



Destrehan High School  
Home of the  
Fighting Wildcats

**Election Day**  
11/8

**Early Dismissal:**  
11/11

**Thanksgiving  
Break:**  
11/21 - 25

## ***Mission Statement:***

***Our mission at  
Destrehan High  
School is to  
provide a  
community of teach-  
ing and learning in  
which all students  
will continuously  
improve to  
become  
responsible,  
contributing  
members of  
society.***

# Friends of DHS

VOLUME 19, NUMBER 2

FALL 2022

## Greetings from Mr. Madere:

As we approach the end of the fall semester, I want to remind all parents to stay involved in your child's academics and activities. I encourage you to ask questions about homework, what they are learning, your child's next test date, and insist that they take the time to prepare for classes. You can help your child by checking the Parent Portal; e-mailing teachers for information about his/her progress, checking our school and teacher websites for events and resources, and by talking to your child about his/her classes. Don't forget to utilize e-mail, teacher websites, or call the school, in order to address any concerns you have about your child.

\*

Our faculty has developed goals and action steps to improve student learning. One of the action steps that you can help us directly with is in regards to student attendance and tardiness to school. Unless your child is ill or has a doctor's appointment, I urge you to get him/her to school every day and to insist that they be on time. This is especially important with the new State Attendance guidelines. We are still having issues at the beginning of the day with students being tardy in the morning. Our doors open for student entry at 6:58 and students are tardy if they are not in their desks in Homeroom by

7:15. Many students are riding to school in cars and some without parking permits are parking in the nearby streets and walking to school. If this situation pertains to your child, please speak to your child about this practice and encourage them to leave early enough to avoid delays by traffic or trains.

\*

I would like to take the opportunity to commend our POSSE Scholarship finalists. The POSSE Foundation pairs high-achieving students with top-notch universities for maximum success. Our DHS Posse Finalists this year are:

Bradly Hubbard  
Cedalise Montealegre  
Nevaeh Travis  
Nevaeh Thompson  
Jason Weick  
Joshua Walther  
Ethan White  
Ian Winchell

\*

We encourage our students, parents, and all stakeholders

to be active and involved with DHS. Our Trunk or Treat was a resounding success and we look forward to hosting more events with our great community.

\*

Finally, some important events to note for the semester:

11/8: Election Day (no classes)  
11/11: Early Dismissal  
11/21-25: Thanksgiving Break  
12/7-9: LEAP Testing  
12/20: Early Dismissal  
12/21-1/5: Christmas Break

Jason Madere, Principal  
"Success: Define it. Own it, Achieve it."



### COMMUNICATION CORNER:

Follow us on **Twitter:** [@DHSWildcats](https://twitter.com/DHSWildcats) and **Facebook:** [Destrehan High School](https://www.facebook.com/DestrehanHighSchool).

See our **website:** [www.stcharles.k12.la.us/destrehan](http://www.stcharles.k12.la.us/destrehan). Click "View All" to avoid missing anything.

Visit **PowerSchools** to keep up with your students' school work. You can also view the Daily Bulletin there.

Check out the school's **Google Classrooms**. Ask teachers to invite you as a guardian for class updates.

# Counselor News:



Senior parents should be encouraging their seniors to narrow down the choice of schools to which they plan to apply. The senior counselors encourage seniors to get their applications for admissions in before Christmas.

This year, students can complete the FAFSA (Free Application for Federal Student Aid) starting October 1st. Be aware that students must be accepted by a college before they will be considered for financial aid. Students must show proof that they completed the FAFSA by an email that says your FAFSA has been successfully processed in order to receive a jeans day pass. The proof needs to be turned in to your counselor by October 31st!!

Seniors and their parents are invited to attend the St. Charles Parish's College and Career Night for high school students on Thursday anytime between 6:00-7:30 p.m. This year the event will be held at the Edward Dufresne Center in Luling. The program will help students begin to make decisions about their future educational plans and/or careers. Students will be able to gather information and speak to representatives from Louisiana's 4-year colleges, 2-year colleges, vocational-technical colleges, trade schools, apprenticeship programs, and the military. Representatives from the Louisiana Office of Student Financial Assistance will be available to provide financial aid information, including the TOPS scholarship.

## TLC

The Learning Center is a great opportunity for free academic support. We offer afterschool tutoring to all grade levels and multiple courses. Students can attend TLC to make up assessments, study for upcoming assessments, or simply work on homework assignments. If your student is unsure of how to sign-up, they can ask any teacher, counselor, or administrator. TLC is an extension of the school day. If a student does not abide by the TLC rules, they will lose the privilege to attend TLC.

## TLC Rules

- Students must have an ID to enter.
- Uniforms must be worn.
- Food is not allowed.
- Phones will be collected in the testing room.
- Students must have academic work to do.
  - Dismissal
- Students will be dismissed at 4:20 to the bus.
- If students need to leave early, they must be checked out through the front office.

