

*The*

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# MIGHTY WARRIOR



**Winter 2022**

**St. Frederick High School**

*Dr. Carynn Wiggins*



## From the Principal

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Dear Warriors ,

It's a great day to be a Warrior! I would like to share with you some amazing things happening this year at our school.

We will be hosting two accreditation visits this spring, one with Cognia (formerly known as SACS) and the other for recognition of our International Baccalaureate Middle Years Program. Our faculty has been working diligently in preparation for these accreditation visits.

We have also partnered with the University of Louisiana at Monroe on several programs. Our Biology I students are working with ULM on a grant with the Environmental Protection Agency, They are testing the quality of water samples from the area and reporting the results to the university. We have also coordinated with the ULM Business Department to offer business electives such as Introduction to Business, Personal Finance, Marketing, Property and Casualty, and Entrepreneurship. The class on entrepreneurship became so involved they created a school store which has been extremely popular with our students. The store has repaid its student investors and is helping clubs and organizations with financial support.

Our faculty is amazing! We have been able to build a group of subject matter experts who are passionate about teaching. Each is willing to try (and embrace) new things. These teachers truly model lifelong learning! In addition, most of the teachers offer before school tutoring or they tutor during their planning period!

Our teachers and students are thrilled to be able to venture outside the walls of the school again! The Spanish Club will be going to Jackson soon to see the Hispanic Flamenco Ballet performed by the Arts & Dance company. There are day trips planned for the seventh and eighth graders this spring. Eighth will be going to Baton Rouge while the seventh graders will go to Vicksburg. There are local trips scheduled and, of course, our high school trip to Rome and junior high trip to Washington, D.C.!

Our students live their faith daily. They love to serve others and demonstrate this through working with St. Vincent de Paul making Thanksgiving baskets or collecting toys at Christmas, serving at the Poor Man's Supper, or working at JGS Trunk or Treat. They filled a semi-trailer full of water and cleaning supplies for a Catholic high school in Ft. Myers, FL. They hosted a class Christmas party at a local elementary school. But still, my favorite part is watching our students go out of their way to celebrate and help others. They have brought me to tears many times this year.

We focus on "the whole child" at St. Frederick. We have brought in nationally recognized speakers such as Justin Fatica, Stacie LeBlanc, and Stephen Hill. Justin helped hone our faith and taught us to reach out to those who are hurting, Stacie spoke on legal ramifications of sex as a teenager, and Stephen spoke on addiction. Varied topics? Yes, but at SF we try to educate our students to help them make better choices. We also met a school goal, as established by end of year surveys from teachers AND students—we have a school counselor who is also a licensed mental health counselor.



Last, but certainly not least, our sports teams are excelling, school spirit is thriving, and our proud alumni are returning in droves.

St. Frederick High School—Pride in our past, faith in our future!

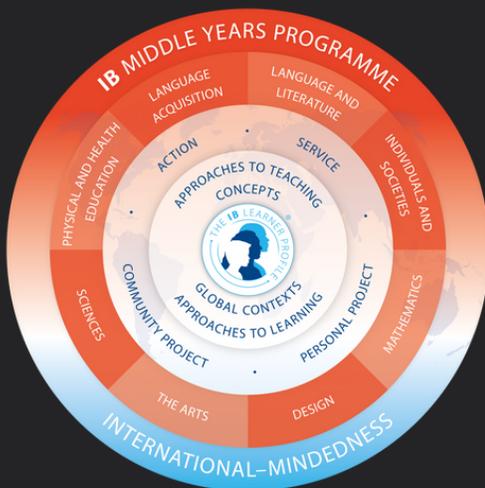
Yours in Christ,

Dr. Carynn Wiggins  
Principal



# SFHS 2023 National Merit Commended Student Peyton Reynolds

Those being named Commended Students have demonstrated outstanding potential for academic success. These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of education in our nation."



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.

# **Peyton Reynolds & Archer Ashbrook**

## **Chosen as St. Frederick High School's 2022-23**

# **STUDENT OF THE YEAR**

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Peyton Reynolds and Archer Ashbrook were chosen as the 2022-2023 St. Frederick High School Students of the Year. The SFHS Student of the Year is chosen based on academic achievement, leadership activities, and evidence of service and citizenship efforts. Peyton and Archer will now compete for the Diocesan Student of the Year in January.



