



DUCHESNE HIGH SCHOOL
EST. 1924

PIONEER PRESS NEWSLETTER

AUGUST · 2024



Cheer Camp FUN

The Ted Yeater Athletic Center hosted over 120 girls between 4 years old and 8th grade during Duchesne's very popular Cheer Camp program. The campers enjoyed learning new routines, themed dress-up days, and a visit from the St. Charles City School Resource Officers!

UPCOMING SCHOOL DATES

August 7-8

Senior Retreat

August 12

First Day of Fall Sports

August 13

Freshman Family Mass

August 14

Freshman and New Student Orientation

August 15

First Day of School

Freshman Parent Social

Media Orientation

August 19

Picture Day

August 22

New Family and Sports BBQ

August 29

Back to School Night

From the Assistant Principal of Student Life



Debi Turner '96
Assistant Principal of Student Life

I hope this letter finds you well and enjoying the last bits of summer break. As your Assistant Principal of Student Life, I wanted to take a moment to share a little about my own summer adventures and express my excitement for the upcoming school year.

Over the past few months, I had the pleasure of watching my sons, Darin and Frankie, immerse themselves in their favorite sports. Darin had an exciting season playing both baseball and soccer, while Frankie made a splash in the pool and honed his skills on the basketball court. They really enjoyed attending the Duchesne soccer, basketball, and Mad Scientist camps too! It was truly a joy to see them grow and excel in their passions.

While summer has been enjoyable, I must admit that the school feels empty without the hustle and bustle of our

students. I miss the vibrant energy and enthusiasm that you all bring to our halls each day. Your presence truly makes this school a lively and inspiring place to be.

As we prepare to kick off the new school year, I eagerly anticipate your return. Whether you are entering as a new Duchesne student or simply continuing your educational journey, know that we are here to support and guide you every step of the way.

Here's to a successful and rewarding academic year ahead! I look forward to seeing each and every one of you back at school soon.

Warm regards,
Debi (Westhues) Turner '96
Assistant Principal of Student Life

New counseling services offered at Duchesne

The Community and Children's Resource Board (CCRB) of St. Charles County is now offering a free counseling service to our Duchesne families.

Our CCRB counselor is Emily Brennan, a licensed professional counselor (LPC) in Missouri, who works for Chestnut Health Systems. Emily has been working as a therapist for six years and has experience in emergency mental health, outpatient care, and school-based services. She works with kids with a variety of different issues, including anxiety, depression, self-harm, history of trauma, or problems at home and at school.

"I am really passionate about making sure kids have an outlet to talk about the things they have going on in their



lives and receive the support that they need and deserve," Emily said. "The partnership we have at Duchesne is

a really cool opportunity to provide therapy resources at no cost to students during the school day so that they don't have to worry about finding outside therapy or arranging transportation to after-school appointments."

These services are supported by a grant funded by the St. Charles County CCRB. This grant covers the cost of an insurance copay, so there is no out-of-pocket cost for therapy. If a student (or parent!) is interested in these services, please contact me to set up an intake appointment and begin services.

Debi (Westhues) Turner '96
Assistant Principal of Student Life
dturner@duchesne-hs.org
636.946.6767, ext 6905

2024-2025 meal service information



Dear Families,

Food Service Consultants Inc. is committed to providing the best service to the students we have the privilege of serving. To enhance your experience, we are excited to introduce two new systems: **Vanco RevTrak** for payments and **Meal Magic** for managing all account details.

Vanco RevTrak: This new payment system offers a secure and convenient way to manage

your child's meal payments. With Vanco Rev Trak, you can easily make payments online, set up automatic payments, and monitor your transaction history. This system is designed to streamline the payment process, ensuring that your child always has funds available for meals. Deposits can be made in any amount up to \$500 with a \$2.50 fee per transaction. See the attached flyer for detailed instructions and support.

Meal Magic: Our new account details system, Meal Magic, provides a user-friendly platform to keep track of your child's meal account. You can view account balances and

transaction histories, and receive notifications about low balances. If applicable, a parent/guardian will be able to pre-order meals, restrict purchases, set daily spending limits and other new features. Meal Magic is designed to give you peace of mind by keeping you always informed of your child's meal account status. To get started with Meal Magic please follow this link: <https://foodserv.familyportal.cloud>

We believe that these new systems will greatly improve the efficiency and convenience of managing your child's meal services. Our goal is to provide you with the best possible tools

to ensure that your child's nutritional needs are met.

