

The

MIGHTY WARRIOR



Winter 2021

St. Frederick High School



*Carynn
Wiggins*



Principal Dr. Carynn Wiggins

It's a great time to be a warrior! I am proud to be a member of the Warrior family and I look forward to many years in the role of principal. What a blessing to be a part of such a wonderful group of students, teachers, families, and amazing St. Frederick alumni and supporters! With a sense of unity and commitment, we will work together to extend and expand the outstanding Warrior legacy which began in 1965. With a great history behind us and an amazing future ahead of us, we boldly embrace this time as Warriors for Christ!

**"The Lord is with you, mighty warrior!" Judges 6:12
God Bless you,
Dr. Carynn Wiggins
Principal**

**ST.
FREDERICK
HIGH
SCHOOL**

#1 High School in
Ouachita Parish



St. Frederick High School has been named the #1 High School in Ouachita Parish for 2022 by Niche.

"The 2022 Best Private High School ranking is based on rigorous analysis of key statistics and millions of reviews from students and parents. Ranking factors include SAT/ACT scores, the quality of colleges that students consider, student-teacher ratio, private school ratings, and more. Data sourced from the U.S. Department of Education, Niche users, and the schools directly."



St. Frederick High School Pursues Authorization as an IB World School

St. Frederick High School is a candidate school for the prestigious International Baccalaureate (IB) Middle Years Programme and is pursuing authorization as an IB World School. The program, which was developed in Switzerland in the 1960s, is offered in over 5,000 schools worldwide, with only three MYP programs offered in the state of Louisiana. Once authorized, St. Frederick High School will be the only IB World School north of Baton Rouge.

The IB places a heavy emphasis on inquiry-based learning. This approach differs from fact-based learning which primarily values recall with little application and creativity. In contrast, the IB student is placed at the center of the learning environment and given a responsibility for their own learning. Each unit is governed by a "statement of inquiry" that drives the instructional and learning process and targets specific skills, known as "approaches to learning," that are prescribed and reflected upon pre-and post-instruction.

Life skills are also part of the curriculum. Students are taught things like how to work collaboratively, take risks, practice empathy, develop time management skills, and practice focus and concentration. Students are also invited to explore cultural diversity, global interconnectedness, and human commonality.





Warriors Salute our Veterans with a "Ride by Celebration!"



St. Frederick High School's Student Council, under the leadership of Rosemary Manning invited all Veterans from our community to drive by the school for a huge thank you and a small gift. Veterans drove by as all of our students lined up in front of the school waving the United States Flag, playing patriotic music and waving signs made by the students expressing our gratitude. The experience was not only heartfelt by the Veterans but by the faculty and students. It was a big Warrior thank you and a wonderful experience.





Warrior Discipleship Team

The Discipleship Team has taken on a vital role in the spiritual life of the student body at Saint Frederick High School. Their primary responsibility is to plan, organize, outline, and coordinate retreats offered to each class throughout the school year. The goal of the retreats is to build stronger relationships and enrich their faith journey. The team is comprised of 10 to 12 senior students each year who serve from August until May. Juniors who are interested in serving apply in February and members are chosen based on an essay application, recommendations from faculty and leaders of their church, and an interview.

Once selected, the team hits the ground running in August, planning and organizing a retreat. They decide on a theme for the school year and they design posters, t-shirts, props, skits, video productions, and activity options. The team then facilitates five retreats throughout the first semester of the school year, one for each class. They want each class to experience the retreat as early as possible to have a better bonding experience with their classmates throughout the remainder of the school year.





Warriors Serve Like Christ



Socktober

The Interact Club, under the direction of senior Gracyee Hill had a Socktober during the month of October. The Interact Club collected over 500 pairs of socks and donated them to the Homeless shelter. The motto of the Interact Club is "service above self." This group of students definitely exhibits that attitude towards Christmas season.

Thanksgiving Baskets

During the month of November the Junior National Honor Society collected food items for St. Vincent de Paul and made Thanksgiving baskets for needy families in our community.



Meals on Wheels

During the month of December, St. Frederick High School students helped out Jesus Good Shepherd students to prepare holiday care packages for Meals on Wheels.