**Twelfth Grade  
Student of the Year  
Peyton Reynolds**



**Eighth Grade  
Student of the Year  
Archer Ashbrook**



# 30+ CLUB



**Garrett Taylor, Peyton Reynolds, Cris Torres**

**St. Frederick High School's ACT 30+ Club was introduced during 2022 Fall semester. The award is a new honor at St. Frederick High School which recognizes Warriors who achieved an ACT composite score of 30 or above.**

## SFHS ACT 30+ CLUB

### Class of 2022

Margaret Barham  
Raegan Carter  
Graycee Hill  
James Mayronne  
Eli Moore  
Caroline Reed  
Margaret Sherman  
Elise Tramontana

### Class of 2023

Jude Maddox  
Peyton Reynolds  
Cris Torres

### Class of 2024

Garrett Taylor



*This distinction is for students who have achieved an ACT composite score of 30 or higher on a national or district test.*



**Judd Maddox**



# Warriors Salute our Veterans at its 2nd Annual "Ride by Celebration!"



St. Frederick High School's Student Council, under the leadership of Riley Houser, had its second annual "Ride by Celebration" on November 10th. The Student Council invited all Veterans from our community to drive by the school for a huge thank you. Our Culinary Club made homemade cookies to give to every Veteran that day. 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. 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. 2022-23 Discipleship Team: Emma Barksdale, Riley Houser, Micah Bell, Olivia Delcambre, Paula Pham, Lexie Bourgeois, Cris Torres, Isabella Moore, Charlie French, Peyton Reynolds.





# SFHS DRONE PROGRAM

SFHS kicked off its Drone Program this semester. The students visited Mr. Darrion Flunder-Jenkins at ULM and he spoke to the students about the importance of drones in today's society and how you can get a degree in learning how to fly and program commercial and military drones. He shared that there is a lot of potential for drone usage and learning about them can be a valuable asset. Potential jobs using drones could include agriculture, search and rescue, construction, real estate photography, and the military. Our students are excited to learn how to program and fly drones this year.





# Warriors Serve Like Christ

## "Fill up For Ft. Myers"



Warriors partner with Bishop Verot Catholic High to send a supply relief truck full of water and cleaning supplies to Fort Myers, Florida, which was hit hard by Hurricane Ian.

## St. Vincent de Paul Thanksgiving Baskets

During the month of November the St. Frederick High School St. Vincent de Paul led by Paula Pham collected food items for Thanksgiving baskets for needy families in our community. Each class filled a box with food and personally decorated the boxes.



## St. Vincent dePaul Toy Drive

The SF Junior High SVDP hosted a bake sale that made enough money to buy 12 scooters and a bike for the SVDP Toy Drive! They also made Christmas cards for two local nursing homes.

## 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 Warriors wrapped up its 2022 season at the Chip Luffey stadium after a close fight in the semifinals against Southern Lab. The Warriors finished with a 7-3 season record. Coach Robinson says, the future is bright after having played so many freshmen and sophomores throughout the year, and he thanks the senior class that was a big part of reshaping the culture at St. Frederick High School. Coach Robinson continues to build a strong program at SFHS. Many Warrior players received district award titles: Colin Ducote, Kaiden Miller, Vasser Day, AJ Jacola, Michael Thomas, Micah Bell, Christian Dickey, Foster Phillips, Eli Carr, Wyatt Poland, Donovan Giovingo, Montrell Connor, Garrett Taylor, Aaron Parker, Sanplice Semien, AJ Melna, William Patrick, Owen O'Neal, William Patrick, Josh Abraham, Darrell Cooper, Kendall Crosby, Clayton Turpin, MJ Dade, Mason Hart, and Eli Ducote.