Thank you for your continued trust in Food Service Consultants Inc. We look forward to serving you better with these new enhancements. If you have any questions or need additional assistance, do not hesitate to contact our team at info@foodserv.org.

Sincerely,

D. Scott Phillips
President
Food Service Consultants Inc.

MEAL MAGIC INSTRUCTIONS CAN BE FOUND ON PAGE 4.



Attention Families!

Food Service Consultants payments are moving!

We are excited to announce that we have transitioned to Vanco RevTrak for all payment processing.

Save time and be confident that your payment makes it where it needs to go. You can pay online with eCheck, debit, or credit cards.

Please follow the attached directions to create your account today.

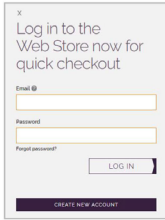
<https://DuchesneHighSchool.revtrak.net>

Food Service Payments



Visit <https://DuchesneHighSchool.revtrak.net> to pay fees

Parent – Instructions



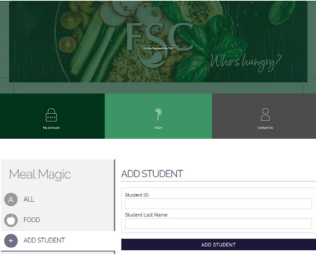
Log in to the Web Store now for quick checkout

Email ID:

Password:

Forgot password?

- Visit the **RevTrak®** Web Store
- Click **Create New Account**. Your account will track all purchases associated with your email and expedite checkout.
- Save your email and password for easy log-in



Meal Magic: ADD STUDENT

Student ID:

Student Last Name:

- Click the Lunch Payments button.
- Click **Add Student** in the left menu, then enter the student ID and Last Name in the fields.
- Click **Add Student**.
- Repeat process for added students.

FOOD ACCOUNTS

Doretha Cowboy Balance: \$200.00

One-Time Payment

Please type in how much you would like to deposit or select \$25, \$50 or \$100.

Doretha Cowboy Balance: \$200.00

\$0.00

Doretha Cowboy

AUTO-REPLENISH Disabled

LOW BALANCE EMAIL Disabled

Payment will be processed and receipt can be viewed and printed. A receipt will automatically be sent to the email address provided. Receipt can be viewed at any time through your account settings.



Meal Magic® Family Portal

What is Meal Magic Family Portal?

Meal Magic Family Portal combines features that previously were available elsewhere but required you to visit multiple websites. Now, all food service activity can be accessed through a single site.

You can use Family Portal to view balances, see account and purchase histories, make deposits, transfer money among family members, set parental controls, apply for meal benefits, complete household information reports, and order meals. Some schools might not offer all of these features.

Registration Tips

Before registering, add *.familyportal.cloud as a safe domain email sender in your email app. If you think you did not receive an email, try looking in your spam folder. If it's there, be sure to mark it as safe for future email messages.

If you get a message about not being able to access your account, try using the **I forgot my passphrase** option under **My Account**.

Registering (Creating an Account)

Each school district has its own Family Portal web address. You will need to create an account at each one you need to access. No information is shared between districts.

Registering an account has two parts. In the first part, you will be asked to enter your email address and agree to the site's Terms of Use and Privacy Policy, after which an email will be sent to you.

Email is sent to confirm that you have access to the address you used. If you click the link that is in the email, you will be returned to Family Portal to complete the second part of registration, which entails entering your real name and setting a passphrase to protect your account.

Registrations must be completed within 20 minutes. If you take too long, you will need to click the **I need to unlock my account** option.

1. Click **My Account**.
2. Click **I need to register as a Family Portal user**.
3. Enter your email address for the **Username**.
4. Click **Next**.
5. Read and **Accept** the Terms of Use and Privacy Policy.
6. Check your email for activation instructions.
7. Click the link in the activation email.
8. Enter your first and last name and set a passphrase.
9. Click **Submit**.

Important Note About Passphrases

A passphrase is like a password but usually is longer and has fewer restrictions on format. Your passphrase will be tested against a database of passwords known to have been compromised on other websites and will be rejected if a match is found.

*For security, **never** use the same passphrase on more than one website, and **never** share your passphrase with anyone, including your district or our support team. Treat it as highly confidential.*

My Account

After successfully completing registration, you will use **My Account** whenever you want to access your account.

