wide Technology Soccer Park – Fenton / 12:00 p.m.

State Championship on November 18

World Wide Technology Soccer Park – Fenton / 11:00 a.m. or State 3rd Place Game at 10:00 a.m.

DUCHEсне ATHLETIC BOOSTER NEWS

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 the Bud Light Tent at Oktoberfest, membership, Spring BBQ, 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

(continued on page 9)

(continued from page 8)

with other parents in our community and pursuing a common goal in supporting our athletic program benefiting our children at Duchesne.

Upcoming Events:

- TBD – Christmas Party with the Duchesne Coaches
- TBD – Duchesne Athletic Boosters Spring BBQ Fundraiser



**ALL YOUR DHS SPORTS INFO...
ONE LOCATION**

Scan or click this QR code and you'll have quick and easy access to Duchesne's athletics web page, forms, schedules, and Twitter accounts for every sport.

ATHLETIC REUNIONS COMING UP!

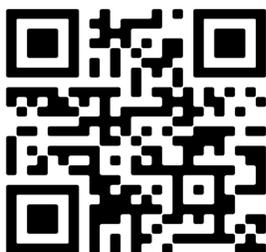
2020 Wickenheiser Cup Alumni Hockey Champions
Thursday, 12/21/23

40th Anniversary of 2 State Champ Teams -- 1984 Baseball and Girls Track & Field in the Ted Yeater Athletic Center during our basketball games
Friday, 2/2/24

If you have students, friends, or relatives on one of these three teams, please ask them to email nkohl@duchesne-hs.org so we can contact them about the details. Thank you!



SCAN OR CLICK FOR LUNCH MENU



Mark Your Calendars

November 6 1st Practice Day for Swim Girls and Boys Wrestling

Any student trying out for these sports MUST have all of their pre-season paperwork turned in to the main office to participate. If your son/daughter played a fall sport, we have all necessary paperwork, but would still need the \$100 sports fee turned in to the office prior to beginning tryouts. If you are not sure what you have turned in already, please check with Mrs. Fuchs in the main office as soon as possible. All forms (except the MSHSAA PPE) can be completed on our website.

November 8 5:00 p.m. Meet the Winter Coaches Night (Cafeteria)

Boys-Girls Basketball / Girls Swimming parents will meet your respective coaches and Athletic Director for an informational night for your program.

November 9 3:00 p.m. Winter Sports Photo Day in the Gym/ Mezzanine for Boys-Girls Basketball, Girls Swim, Bowling, Hockey, Hockey Cheerleaders, and Pep Band. Team and Individual pictures along with senior banner pictures will be taken at this time.

November 15 5:00 p.m. Varsity Girls Basketball Jamboree at Winfield High School

November 15 5:00 p.m. Varsity Boys Basketball Jamboree at Lafayette High School

December 1 5:45/7:00 p.m. JV/V Girls Open up Home Basketball Season vs Ladue

December 1 5:45/7:00 p.m. JV/V Boys Open up Basketball Season at Orchard Farm

December 4 8:30 p.m. Swim Girls Open up Season vs Francis Howell North at the REC-PLEX

Capstone project to help spread Christmas cheer!

Visit Santa's Workshop on November 18 at DHS!



Julia Winkeler '24

My name is Julia Winkeler. I am a senior and have been in the Duchesne Scholars Academy since my freshman year. This year, senior Scholars students were given the opportunity to create our own capstone project. This allowed us to get creative and design a well-organized plan for our ideas to take action.

The project I came up with for myself was to do a series of fundraisers to raise money for Gwendolyn's Gifts. This charity's mission is to provide emotional and financial support to families of children on palliative and hospice care in the St. Louis region. I have done bake sales, hosted a Halloween craft night, along with other things. The next fundraising event will be a Santa's Workshop that will be held alongside the Duchesne Craft Fair on November 18, 2023.

