



# ASCENSION CHRISTIAN

JR. HIGH AND HIGH SCHOOL

FALL NEWSLETTER

# THE ROAR

VOLUME 7, EDITION 1



## Spirit Week @ ACH

By K.A.B.

Ascension Christian High school spirit week is always an exciting time. This year was no exception. Everyone was very excited about the homecoming game and upcoming social that weekend. On Monday 7th-12th grade participated in Disney Day. Students dressed as characters from their favorite Disney movies and flooded the halls of ACH. Every year, the grades compete in color wars. This year 7th grade represented white, while the 8th grade had pink, freshmen had green, sophomores had yellow, juniors had red, and seniors had purple. On Wednesday, students jumped into the holiday spirit. Each grade had to get creative by dressing up for a certain holiday. Thursday was another ACH tradition with the students participating in Dynamic Duo Day. On Friday students wore their homecoming T-shirts. Then, Friday night at the game, many students came out and showed their support for the Lions.



*"We had a great year. We won some games and made it to the playoffs for the first time. We are extremely blessed as a school, and I'm blessed to be a part of ACH!"*



Joshua Puryear, Head Football Coach

# Division 4 State Champion: Allie Thurman

By Media Arts



Allie Thurman @ District Swim Champ



This year was exciting for our ACHS swimmer. After obtaining qualifying times earlier in the season, Allie Thurman placed fifth overall, with each of her events, in the CCSL District meet where she swam against some of the best Division 1 through 4 swimmers in the State. A little over two weeks after the District meet, she was able to end the season with a Louisiana High School Division 4 First Place State Championship finish in the 200IM and a Second Place State Championship finish in the 500FR.

## Here are Allie's State Championship Results and highlights:

Allie won first place in the 200 Individual Medley with a new personal best time of 2:17.89; defeating the second place finisher from Newman by a little over 2 seconds. Taking a lead in the opening stroke (butterfly); Allie never relinquished the lead, adding to the lead with the back-stroke, maintaining the gap in the breast-stroke, then sprinting to the finish with her freestyle.

Allie took a second place finish in the 500 Free, setting a new personal best time of 5:23.69. She out-touched the third place finisher at the wall by 0.08 seconds. Running the first 450 yards of the race in a close third place, she sprinted the last two lengths of the pool to close the gap between third and second, then out-touched the Episcopal swimmer taking second place.

## Quote from coach:

"I've seen Allie mature this year in her swim mechanics, especially her flip turns and streamlines coming off the walls, and her mental preparation before each race. She started each event relaxed physically, but prepared to race mentally."

After this Senior year, Allie will be moving on to swim for the Adams State University Grizzlies in Alamosa, CO. She is excited about swimming collegiately and living in Colorado. One trivia note about Adams State University swimming is that their pool is the highest elevation competition pool in the USA, boasting an elevation of 8000 feet (so much for Mile High Stadium in Denver).

# Jr. High Student Spotlight

Student Book Summary

by Tori Elliott, 8th Grade

## *Out of My Mind*

In the book, *Out of My Mind*, Sharon Draper opens up a new way of thinking for readers to ponder. At first glance, people might not know what to think about this book. It changes people's viewpoints about people with disabilities.

Melody Brooks is a ten year old girl with a disease called Cerebral Palsy. Cerebral Palsy limits physical abilities, but to Melody, that is the only thing it limits. She is amazingly gifted in her learning abilities, but people severely underestimate her capability.

I think that *Out of My Mind* is a great book, even though Melody faces many challenges. Melody's determination and strong-willed nature makes the reader more attached to her. Melody is a character people should remember, not one for which people should feel sorry. I give the book four out of five stars because of Sharon Draper's amazing heart through one novel.



Tori Elliott, 8th Grader





# Four Time Volleyball District Champions and Two Time State Quarterfinals



by Lisa Pellegrin

This is the fourth District Championship for the Lady Lions Volleyball team and the second appearance in the State Tournament Quarter Finals Bracket. The Lady Lions finished their 2013 volleyball season with a 24-12 overall record and 8-0 district record.