If you have forgotten your passphrase, enter your Username and click **I forgot my passphrase**.

Adding Family Members / Pending Approvals

When logged into Family Portal, you will have the ability to add family members to your account by using the **Add Person** button. Minimally, you will need to know the ID Number assigned by the school to the person along with the person's first and last name.

Before you can access information for a person attached to your account, your school district must approve your access to them. Once approved, you will be able to see balances, settings, and histories.

Removing Family Members

To remove a family member using a smart device, swipe left on the member's name and then click the trashcan icon. On a PC, hover your mouse over the name to reveal the trashcan.

Adding Money for Family Members

When you are logged into your account, click the **Deposit** button when you want to add money for family members. Enter an amount for each person you want to give money and then click **Check-Out** to see your payment options. Click the payment method you want to use, provide the requested information, and click the **Pay** button.

Transfer Money, See History, Change Settings

Touch or click a family member on the **My Account** page if you want to transfer money from that person to another on your account, or if you want to view account history including purchases, or if you want to set parental controls (if allowed by the district).

Low-Balance Reminder Email

If you would like to receive email notifications when a family member's account balance is running low, click the Notifications button on the My Account screen. Uncheck the first box if it is checked, and then check the second box. Set a dollar amount (\$0, \$5, \$10, \$15, \$20 ... up to \$50). An email will be sent when a balance reaches or goes below the amount you set. Reminders repeat every three days as necessary.

How-To Videos

Click the **How-To Videos** button if you want to view videos about using Family Portal.

More Information and Who to Call for Help

Your information is saved with your school's private data and is not accessible by Meal Magic Corporation. Our support team cannot view your account, or any person connected to it. You must contact your school if you have questions about your family members.

Money does not flow through Meal Magic Corporation. You must contact your district about duplicate payments, refunds, or anything related to account balances. Each school district is independent of others and, therefore, is unable to transfer balances to other school districts.

For your protection, no credit card or banking information is stored by Meal Magic Family Portal.

From the Director of Admissions



Dana Bryan
Director of Admissions

We want to meet you! Please sign up for a Shadow Visit or to Schedule a Tour!

<https://www.duchesne-hs.org/shadow-visit-information.html>

<https://www.duchesne-hs.org/schedule-a-tour.html>

PLEASE NOTE THESE UPCOMING ADMISSIONS EVENTS!

DHS End-of-Summer Bash

Friday, 8/16/24, 6:30-9pm
Doors Open at 6pm
Duchesne High School
Ted Yeater Athletic Center

Sign up early!

<https://duchesnehighschool.regfox.com/2024-end-of-summer-bash>

High School Fall Fair Night

Thursday, 8/22/24, 5-7pm
Visitation Academy

Pioneer Night at the Old St. Ferdinand Shrine

Tuesday, 9/24/24, 6-8pm
1 Rue Saint Francois St in Florissant

Please register here:

<https://www.duchesne-hs.org/pioneer-night-at-the-old-st-ferdinand-shrine.html>

High School Presentation Nights

Wednesday, 9/4/24, 6-8pm

Tuesday, 9/17/24, 6-8pm

Monday, 9/30/24, 6-8pm

Thursday, 10/10/24, 6-8pm

Duchesne High School Open House

Sunday, 10/27/24, 10am-2pm

Please register here:

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

Application Intent Process

Tuesday, 10/1/24 – Tuesday, 11/12/24

Applications Due for 2025-2026 School Year

Tuesday, 11/12/24

High School Spring Fair Night

Wednesday, 4/9/25, 5-7pm

Please let me know if you have any questions. Thank you for your interest in Pioneer Nation!

Dana Bryan
Director of Admissions
dbryan@duchesne-hs.org
636.946.6767, ext 6932

MORE UPCOMING EVENTS!

Pioneer Nation!! Please mark your calendars and plan to join us for some of the events below!

08/14 Wednesday: New Student BBQ

08/16 Friday: End-of-Summer Bash for 5th-8th graders

08/19 Monday: Travelin' Tom's Coffee Truck sponsored by Brockmeyer Law Firm in the DHS parking lot from 6:45-8am. A back-to-school treat for Faculty & Staff; alumni, parents, students, and friends of DHS are welcome to purchase! (10% goes back to Duchesne.)

