

The

MIGHTY WARRIOR



Winter 2023

St. Frederick High School

Dr. Carynn Wiggins



From the Principal

Dear Warrior Family and Friends,

As we move into a new year, I pause to reflect on what we accomplished in 2023. First and foremost, St. Frederick High School became authorized as an International Baccalaureate (IB) Middle Years Program (MYP). IB is ranked as the most rigorous academic program in the world. We are now authorized as an IB school for grades 7-10 and are in the process of beginning the Diploma Program (DP) for grades 11 and 12. We are the only IB school north of Baton Rouge with only six in the state. We completed our Cognia (formerly SACS) accreditation and will join the other Catholic schools in the diocese to pursue district accreditation through Lumen, a Catholic accrediting agency.

We have completed Phase One of the Capital Campaign. This has enabled us to make major improvements to our school and its grounds. The gym has been completely renovated, giving "the Marsh" a modern look. We have renovated two classrooms and have a new scoreboard for the football field. The school is completely fenced with new iron fencing. We are beginning to add fresh paint and landscaping to continue the beautification efforts. Your generous donations have made this all possible! We are now ready for Phase II and all the improvements it will bring!

I am so proud of our students and their faith. We have a phenomenal Discipleship Team made up of 13 seniors. These students met through the summer, preparing for the grade level retreats they host during the year. I have attended one this year and was moved to tears. We also have Fellowship of Christian Students (FCS) which meets on Thursday morning before school. We have 289 students in all, and the average number in attendance is 90-100. The largest number (140+) was to hear Matt Branch, former LSU football player who lost his leg in an accident. That was half of our students showing up early on a Thursday morning! Still, the most impressive part to me is our weekly Bible studies. These were started by our own students. There is a session for our girls and one for our guys and they meet at a different home each week. God's presence is known here. Lisa Patrick has long said that Catholic schools prepare students for college and heaven. I agree and think we are excelling at both!

We are proud of our accomplishments, our students, and our alumni. We believe greater things lie ahead for St. Frederick High School. Please continue to support us through prayer and financially if possible.

Yours in Christ,

**Dr. Carynn Wiggins
Principal, St. Frederick High School**





St. Frederick Authorized as an IB World School



St. Frederick High School was recently authorized by the International Baccalaureate (IB) as an “IB World School,” becoming the only school in North Louisiana to receive such a distinction. St. Frederick joins the ranks of over 5000 schools worldwide offering the IB, which focuses on developing well-rounded students of excellent character. The program aligns perfectly with the school’s Catholic identity and college preparatory curriculum, and St. Frederick has seen a dramatic increase in enrollment as a result of the positive changes around campus.

What makes IB unique is its approach to learning, which is inquiry-based and student-led. Students are at the center of every unit, and the goal of assignments is to engage students in interdisciplinary lessons meant to broaden their understanding of the subject matter and the world around them. Students are encouraged to develop life-skills such as critical and creative thinking, collaboration, and empathy. Subject matter taught goes beyond the core four to include the arts, design, and a second language. Students at St. Frederick can take Spanish for up to six years.

The school elected to pursue authorization in 2019 and entered the “candidacy phase” in the fall of 2020. Principal Dr. Carynn Wiggins made the decision after researching top academic programs in the country, and

after visiting a Catholic IB School in Wisconsin to see how the program matched up with the school’s Catholic identity. She then set out to hire the faculty and staff who would help realize her dream of becoming an IB World School.

Throughout the process, the school faced many challenges, including the pandemic, faculty turnover, and shifting school culture. Early donors to the program made the launch possible, and the combined efforts of the entire school community led to the final authorization in October. Dr. Wiggins credits the support of her staff, the school’s superintendent, the Board of Directors, the parents, and the students for the school’s continued success.