Visit to J.S. Clark

Our Junior National Honor Society visited J.S. Clark in December and gave out hand stitched stockings filled with treats, colors, coloring books and a stuffed elf. The members led Christmas songs, helped the students with a craft and read them a book. The Warriors had so much fun with the little ones.



WARRIOR



Athletics

The (9-3) Road Warrior's postseason ended in semifinals against Southern Lab. Following the loss, after Southern Lab. Coach Robinson thought of all the good that came from SFHS semifinal appearance;

"Definitely disappointed in the way the game ended, but just looking back and reflecting...When the bracket came out and we were a 14 seed, to go on the road and do the things this team did was something that was special," Robinson said. "It definitely leaves a mark on the program, and the seniors for what they accomplished. We lost to three really good football teams. I'm awfully proud. We'll get back and see what improvements we need to make as a program and as a team. We want to take that next step, but that doesn't take anything away from what this group has done."

Robinson is extra sentimental about this senior class because they were the building blocks from the very beginning. "They mean a lot," Robinson said, "They were eighth graders when I first walked into the door. They were transitioning in the spring. We won a lot of games together, and it's been a heck of a ride with them. I am close to each one of those guys, and I will always remember that team and their leadership."



WARRIOR



Athletics

The Boys Varsity Basketball Team holds strong with a 12-6 Season Record



Alyssa Dismuke
State of Louisiana
Heisman Winner

Junior High Basketball
team goes Undefeated!

Coach Lopez
Junior High &
Varsity Basketball
Coach

Alumni Accomplishments



Gregory Long
2013

Graduated from LSU summa cum laude and received the LSU University Medal. He earned his Doctor of Medicine from Baylor College of Medicine in Houston, Tx. He is now pursuing his residency in Ophthalmology at Tulane University School of Medicine.



Amanda Bryant
2017

Graduated from LSU and recently accepted into LSU School of Dentistry.



Barrett Coon
2017

Graduated from LSU and recently accepted into LSU School of Dentistry.



William Barham
2016

Graduated from Washington and Lee University magna cum laude in 2020, where he majored in Neuroscience. He now is attending the LSU New Orleans School of Medicine as a member of the Class of 2025.

Warrior's Bonfire Pep Rally

Last Pep Rally of the season!!
It's a great time to be a Warrior.....



**Rosemary Manning 2021
Homecoming Queen**

Homecoming Celebrations!





Alumni Business of the Month

Alumni are the foundation of our success! We will be highlighting an Alumni Business of the month every month. If you're interested in having your business highlighted, please email jwier@stfrederickhigh.org.

Skent-N-Dent



Kelly Hill Class of 1994
Stevie Hill Class of 1986

Reliant Healthcare



Brad Smith Class of 1996
Peter Guerriero Class of 1999

Miros



Roy Arthur Class of 1978



Alumni On Campus

Alumni are the foundation of our success!





**Thank you to our
Parents' Association
for our beautiful Prayer Garden!!**



*Be a part of the SFHS Legacy by buying a brick!
\$125*

Message from Development



**"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." -
-2 Corinthians 9:7**

The last two years have been very difficult and challenging, but St. Frederick High School has continued to deliver an outstanding education to our students. As Catholics and Christians, we are people of hope and good news. This exemplifies our work at St. Frederick High School as we develop our students into positive role models in society through excellent academics and Christian values.

With an "attitude of gratitude" we look toward our future even in times of uncertainty. We continue to live out our mission to strengthen young minds for a brighter future by promoting high levels of academic excellence, servant leadership, and cultural awareness in a Catholic environment centered around Jesus Christ. With our ever changing world, we need to adapt to our current situations. Now more than ever, our students need us. And we need you.

Please consider supporting the important work at St. Frederick High School by making a gift to the St. Frederick High School Annual Fund. Thank you for playing a huge role in our St. Frederick Family. We look forward to moving ahead this year with grace and persistence but without you, none of it is possible.

God bless,

Jill Wier
Director of Development



2021 Mighty Warrior Donor List

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We want to thank all our generous donors for their contributions!

St. Frederick High School



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The



MIGHTY WARRIOR



Mission



The mission of St. Frederick High School is to strengthen young minds for a brighter future by promoting high levels of academic achievement, servant leadership, and cultural awareness in a Catholic environment centered around Jesus Christ.

Winter 2021