08/24 Saturday: Chicken N Pickle Duchesne Alumni, Family, and Friends brunch and play

09/06 Friday: Duchesne Day at the BallPark – Cardinals vs Seattle Mariners (This is the Cardinals Hockey Sweater giveaway day as well!)

09/22 Sunday: Fall Festival to kick off DHS Homecoming Week

10/20 Sunday: Fried Chicken Dinner at the Knight of Columbus Hall on Westbury from 3-6pm. \$12 per person. (All proceeds go to Duchesne!)





ALUMNI NEWS



CLASS OF 1964

The Class of 1964's 60th reunion had a great turnout at Duchesne on Saturday, July 20! The organizers put together a fun-filled day – an afternoon at DHS with snacks, drinks, and tours, followed by 5pm Mass in the chapel, and then a backyard gathering at Mayor Dan's. Many thanks to Fr. Chris Holtmann and 1964 Reunion Committee members Theresa (Schrader) Schuppan, Sue (Weber) Hulsey, Norma (Boschert) Pardieck, and Dan Borgmeyer.

UPCOMING EVENTS

Please join your fellow alumni, family, and friends at these upcoming Pioneer Nation events!

Saturday, 08/24: Chicken N Pickle Duchesne Alumni, Family, and Friends brunch and play. Don't play pickleball? No problem! Sign up to join us for great food and even better company! <https://www.duchesne-hs.org/chicken-n-pickle90745.html>

Friday, 09/06: Duchesne Day at the Ballpark – Cardinals vs Seattle Mariners (This is the Cardinals Hockey

Sweater giveaway day as well!) Click here for details and registration: <https://duchesnehighschool.regfox.com/cardinals-night-with-duchesne>

Sunday, 09/22: Fall Festival to kick off DHS Homecoming Week

Friday, 10/11: Career Day – DHS School Counselor Brittany (Reimer) Grass '08 is seeking businesses to participate in this fair-style gathering of individuals from various occupations, each of which will have a table for students to learn and ask questions about different career pathways. Email bgrass@duchesne-hs.org with ques-

tions or scan the QR code on the flyer in this newsletter to register.

Sunday, 10/20: Fried Chicken Dinner at the Knight of Columbus Hall on Westbury from 3-6pm. \$12 per person. (All proceeds go to Duchesne!)

ALUMNI REUNIONS

Are you a current Class Rep or a past Class Officer? Is your class approaching an anniversary year ending in 0 or 5 (such as 20th or 25th)? Contact Nancy Kohl at nkohl@duchesne-hs.org to begin a conversation about your class reunion!

CLASS OF 1969

The Class of 1969 is planning their 55th reunion on Saturday, October 12, 2024, at Pio's Restaurant. More info will be available soon. Please save the date!

CLASS OF 1974

The Class of 1974 has planned their 50th class reunion for Saturday, October 19, 2024, at Tubby's Banquet Hall. Doors open at 5:30; dinner will be served at 6:30. \$25 per person by September 28; \$35 per person at the door. Cash bar. RSVP to Ron Reiling at aaspmo@aol.com and mail payment to Matt Borgmeyer, 849 Kingsgate Dr, O'Fallon, MO 63368.

CLASS OF 1975

Plans have started for a Class of 1975 50th Reunion in August or September 2025. Brian Klutenkamper, Theresa Thro, and Geri (Henderson) Willbrand are organizing. If you would like to reach out, call Brian at 314.570.0576.

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CLASS OF 1984

The Class of 1984's 40th reunion will be at Llywelyn's Pub on the evening of Saturday, October 12, 2024. Please click here for more information and to sign up: <https://myevent.com/DHS-40THREUNION>

CLASS OF 2004

The Class of 2004 is planning a 20th reunion for Saturday, September 28, 2024, from 7-10pm. Please save the date! If you aren't a member of the class Facebook group, you can join here for the most up to date information. Have questions? Email your class alumni representative, Peter Colombatto, at PeterColombatto@gmail.com.

Our reunion is on Duchesne's Homecoming weekend, so please plan to come out to the game on Friday night. Special alumni seating will be reserved.

A SPECIAL NOTE TO OUR ALUMNI RESTAURATEURS AND CATERERS

There's nothing like reconnecting with your alma mater and classmates! -- and where better to do that than at DHS? We are working on a Reunion Package for classes that hold their reunion at Duchesne, to include catering and bar service, decorations, a possible Mass option, tours, and more.