Now that St. Frederick has received full accreditation for the MYP, or Middle Years Programme, for grades 7-10, the school is currently pursuing consideration of the DP, or Diploma Programme, the most highly respected high school curriculum in the country. The goal of the administration is to help St. Frederick High School become one of the top schools in the state and region, producing students who are life-long learners – ready for college, career, and beyond – and who are competitive with the top students around the country.



Garrett Taylor & Camille DeGravelle Chosen as St. Frederick High School's 2023-2024

STUDENT OF THE YEAR

Garrett Taylor and Camille DeGravelle were chosen as the 2023-2024 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. Garrett and Camille will now compete for the Diocesan Student of the Year on January 26, 2024.



**Twelfth Grade
Student of the Year
Garrett Taylor**



**Eighth Grade
Student of the Year
Camille DeGravelle**



ST. FREDERICK NEW SCORE BOARD



As a significant endeavor within the Capital Campaign, the Warrior Foundation spearheaded a project to install a new scoreboard at Chip Luffey Field, successfully completed before the 2023 football season. The primary goal was to elevate the gameday experience by incorporating a new video board and sound system for the stadium. In addition to modernizing the facilities, the project aimed to honor the field's history by emphasizing the Chip Luffey Field name.

The total cost of the project surpassed \$125,000, and its successful execution was made possible through the generous support of our alumni. Special appreciation goes to John Bruscato, representing the Bruscato Law Firm, and the Luffey Family for their pivotal roles in spearheading the project. Additional sponsors, including Ryan Auto Group, Progressive Bank, North Delta Title Company, Caples & Robinson Orthodontics, and the Warrior Foundation, played crucial roles in ensuring the success of this initiative.



Warriors Salute our Veterans at the Veterans Breakfast



St. Frederick High School's National Honor Society and the St. Frederick Culinary Club jointly hosted a 'Veterans Breakfast' on November 11th to honor those who have served our country. Students personally wrote invitations to the veterans, inviting them to join us for the morning celebration. The SF Culinary Club prepared a delicious breakfast, while the National Honor Society decorated a beautiful room with flowers, tablecloths, and balloons, creating a welcoming atmosphere for our honored guests. The students also crafted homemade quilts, with guidance from Mrs. Clark, which were presented to the veterans. During the event, flowers were awarded to some of our visitors, and every veteran received a Veterans sign to display in their yard. This heartfelt gathering left a positive impact on our students, faculty, and staff. We felt truly blessed to spend the morning with these wonderful guests."





Jars for Heart & Soul



St. Frederick students actively demonstrate their love for God and community. As Saint Augustine wisely stated, 'What does love look like? It has the hands to help others, the feet to hasten to the poor and needy, the eyes to see misery and want, and the ears to hear the sighs and sorrows of men.' Our students embodied this definition as they engaged in various activities, including writing verses, labeling jars, cutting and tying ribbons, and sorting the completed work.

Many students took the initiative to bring bags of verses home, dedicating their personal time—sometimes up to 200 slips—to contribute beyond what was initially set. Remarkably, over 13,000 scriptures were hand-written! The uplifting experience of students quoting scripture to each other, thanks to the written work of their hands, was truly heartening. These same hands came together to pack 200 jars for distribution.

St. Frederick organized 100 jars to be sent to St. Matthew's Catholic Church, to accompany Meals on Wheels deliveries for December, even before the official launch of the project. Additional jars found their way to various places, including the intensive care unit of St. Francis Hospital, the waiting area at Kitty Degree Breast Health Center, and St. Paul's United Methodist Church for individuals unable to attend church at this time.

The love that emanated from our students through this service project made a profound difference in the hearts and souls of both the receivers and the givers. In the words of St. Teresa of Calcutta, "Not all of us can do great things, but we can do small things with great love."



St. Frederick Students Serve Like Christ



SF Celebrates Christmas with Calhoun Watson

The Warriors crafted Christmas cards in September to bring joy to Watson Calhoun, a terminally ill child residing in Vidalia, Louisiana.