Seniors and juniors who have permits to park on campus may leave early.

**Visit our teacher web pages!!**  
[www.stcharles.k12.la.us/destrehan](http://www.stcharles.k12.la.us/destrehan)

## TLC Hours

- Monday-Thursday 2:25 - 4:20
- Students must sign up using the TLC Google form by 2:00.
- Students must be checked into a TLC classroom by 2:25.

If you arrive after 2:25 you **MUST** have a note from a teacher or club sponsor.

## Team up for Health

SCPPS is hosting its first "Team Up for Student Health, Wellness, and Vaping Awareness Event" at the **Lafon Performing Arts Center on Thursday, November 10.**

Interactive demonstrations and activities will begin at 5:00, and the event itself will start at 6:00. Students who attend will receive passes for a dress-down day. Parents or other attendees will receive a chance to win various giveaways, included a pair of Saints tickets or a pair of Pelicans tickets. Winners must be present at drawing, and elementary students attending must be accompanied by an adult.





## Trunk or Treat

Destrehan High School's second annual Trunk or Treat was a huge hit! Over fifteen clubs volunteered to create a unique and captivating environment for kids and parents. NHS and NEHS combined to make an Edgar Allan Poe-themed car. Thanks to the many students that brought in candy bags, we had a significant surplus of candy to give to other clubs as well. Not only did kids leave with their treat bags overflowing, but with huge smiles on their faces that we left them as a community. Thank you to all who donated candy, supplies, and more! Trunk or Treat was a success because of you!





# Signs and Symptoms of Vaping Addiction

Nicotine is a highly addictive chemical that is found in the tobacco plant. Tobacco products—including cigarettes, cigars, smokeless tobacco, hookah, and most vapes—contain nicotine.



Answering yes to any of these questions means it's time to get help quitting. Do you or someone you know...

-  Need to vape as soon as you wake up or during class
-  Feel anxious or irritable when you want to vape
-  Have trouble concentrating or sleeping
-  Keep vaping even though you know it's bad for you
-  Find yourself reaching for your vape without thinking about it
-  Get interrupted by thoughts about vaping throughout the day

Help for Teens: [teen.smokefree.gov](https://teen.smokefree.gov)

Help for Teachers: [scholastic.com/youthvapingrisks](https://scholastic.com/youthvapingrisks)

FDA Exchange Lab: [digitalmedia.hhs.gov/tobacco](https://digitalmedia.hhs.gov/tobacco)

## Vaping Can Be Very Addictive

Nicotine can change the way your brain works, causing cravings for more of it. If you vape you might end up addicted to nicotine faster than if you smoked.<sup>1,2</sup> Nicotine from vapes reaches your brain within 10 seconds.<sup>3,4</sup>

## Teen Brain Development

If you think that getting addicted could never happen to you, think again. You're actually more vulnerable than adults to addiction because your adolescent brain is still developing. Nicotine exposure during adolescence can disrupt normal brain development and may have long-lasting effects, such as increased impulsivity and mood disorders.<sup>5</sup> Nicotine can also cause long-term changes to your brain, affecting memory and the ability to focus and learn—which all promote addiction.<sup>6,7,8,9</sup>

### References:

1. Ramamurthi D, Chau C, Jackler RK. JUUL and other stealth vaporizers: hiding the habit from parents and teachers. *Tob. Control.* 2018; 0-1-7. doi: 10.1136/tobaccocontrol-2018-054455.
2. Jackler R K & Ramamurthi D. Nicotine arms race: JUUL and the high-nicotine product market. *Tob. Control.* Published Online First: 06 February 2019. doi: 10.1136/tobaccocontrol-2018-054796.
3. St Helen D, Havel C, Dempsey DA, Jacob P, Benowitz NL. Nicotine delivery, retention and pharmacokinetics from various electronic cigarettes. *Addiction.* 2016; 111(5): 535-544.
4. U.S. Department of Health and Human Services (USDHHS). A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You (Consumer Booklet). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
5. U.S. Department of Health and Human Services (USDHHS). E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.
6. Connor DA, Gould TJ. Chronic fluoxetine ameliorates adolescent chronic nicotine exposure-induced long-term adult deficits in trace conditioning. *Neuropharmacology.* 2017; 125:272-283.
7. Holliday ED, Gould TJ. Chronic Nicotine Treatment During Adolescence Attenuates the Effects of Acute Nicotine in Adult Contextual Fear Learning. *Nicotine & Tobacco Research.* 2017; 19(1):87-93.
8. Couronne DS, Spilker S, Van de Burgwal LH, et al. Long-lasting cognitive deficits resulting from adolescent nicotine exposure in rats. *Neuropsychopharmacology.* 2009 34(2): 299-304.
9. Founzain SB, Rowan JD, Kettley BM, Willey AR, Nolley EP. Adolescent exposure to nicotine impairs adult serial pattern learning in rats. *Exp Brain Res.* 2008; 187(4):451-454.