If you are an alum who owns or manages a restaurant or catering service and would like to discuss a possible discounted Duchesne Reunion package, please contact nkohl@duchesne-hs.org.

CLASS REPS

Our Class Reps help us with communications to classmates and spreading the news about all we are doing and planning for Pioneer Nation. Reps are

needed for the classes of 1959, 1969, 1977, 1978, 1984, and 2024. If you are interested or know someone who might be, please email nkohl@duchesne-hs.org with the individual's name and cell number.

PIONEER NATION INFO UPDATES

Alumni! Family! Friends! Help us keep you updated by making sure we have your best contact information! And please share this link with friends and family members who may not be receiving our communications. Thank you!

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

FOLLOW US ON SOCIALS!



JOIN OUR FUNDRAISER at 

Join us at the Raising Cane's at **1840 First Capitol Drive, St. Charles, MO** on **August 15, 2024** from **10:00AM - 10:00PM** and mention the fundraiser at the register, and Cane's will donate **15% of the Net Sales** to: **Duchesne High School**



Minimum donation amount will be 15% of net sales* from your purchase donated directly to the participating organization. Not valid on mobile app, online or kiosk orders. *Net Sales* means the selling price of regularly inventoried merchandise, food, and beverages sold during the event for the purpose of supporting your organization, excluding special or limited time offers, discounts, returns, and taxes.

LEAVES

ALUMNI FEATURES AND UPDATES

From Duchesne to the United States Space Force



Alex Kleitz '19 leading freshmen in a training session during his senior year in the service academy.

For Pioneer graduates, the time spent at Duchesne prepares them for higher learning and equips them with all the necessary skills to help their post-high school life take off. For Alex Kleitz '19, the expression is a bit more literal.

This United States Space Force (USSF) 2nd Lieutenant is currently stationed at Schriever Airforce Base in Colorado Springs as a part of the 4th Space Operations Squadron tasked with operating military satellite communications systems.

The USSF is the military wing that focuses primarily on space-based weaponry, providing intelligence to the military, and

counter space applications such as destroying enemy satellites.

"I've pretty much always wanted to go into the service academy since I was 10 or 11," said Kleitz. "It is a very competitive, intense admissions process, and Duchesne really set me up well for success there and success later on down the line."

Kleitz spent his time at Duchesne soaking up every opportunity it offered. Whatever came up, he'd be a part of it. Science Olympiad? Yes. Scholars Academy? Yes. The first captain of Jogues House? Yes. The list goes on. Did we mention he also played music in the jazz band and musicals? He aimed to experience as much as he could

to broaden his education as much as possible, and learning the multitasking skills necessary to succeed in all of these subjects helped prepare him for life beyond high school.

After graduating from Duchesne, Kleitz set out for basic training and service academy—the first year consisting of learning rules and expectations, not to mention doing plenty of push-ups.

The academic load is heavy, with more than 135 hours of core classes before courses focusing on your major. Cadets build and operate spacecraft on behalf of the Department of Defense (DOD) and are given the opportunity to fly aircraft and space-

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craft and perform experiments for the National Reconnaissance Office and Air Force Research Laboratory.

During his senior year at the academy, Kleitz was the commander of a squadron of 150, ensuring all those under his supervision were adequately trained. He graduated from officer undergraduate training at Vandenberg Space Force Base, where he studied weapons systems as well as allied and adversary warfare tactics.

That's a lot to accomplish by the age of 22, and Kleitz stresses that he gained the core skills used to get there from his days as a Pioneer.

"What Duchesne really provided for me was a place where I could begin practicing those leadership skills and also practicing just taking on the amount of work that would prepare me for the academy," he said. "I could be a captain of one of the houses, I could also be in the band, and I could also be the captain of the track team and the cross country team. I could just take on a lot of stuff. I think if I'd gone to a different school, I'd have been siloed into a specific role. You're in the band, or you're on the track team. I was able to do basically everything I wanted, whatever

the opportunities were. It's not something you get at most schools."

Kleitz credits several Duchesne faculty for influencing him, such as his then- history teacher Bob Biehle. Kleitz said Mr. Biehle showed him what a love of history could become through serious study. Mr. Biehle's current events class is why Kleitz became interested in nuclear weapons and decided to pursue the subject as his minor.