St. Vincent de Paul Thanksgiving Baskets

The St. Frederick High School Society of St. Vincent de Paul spearheaded our Thanksgiving food drive, providing families with complete grocery baskets filled not only with Thanksgiving food but beyond! The SF Warrior family united, with every student in our school participating, resulting in a record-setting collection of 67 baskets. The combined efforts of the JGS Church Society of St. Vincent de Paul, along with SF donations, resulted in over 100 baskets distributed by our SF students.



Junior High Student Council

The SF Junior High Student Council members got to feel the magic of Christmas this semester as they read to students at Our Lady of Fatima and gave them an elf filled with colors and treats.

SF Students Visit to J.S. Clark

In December, our Junior National Honor Society visited J.S. Clark, distributing hand-stitched stockings filled with treats, colors, coloring books, and a stuffed elf. Members led Christmas songs, assisted students with a craft, and read them a book. The Warriors had a delightful time with the little ones."





KIDS NIGHT AT CHIP LUFFEY FIELD



Warrior Foundation, in collaboration with St. Frederick Student Council, hosted 'Kids Night at Chip Luffey Field' this past fall. The evening was dedicated to families, providing a safe and enjoyable atmosphere with exciting features such as a bicycle giveaway, St. Frederick Swag Bag giveaways, jumpies, and face painting.

To enhance community involvement, our feeder schools were granted free admission to the game for those wearing a St. Frederick spirit shirt or a school football jersey. The Jesus Good Shepherd football team and cheerleaders joined us in cheering on the Warriors during the Warrior Walk. Additionally, they were recognized at halftime and treated to a tailgate dinner during the game.

Chip Luffey Stadium witnessed a full house that night, as St. Frederick warmly welcomed visitors and created lasting memories. The event showcased the dedication and enthusiasm of our Student Council members, who organized and hosted a variety of engaging activities. It was truly a wonderful time for everyone involved.





WARRIOR

Athletics



The Warriors concluded their 2023 season at Chip Luffey Field after a hard-fought playoff against Central Catholic, finishing with a commendable 6-4 record. Coach Robinson, completing his 6th season at SFHS, looks ahead to continually reshape the culture at St. Frederick and build a strong program for the future. Several Warrior players earned All Parish and All District award titles: Eli Carr, MJ Dade, Vasser Day, Sanplice Simien, Kaden Miller, Owen O'Neal, Darrell Cooper, Aaron Parker, Kenny Cooper, Montrell Conner, Cole Parrino, Peyton Odom, Cullen McCarthy, Eli Ducote, Miller Day, AJ Jacola, Wyatt Poland, Michael Henderson, Harper Joiner, Carter Reed, Aiden Melna, Harper Joiner, Clayton Turpin, Carter McClinton, JP Guerriero, and Matthew Malloy.





WARRIOR

Athletics

2

St. Frederick Athletes Make A Commitment

William Patrick, a junior at St. Frederick High School, has made a commitment to attend Louisiana State University (LSU). A versatile athlete, William excels as a wide receiver for the St. Frederick football team, plays outfielder for the SF baseball team, and is an integral part of our track and field team. Tentatively planning to major in education at LSU, William is particularly excited about the prospect of continuing his athletic journey as a collegiate baseball player. His dedication to both academics and sports showcases his well-rounded commitment to his education and athletic pursuits.



Abigail Creighton, a member of the class of 2025, has recently committed to the University of Louisiana Monroe. Abigail will be continuing both her academic and athletic journey right here in Monroe, Louisiana. Her focus is on studying biology at ULM, and she eagerly anticipates the opportunity to compete at the college level. Abigail's dedication to her education and athletics reflects her commitment to personal and academic growth.



WARRIOR

Athletics



The 2023 SFJH Football team played hard this season under Coach Lee Jax!



2023 SFJH Cheerleaders



The 2023 SFJH girls soccer team went undefeated this season with Coach Chris Maciaszek!