This fun Christmas event will take place in the Duchesne gym lobby with an admission fee of \$5 per child. This fee gives the kids a

DUCHESNE HIGH SCHOOL GYM LOBBY
2550 ELM STREET

SANTA'S WORKSHOP

Enjoy a fundraising kick-off to Christmas. All proceeds will be donated to Gwendolyn's Gifts

**SATURDAY
NOVEMBER 18**
DUCHESNE HIGH SCHOOL
8:30AM - 2:00PM

Ticket: \$5 per person

TICKET INCLUDES: PICTURE WITH SANTA AND A PHOTO BOOTH, CANDY CANE, CHRISTMAS CRAFTS, AND A CHANCE TO PURCHASE GIFTS FROM SANTA'S WORKSHOP!

PICTURES WITH SANTA FROM 9-12PM

Questions? contact:
WINKELERJ@STUDENTS.DUCHESNE-HS.ORG

*DONATIONS ARE WELCOME AS WELL

ticket to take a picture with Santa and tell him about all their Christmas wishes! Each child will also be given a candy cane and will be allowed to do a creative Christmas craft. Along with all of that, the ticket gives them access to Santa's Workshop, where they will have the

opportunity to purchase Christmas gifts with their allowance money if they choose. This event will be open from 8:30am-2pm, pictures with Santa will take place from 9-12pm! Everyone is welcome and can stay for as little or as long as they would like!

Early-bird tickets for 2024 Pioneer Expedition Gala available after Thanksgiving!

Join us for the 2024 Pioneer Expedition Gala on Saturday, February 3, in the Ameristar Casino ballroom!

Early Bird tickets will be available for purchase on the gala web page after Thanksgiving.

Early bird tickets are \$150 per person until Friday, January 5, 2024.

We are always requesting large and small donations from our DHS community. If you have professional sporting event tickets, music concert tickets, or vacation rental homes that you would be willing to donate, please contact us.

We also have many items that need to be purchased on our Amazon wish list.

If you are interested in volunteering before, during, or after the Gala, we are always looking for extra hands.

Links for purchasing tickets, our Amazon wish list, and volunteering are all on the 2024 Pioneer Expedition Gala website: <https://www.duchesne-hs.org/2024pioneerexpeditiongala.html>.

Please contact Abby Sweeney at 636.328.4870 or asweeney@duchesne-hs.org with all questions or inquiries. Thank you!



Sponsored by:

Coat Drive

JUNIOR BOARD
— Glennon Guild —

BENEFITTING: **SSMHealth Cardinal Glennon**
Children's Hospital

? REQUIREMENTS:

- New or used clean coats
- Kids sizes 0-14

🕒 DONATION DEADLINE:

- November 1-14th

📍 DROP OFF LOCATION:

- Boxes outside PAC
- Coats will be collected from your school

🎁 BENEFITTING:

- Coats for children that come to Glennon appointments without one



Duchesne High School forty-fourth annual
PIONEER EXPEDITION GALA
February 3, 2024

PIONEER EXPEDITION
DUCHEсне HIGH SCHOOL
ESTABLISHED 1924
a journey in mind, body and spirit

DUCHEсне HIGH SCHOOL
VERITAS ET SCIENTIA
CELEBRATING 100 YEARS
EST. 1924



DUCHESNE HIGH SCHOOL'S
Fall Craft Fair
SPONSORED BY THE DUCHESNE MUSIC BOOSTERS

November 18, 2023
8:30 am - 2 pm

Join on campus at Duchesne High School
for its annual Fall Craft Fair!

Come and see some of the amazing
products these vendors have to offer!

Questions? Send an email to:
DuchesneCraftFair@gmail.com

LOCATION:

1840 1st Capitol Dr., St Charles
(636) 925-0132

raisingcanes.com

[f](https://www.facebook.com/RaisingCanesChickenFingers) RaisingCanesChickenFingers | [t](https://twitter.com/Raising_Canes) Raising_Canes | [i](https://www.instagram.com/raisingcanes) @raisingcanes

© Raising Cane's USA, LLC. "Raising Cane's" and the Raising Cane's Logo are registered trademarks of Raising Cane's USA, LLC.