What's next for Kleitz? After becoming proficient with the military satellite communications systems, he wants to continue to hone his leadership skills. Air Force Weapons School and getting a Master's in Systems Engineering are also on the horizon.

Students interested in a career in the USSF can find a wealth of information at <https://www.spaceforce.com/>. Kleitz also recommends reading "Space Warfare" by John Klein.

His last piece of advice is applicable, no matter what future DHS graduates want to study post-high school.

"Keep up with the news, read, be involved in school, and you'll set yourself up for success," he said.



Kleitz holding a tear gas launcher during Riot Control Training at the Theresan Military Academy in Wiener Neustadt, Austria in 2021.

DO YOU HAVE A FEATURE STORY IDEA
FOR OUR **LEAVES SECTION?**

LET US KNOW!

WE'D LOVE TO HEAR ABOUT IT!

Email your idea to Eric Seiffert at
eseiffert@duchesne-hs.org.

Just put "Leaves Feature Idea" in the subject line!



COUNSELING CONNECTIONS



WELCOME BACK!

Welcome back to DHS for the 24-25 School Year! We are excited to begin a fun new year. Our counseling department has big plans and we are excited to share them with you all!

Calling All Duchesne Juniors and Seniors!

COLLEGE FAIR & FINANCIAL AID NIGHT

Thursday,
September 12

5:30 - 6:30 p.m.

College Fair located in the gym

6:30 - 7:30 p.m.

Financial Aid Speaker located in the cafeteria

Open to parents and students of the Duchesne High School Classes of 2025 and 2026



Questions? Email bgrass@duchesne-hs.org.

DUCHESNE HIGH SCHOOL

CAREER FAIR 2024

FRIDAY, OCTOBER 11 | 10:30am to 11:30am
2550 ELM STREET | SAINT CHARLES, MO

SEEKING BUSINESSES TO PARTICIPATE

Fair-style setup • Setup begins at 9am

For questions, email School Counselor Brittany Grass at bgrass@duchesne-hs.org



REGISTER



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.

SCHOLARSHIP UPDATE

The A+ Scholarship Program provides scholarship funds to eligible graduates of A+ designated high schools who attend a participating public community college or vocational/technical school or certain private two-year vocational/technical schools. In addition, there are several four-year universities that award funds if the student has the A+ designation. It is recommended that ALL students fill out the A+ agreement.

IT IS BETTER TO HAVE IT AND NOT NEED IT, THAN TO NEED IT AND NOT HAVE IT!

https://www.duchesne-hs.org/cmss_files/attachmentlibrary/Forms/A--Intent-to-Comply-2023.pdf

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—An email will be sent in August regarding Naviance for transcript and letters of recommendation requests.

LOOKING AHEAD**FALL 2024**

Thursday, 9/12, 5:30pm

College Fair and Financial Aid Night (see flyer for details)

*Recommended for Junior and Senior Students and their Parents

Friday, 9/20

ACT Registration deadline for Oct. 26 test

Tuesday, 10/1

FAFSA Opens

Monday, 10/7

ACT late registration deadline for Oct. 26 test

Friday, 10/11

Career Day held at DHS
(see flyer for details)

Friday, 11/8

ACT Registration deadline for Dec. 14 test

Friday, 11/22

ACT late registration deadline for Dec. 14 test

December

FAFSA Opens—Delayed from the normal Oct. 1

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>



Mr. Gene Tinsley
ginsley@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



Renee Moore '86
Athletic Director

Although the gym, practice fields, weight room and fitness center have been busy all summer, there is something about the excitement brought on by a new sport season and a 0-0 record to build upon.

Summer camps have kept the athletic staff and athletes busy. We had a great summer meeting and working with our campers. We are excited to report that most of our camps were attended at record levels this summer, another strong indication that Duchesne is bracing for another 100 years of success! Thank you to Mrs. Fuchs, Mrs. Bryan, our coaches, and especially our high school athletes who helped to make our camps a memorable experience for our campers!