### CONTACT US

1.877.CTP.1373 | AskCTP@FDA.hhs.gov | [www.fda.gov/tobacco](https://www.fda.gov/tobacco) | @FDAtoBacco  
FDA Center for Tobacco Products | 10903 New Hampshire Avenue | Silver Spring, MD 20993-0002  
Last Updated May 2021

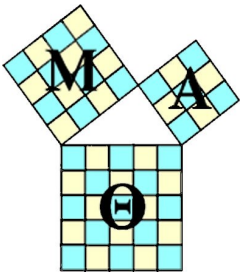


CTP-170

# Get to know...DHS Honor Societies



The **Beta Club** is joined on an invitation-only basis. In order to be invited, students must have an overall GPA of 3.0 or higher as well as possess an outstanding behavioral record. They are required to be an active member of our school as well as provide service to the community. In addition to this, members are provided the opportunity to earn leadership roles as well as academic and artistic competitions when we attend our State Convention every year. For more information on Beta, contact Ms. Berthelot at [cberthelot@stcharles.k12.la.us](mailto:cberthelot@stcharles.k12.la.us).



**Mu Alpha Theta Mathletes** is a national math honor society for students who enjoy the challenge of mathematics and would like to partake in competitions across the state against other Mathletes. To join, students must have a 3.0 average in their math courses and be willing to attend weekend competitions. We attend four math competitions a year and state convention in Baton Rouge every spring. Students that are active for 3 years are eligible to receive a graduation cord. Email Ms. Terrebonne at [mterrebonne1@stcharles.k12.la.us](mailto:mterrebonne1@stcharles.k12.la.us) for more information!



The **National English Honor Society** is open to juniors and seniors who have passed English I & II, and who have at least a 3.0 average in English as well as in their overall courses. We meet every other Wednesday in L-208 to discuss literature and share our own writings. We also publish an annual journal. Scholarships and other financial assistance are available through the national society, and members who graduate in good standing will receive a medallion. Contact Mr. Plasse at [wplasse@stcharles.k12.la.us](mailto:wplasse@stcharles.k12.la.us) for more information.



The **National Honor Society** has a strong foundation that is rooted in four important pillars: scholarship, service, character, and leadership. NHS participates in: Habitat for Humanity, Relay for Life, Operation Christmas Child, walks for numerous causes, Toys for Tots, SCP community events, peer tutoring, and much more. To be invited to join this esteemed organization, you must be enrolled in the Advanced Studies Program, maintain a 93 or higher GPA, and be in exemplary disciplinary standing. All members are required to participate in service events. Email Mrs. Baltazar at [lbaltazar@stcharles.k12.la.us](mailto:lbaltazar@stcharles.k12.la.us) for more information.



Newsletter Editor—Bill Plasse  
wplasse@stcharles.k12.la.us

**Looking for ways to become a  
Wildcat parent volunteer?  
Contact the school office for  
more information:  
985-764-9946**

## ***Need to contact us?***

***By Phone: 985-764-9946  
Website: [www.stcharles.k12.la.us/destrehan](http://www.stcharles.k12.la.us/destrehan)***

**Jason Madere, Principal  
Laura Abbey, Asst. Principal  
Tracy Blanchard, Asst. Principal  
Jessica Glass, Asst. Principal  
Frank Harding, Asst. Principal  
Kurt Menyweather, Admin. Monitor**

## **Important Dates - Fall 2022**

**November 8: Election Day—No school**

**November 9: Senior Supply Night—for students who did not attend the Saturday event**

**November 11: Early Dismissal**

**November 21-25: Thanksgiving Holiday**

**December 7-9: LEAP Testing**

### **Equal Opportunity Statement**

In compliance with Title VI, Title IX and Section 504 of the Rehabilitation Act of 1973, this Educational Agency holds the following policy:

This is an equal opportunity school and is dedicated to a policy of non-discrimination in employment or training. Qualified students, applicants or employees will not be excluded from any course or activity because of age, race, creed, color, sex, religion, national origin or qualified handicap. All students have equal rights to counseling and training.

### **Attention Parents:**

The DHS newsletter is available on the DHS website. If you would still like to receive a newsletter at your residence, please fill out the information below, cut it out, and mail to:

*William Plasse  
#1 Wildcat Lane  
Destrehan, LA 70047*

*Yes! I want to continue receiving the DHS newsletter in my home.  
(Please print):*

Parent Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Destrehan High School  
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Destrehan, LA 70047

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