2023 SFJH Cross Country



WARRIOR

Athletics



"The St. Frederick boys' basketball team has kicked off the 2023-24 season with an impressive (9-6) record. Head Coach Jarvis Brown attributes the team's success to the discipline exhibited by the players and their unwavering belief in themselves. He also acknowledges the invaluable contributions of his assistant coaches and the supportive administration.

Despite starting as a young and inexperienced group, the team has undergone significant growth and maturation, particularly during our Non-District Schedule. Key tournaments, such as the Teurlings Catholic Round Robin, The Sidney Smith Invitational (West Monroe), and The Don Redden (Ouachita), have provided valuable learning experiences. The players are building chemistry daily, transforming into a cohesive team.

Looking ahead, we are enthusiastic about the remainder of the season as we strive for a District Championship and aim for a high playoff seed. The team values the ongoing support of the entire Warrior Nation, which has been instrumental in making 'The Marsh' a special place to call home. We look forward to their continued support throughout the year."



ST. FREDERICK HOMECOMING CELEBRATIONS!



On Thursday, October 19, 2023, Senior Kaylee Rogers was crowned the 2023 SFHS Homecoming Queen during the Warriors Presentation. The ceremony showcased the entire SF homecoming court, with each member being recognized and presented to the student body.

Joining Kaylee on the court were the following maids from different grades:

- Freshman: Kenna Quayle, Addison Maciaszek
- Sophomore: Sadie Prince, Brinkley Shively
- Junior: Maggie Rocconi, Sarah Beth Witherington
- Senior: Mauri Herrington, Taylor Ditta

Congratulations to Kaylee and the entire homecoming court for their well-deserved recognition!"



During the Homecoming Presentation, Senior Mary Margaret Hayden was honored as the 2023 Football Sweetheart. Chosen by the 2023 St. Frederick football team, Mary Margaret received a special recognition from Head Football Coach Andy Robinson. She was presented with a St. Frederick football helmet, signed by all the players, in a heartwarming moment during the Court Presentation as part of Homecoming Week festivities.

ST. FREDERICK



HOMECOMING CELEBRATIONS!

Nine CLASS REUNIONS!



Alumni Accomplishments



John Bruscato
2004

John Bruscato is a 2004 St. Frederick High alumni. He was born in 1986, John Francis Bruscato and grew up in Monroe, Louisiana. Despite early academic struggles, he developed a love for learning, largely due to the influential educators he encountered, especially the late math instructor, Nancy Fritsche. At the University of Louisiana, Monroe, he excelled in both academics and extracurriculars, earning two separate bachelor degrees, one in marketing and the other in economics in 2008. After obtaining his law degree in 2012, John ventured into private practice focusing on auto accident claims and workers' compensation law. Shortly after one of his first auto accident case victories, his client remarked, "Wrecked Auto? Call Bruscato." And from there his law firm's slogan was born. John and his wife Cassie are proud parents of Dash, Colby, and Vanessa Jean. As of 2023, Dash and Colby attend Jesus the Good Shepherd School and St. Frederick's respectively, while Vanessa is set to start daycare at Jesus Good Shepherd. John's priorities are his faith, family, and his clients, who he treats as an extended family.



Christian Amy
2017

Christian Amy, a 2017 alumnus of St. Frederick High School, has achieved academic and professional success. Graduating cum laude from the University of Louisiana Monroe in 2021 with a degree in political science, Christian now resides in Arlington, Virginia, just across the river from Washington, D.C. In his current role, he serves as Senator Kennedy's Special Assistant, undertaking responsibilities such as managing Senator Kennedy's schedule, staffing him for Senate floor votes, coordinating committee meetings, and facilitating the senator's participation in events and meetings with constituents in Washington.