IMPORTANT ATHLETIC

DATES 2024-2025

August 4-11, 2024

Dead Week

(No athletic contact)

August 12, 2024 (Monday)

First Day of Fall Practice

August 22, 2024 (Thursday)

**MANDATORY PARENT
MEETING FOR FALL SPORTS
(details to follow)**

August 22, 2024 (Thursday)

Fall Athletic Pictures

AUGUST REMINDERS

- Join Healthy Roster by accepting the invitation to join from our athletic trainer (athletictrainer@duchesne-hs.org)
- Update your Sports Physical, remember these are good for 2 years. <https://www.duchesne-hs.org/em-poweren7189387011.html>
- Secure all paperwork necessary for tryouts. Find them here: <https://www.duchesne-hs.org/try-out-forms.html>
- Check out the fall sports schedules on our website via Big Teams-Schedule Star: <https://duchesne.bigteams.com/main/calendar/>

QUESTIONS?

Feel free to contact us for answers!

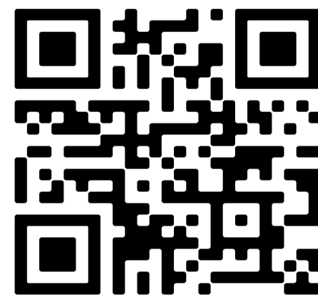
Robyn Fuchs, rfuchs@duchesne-hs.org – for all questions related to tryout dates and forms

Katy Bowe (Mueller), athletic-trainer@duchesne-hs.org – for all questions about physicals/healthy roster

Renee Moore, rmoore@duchesne-hs.org – for anything else you are unsure of



**SCAN FOR CAFE
INFORMATION**



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.



FREE Sports Physicals

SSM Health Sports Medicine is offering **FREE** Sports Physicals for our partnered High Schools. You **MUST** sign up on the link below in order to receive a physical.

Please sign up with the link below or the QR code

<https://www.signnugenius.com/go/10C0D44A4728A7FEC61-49621054-ssmhealth>

Please sign up for one 10 minute appointment slot, but please allow up to 45 minutes for your appointment. Be sure to sign up with the child receiving the physicals name, not the parents name. Please note there are several dates and locations available.

Your child **MUST** be entering high school at one of the following High Schools:

- Afton High School
- Bayless High School
- Belleville East High School
- Belleville West High School
- Bishop DuBourg High School
- Brentwood High School
- Collinsville High School
- Duchesne High School
- Gateway Science Academy
- Hancock High School
- Hazelwood East High School
- Hazelwood West High School
- Hazelwood Central High School
- Herculaneum High School
- Hillsboro High School
- Incarnate Word High School
- Jennings High School
- Lift for Life Academy
- Lutheran North High School
- Lutheran South High School
- Northwest High School
- McCluer High School
- McCluer North High School
- Steam Academy at McCluer South
- Berkley High School
- Orchard Farm High School
- Pattersonville High School
- Riverview Gardens High School
- Ritenour High School
- St. Pius High School
- University City High School
- Winfield High School
- Wright City HS



Questions?
Contact Katie Smith at
Katie_Smith@ssmhealth.com
Or call 833-776-7767

Please leave the combined
SSM&A Medical History Form
completed when you arrive.
Our SSM Health Center support
will be available.

FALL TRYOUT SCHEDULE

| SPORT/COACH | Mon 8/12 | Tues 8/13 | Wed 8/14 | Thur 8/15 | Fri 8/16 |
|---|---|--|---|--|--|
| Cross Country Caroline Rupp crupp@duchesne-hs.org | 3:30-5:00 pm Meet at Stadium | 3:30-5:00 pm Meet at Stadium | 3:30-5:00 pm Meet at Stadium | 3:30-5:00 pm Meet at Stadium | 3:30-5:00 pm Meet at Stadium |
| Football Vince Morris vmorris@duchesne-hs.org | 5:00 - 8:00 pm Practice Field | 5:00 - 8:00 pm Practice Field | 5:00 - 8:00 pm Practice Field | 5:00 - 8:00 pm Practice Field | 5:00 - 8:00 pm Practice Field |
| Soccer (Boys) Patrick Turner pturner@duchesne-hs.org | 6:00-8:00 pm Mueller Park Field 12 | 6:00-8:00 pm Mueller Park Field 12 | 6:00-8:00 pm Mueller Park Field 12 | 6:00-8:00 pm Mueller Park Field 12 | 6:00-8:00 pm Mueller Park Field 12 |
| Golf (Girls) Denny Walters dwalters@duchesne-hs.org | 10:00-11:30 am Cave Springs Driving Range | 10:00-11:30 am Bogey Hills CC | 10:00-11:30 am Cave Springs Driving Range | 1:00-2:30 pm Bogey Hills CC | 1:00-2:30 pm Bogey Hills CC |
| Tennis (Girls) Doug Becker dbecker@duchesne-hs.org | 1:30 - 3:30 pm Tennis Courts | 3:00 - 5:00 pm Tennis Courts | 3:00 - 5:00 pm Tennis Courts | 1:00-3:00 pm Tennis Courts | 3:10-5:00 pm Tennis Courts |
| Volleyball (Girls) Paris Forest pforest@duchesne-hs.org | 4:30 - 6:30 pm Gym | 4:30 - 6:30 pm Gym | 4:30-6:30pm Gym | 4:30-6:30 pm Gym | 4:30-6:30 pm Gym |
| Esports Ben Kilper bkilper@duchesne-hs.org | 3:00-4:30 PM Esports Lab | 3:00-4:30 PM Esports Lab | | | |