# WARRIOR

# *Athletics*



**The 2022 SFJH Football team went undefeated this season under Coach Lopez!**



**The 2022 SFJH girls soccer team went undefeated this season with Coach Chris Maciaszek!**



**Junior High boys soccer**



# WARRIOR

# Athletics



The St. Frederick boy's basketball team began their 2022-23 season with a (10-7) (1-0 in District) record. Head Coach, Derek Lopez, credits his team's success to the commitment to the defensive end of the floor. Being in the correct positions and taking pride in defending has gotten better as the season has gone on and we are seeing some positive results because of it.

This started out as a very young and inexperienced group but after going through our Non-District Schedule especially the last three Tournaments; Teurlings Catholic Round Robin, The Sidney Smith Invitational (West Monroe), and The Don Redden (Ouachita) we have learned a lot, matured a lot, and are playing more as a team.

We are excited about the rest of our season as we pursue a District Championship as well as try to get a high playoff seed. We will need the entire Warrior Nation behind us with their support as they have done so far this year. They are who make "The Marsh" a special place to call home.



**Junior High boys basketball**



**Junior High girls basketball**

The St. Frederick cross country team completed its 2022 season at the state meet in November. They had an amazing season with Coach Kip Davis. We had 10 members qualify for the State Meet. Sebastian Criswell, John Domino, Jose Dunnington, Luke Leaumont, Rishi Thota, Marsala Trahan, Brooke Pohlman, Kenna Quayle and Audrey Juneau

# HOMECOMING CELEBRATIONS!



**Paula Pham**  
**2022 Homecoming Queen**



**Ann Marie Ellender**  
**2022 Football Sweetheart**



# Alumni Accomplishments



**Dr. Alexis Guice Albin**  
2010

**Dr. Alexis Guice Albin is a 2010 graduate of St. Frederick High School. While at SFHS, she was a three sport athlete and was captain of the varsity cheerleading squad. She graduated summa cum laude from Millsaps College in 2014, earning a B.S. in Biology and a B.A. in Spanish. She obtained her Doctor of Medicine with a distinction in research from LSU Health Sciences Center in Shreveport. She then completed her residency in Internal Medicine and Pediatrics at LSUHSC-Shreveport. During her residency, she served as Chief Resident of both the Internal Medicine-Pediatric Program and the Pediatric Program. Dr. Albin is currently in practice at Affinity Health Group, specializing in the care of adults and children. Dr. Albin is married to Dr. Tyler Albin and they have one son, Forrest Albin.**



**Kaleb Williamson, DDS**  
2012

**Dr. Kaleb Williamson is a 2012 SFHS alumnus that graduated from LSU Shreveport with a Bachelor's in Science and a Master's in Science with a concentration in Health Science in 2017. He then earned his Doctor of Dental Surgery from LSU School Of Dentistry in 2022.**



**Peyton Braswell, DPT**  
2013

**Peyton Braswell, DPT, is a 2014 St. Frederick High School alumnus that played football for La Tech for four years and graduated with a Bachelor's in Clinical Kinesiology in 2018. He then earned his Doctorate in Physical Therapy from Harding University in 2022. He is currently living in Monroe and working as a physical therapist at Ouachita Physical Therapy.**



**Lexie Richard Christian**  
2015

**Dr. Lexie Richard Christian is a 2015 SFHS alumna that graduated from the ULM this May. She earned her Doctor of Pharmacy Degree while coaching our Junior High cheerleaders for the past six years.**



**Laura Holland Williamson**  
2013

**Graduated from LSUHSC in NO with a Bachelor's in Nursing and in 2021, with a Doctor of Nursing Practice. Laura is now a Cardiology Nurse Practitioner at Ochsner LSU Monroe Medical Center.**



# Business of the Month

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

## Williams Orthodontics



**Dr. Kevin Williams**

## Coffee Bean



**Kim Verhagen & Ann Genusa Williams**

## Stinger Enterprises



**Clay Williams**



# Alumni On Campus

**Alumni are the foundation of our success!**





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

# Student Involvement!



**Drumline**



**Esports**



**Showstopper**



**Junior High Spanish Club**



**Blue Crew**



**Spanish NHS**



**Cheer & Showstopper**



**Blue Crew**



**SVDP**



**Student Council**



**Student Council**



# 2022 Mighty Warrior Donor List

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Dung Pham  
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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 2022