Seth Wylie
2016

Seth, a 2016 alumnus of St. Frederick High School, has forged a successful path in engineering. Graduating from Louisiana Tech University with a Bachelor of Science in Mechanical Engineering, he now serves as a Service Center Engineer at Flowserve. In this role, Seth provides engineering support for pump repairs in oil refineries and power plants. Currently residing in Port Allen, Louisiana, Seth is engaged to Tobi Mangum, a veterinarian in Lafayette. Beyond his professional pursuits, Seth has a passion for outdoor activities. He enjoys hunting, running, and golfing, and has accomplished remarkable feats such as completing several triathlons and a challenging 50k ultramarathon trail race.



Gabriela Trejo
2019

Gabriela Trejo, a 2019 graduate of SFHS, has reached significant milestones in her academic journey. She recently graduated with Honors Dual Bachelor Degrees in Nutrition and Dietetics as well as Spanish from LA Tech University. Currently, Gabriela is pursuing a Master's degree in Education and completing her Dietetic Internship concurrently at Vanderbilt University/Vanderbilt University Medical Center. Expected to graduate from this program in August 2024, she is gearing up to sit for the National Registered Dietitian Exam after her graduation in 2024. Gabriela's dedication to her education is truly commendable."



Annie Juneau
2019

Annie Juneau, a 2019 alumna of St. Frederick High School, has achieved academic excellence. She graduated summa cum laude from Louisiana State University, earning a Bachelor of Science Degree in Biology with a minor in Psychology. Currently, Annie is pursuing her medical education at Louisiana State University Health Science Center - New Orleans, showcasing her commitment to furthering her studies in the field of medicine.



2023 Capital Campaign Donors

We want to THANK all our generous donors for their contributions to the Capital Campaign!

Dr. Alexis Albin
Ozi & Ekam Anumele
Donna & Scott Ashbrook
Mallory Benedetto
Brad Boyd
Veronica Yatco Bradley
Lance Brickham
Herbert Brown
Bruscato Law Firm
Laurie Bruscato
Lee Carter
Susan Chappell
Dr. Collins & Mrs. Coon
De-Ette Copes
Wendy Crow
Amber Curtner
Dr. Frank DellaCroce
Dr. Martin & Mrs. DeGravelle
Michael-Ann & Jott Delcambre
Cherie Donias
Katy Dreher
Angela & Todd Dunnington
Mary Dy
Margo Bell Eason
Andree & Lane Eddleman
Chrissy & Darrell Evans
Tommy Fields
Claire & Hardy Gordon
Sarah Gregory

Britney Griggs
Jaclyn & Bradley Hall
Sam Hanna
Felicia & Mead Hardwick
Stephanie & Carter Hay
Meredith & Thomas Hayes
Ronda & Marty Herlevic
John Hill
Sandy Hudson
Lisa Ingram
Steven Ingram
Bradley Johns
Ashley & Billy Joiner
Dr. Bart & Mrs. Liles
Laura & Chris Maciaszek
Audrey Edwards Malloy
Ashley & Wendell Manning
Norman Many
Derek Mardis
Michael McDaniel
Leazel Mcdonald
Liz McQueen
Chris Moore
Rhonda & Mark Neal
Anna Catherine Nipper
Parents' Association
Dung Pham
Kerstin Pohlman
Kirby Price

Claudia & Carter Quayle
Nidhi & Avi Reddy
Rosey Restani
Rachel Reynolds
Sadye & Art Richert
Leslie Richman
Carrie & Matt Rocconi
Anna & Brian Rozell
Violet Roussel
Kelly & Carson Rutz
Amy Sawyer
Billye Shaw
Norman Sherman
Amie & Brad Smith
Toni Snellings
Douglas Spencer
Connie Stokes
Dr. Justin & Mrs. Tarver
Joseph Terracina
Sam Terracina
Gretchen & Jason Tiser
Warrior Foundation
Catherine Whipple
Jill & Wayne Wier
Kathy Keller-Willis
Donna Wilhelm



St. Frederick
3300 Westminster Ave.
Monroe, LA 71201
318-323-9636



The



MIGHTY WARRIOR

Winter 2023



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.