DUCHESNE HIGH SCHOOL



OPEN HOUSE
OCTOBER 27 | 10AM-2PM



100
DUCHESNE HIGH SCHOOL

GET TO KNOW
DUCHESNE HIGH SCHOOL

Are you in 5th-8th grade? Join us on Tuesday, September 24, from 6-8pm at the Old St. Ferdinand Shrine in Florissant. Dinner will be provided.
We hope you can make it!
ACADEMICS, ATHLETICS, ROBOTICS, SCHOLARS ACADEMY, HOUSE SYSTEM
Let's talk about it!



For more information, please contact Dana Bryan at
dbryan@duchesne-hs.org



To register: Scan the QR Code. Click Upcoming Events. Click on DHS Informational Night.

WELCOME ALL ALUMNI, FAMILY, AND FRIENDS TO

CHICKEN N PICKLE

1500 S Main Street | Saint Charles, MO
SATURDAY, AUGUST 24,
10AM-1PM

- Brunch begins at 10am in the BE AMAZING ROOM.
- Choose from 5 course selections. (Open play from 11am-1pm)
- Alcoholic beverages can be purchased at the bar.

\$30 PER PERSON

Don't play pickleball? No problem! Sign up to join us for great food and even better company!!




Call Becky Williamson at 636.946.6767 ext. 6931 with questions.




E CAN DO THIS!!! FOOD WITH INTEGRITY
COMMUNITY STARTS HERE... 25% TASTES!
OIL-WRAP...
NERVOUS... CAN CHANGE...
L PIN...
ARRI...
TO...
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DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR DUCHESNE HIGH SCHOOL
25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, OCTOBER 2ND | 4-8PM
2014 ZUMBEHL RD, SAINT CHARLES, MO, 63303

ORDER ONLINE FOR PICKUP USING CODE **7L89XGM**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.



Duchesne Baseball State Championship shirts are now available for purchase!

Visit <https://cognitoforms.com/HollanderLegalLLC/DuchesneBaseballStateChampionshipNikeDriFit-ShirtOrder> and place your order by August 12!



Join us at Duchesne High School for an

End-of-Summer BASH

August 16 | 6:30pm to 9pm
Doors open at 6pm





Baseball

ST. LOUIS CARDINALS

FRIDAY, SEPTEMBER 6

AT 7:15 PM

CARDINALS VS MARINERS

Contact Becky Williamson for Tickets
636-946-6767 ext 6931
bwilliamson@duchesne-hs.org

DUCHESNE DIAMONDLINE DANCE TEAM INVITES YOU TO

FRIDAY NIGHT LIGHTS

(TAYLOR'S VERSION)

Friday October 18th
4PM to End of Halftime

Spend the evening with the Diamondline Dance Team and perform a Taylor Swift dance during halftime of the Boys 2023 STATE SOCCER CHAMPS game!

- Drop off your child for fun activities, dancing, dinner and return to watch the Duchesne Pioneers take on Fort Zumwalt North at 6PM!
- Everyone will receive a bow and poms!
- Pick up immediately following the halftime performance

Sign up now to reserve your spot!

- \$25 Now thru July 1st!
- \$35 after July 1st

Payments can be made by Venmo to: @Dana-Buckner-5

Sign Up Here! 

Venmo 

Questions? Please call Dana Buckner at 314-304-6813

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