Throughout the season, we scheduled some tough competition and tournaments playing 3,4, & 5-A teams such as Dutchtown, East Ascension, Ponchatula, U High, Destrahan, etc. These prepared us for earning a place at the state tournament. We ranked #7 in our division out of 39 schools earning us a bye for Bi-District playoffs. We hosted the regional play-off game here at ACH against Ascension Catholic. Our 3-0 win against Ascension Catholic clinched a spot in the quarter finals of the state tournament at the Pontchartrain Center in Kenner, La

The Lions have four seniors on their varsity team who lead the team to a winning season. Victoria Schexnayder led the team in Aces and Assists, Reyna Jones had the lead in kills, Sidney Sehon, blocks and Aleah Sanchez, digs. Other key varsity players were Hannah Blanchard, Allyson Cambre, Memri Moreland and Mary Abshire.

The Junior Varsity team had a winning season in district play as well. The Junior Varsity team consists of Mary Abshire, Emily Millet, Lani Sanchez, Nadia Braud, Heidi Bobe, Billie Savoy, Megan Duvernay, Brooke Edwards, Aliana Moreland and Savannah Marcello.

We are looking forward to a strong season next year! Thank you to all the students, parents, faculty, and fans who supported us all season!



**ACH Coaching Staff:**

Lisa Pellegrin  
Greg Swanson  
Holly Jennings

**Trainer:**

Allan Miller  
Dayshia Davenport  
Amanda Swanson  
Kelly Daigle

**Managers:**

Allyson Lee  
Mary Anderson

# Veteran's Day Program

By Mr. Denham

For Veteran's Day 2013, Colonel Peter "Mac" McClenahan spoke to the Junior High and High School concerning military service and his experiences while serving in the United States Marine Corps. Colonel Mac is retired from the United States Marines and now enjoys leadership opportunities throughout Southeast Louisiana while completing his Masters in History from Southeastern Louisiana University.



Colonel Mac speaking to students about military service.



# #achlions

## New Faces in Jr. High English

By Mrs. Elliott



Student Teachers

Ms. Crescioni (left) and Mrs. Landrum (right)

Our junior high has been blessed with two student teachers, or practitioners, this quarter. Mrs. Landrum and Ms. Crescioni, both practitioners in the Louisiana Resource Center for Educators teacher certification program have spent the last month student teaching in Mrs. Elliott's English classes. It has been a great experience for everyone involved. Mrs. Landrum and Ms. Crescioni have been able to apply what they have been learning about teaching, and our students have had the privilege of having three teachers in English class. Following Thanksgiving break, they will finish their coursework at LRCE and graduate as certified teachers from the program in December. It has been great having them here and we wish them the best as they start their new careers as teachers.





Zachary Hall displaying his first sold piece of art.

## The Zach Hall Interview

By Mary Anderson & D'Aja Martin

Zachary Hall, better known as Zach, is sixteen years old. He realized his love for art when he was in first grade. During this last art project he said, "Ms. Ferrell told the class to pick a person to draw and Tom Hanks was the first to come to mind." His first painting was bought by Kayla Freeman for twenty-five dollars (which he later used to buy pizza). Hall said he felt accomplished and excited, because it was the first painting that he ever sold. The painting was of Tom Hanks using pop art style. It took four days to complete, but Hall feels it was worth it.

## NHS Inducts New Members

By Sydney Main

As Media Art members we had the opportunity to interview Ms. Sagastume about NHS. She stated that NHS stands for National Honors Society and that it is a service organization that serves the school and community. She also shared their plans for the spring which include: NHS members doing fundraisers for the school that will help the sports program as well as help fund Household of Faith with the mission outreach program, Mad for Maddico, targeting the Dominican Republic and the school there. The NHS officers are Peyton Kuhn as president, Paige Thomas as vice president, Tiffany Bell as treasurer, and Taylor Purdy as Secretary. We hope that later in the spring we will be able to give everyone an update on how NHS is doing.



(Left to Right) Tiffany Bell, Peyton Kuhn, Arlyn Becnel, Kagan Carter, Allyson Cambre, Seth Gaudin, Hannah Blanchard, Jordyn Blazier, Thomas Gamble, Makala Calhoun, Allie Thurman, Victoria Schexnayder, Aleah Sanchez, Taylor Purdy  
Officers: Paige Thomas, Sydney Main, Reyna Jones

# Jr. High Student Council

By Haley Bouchereau

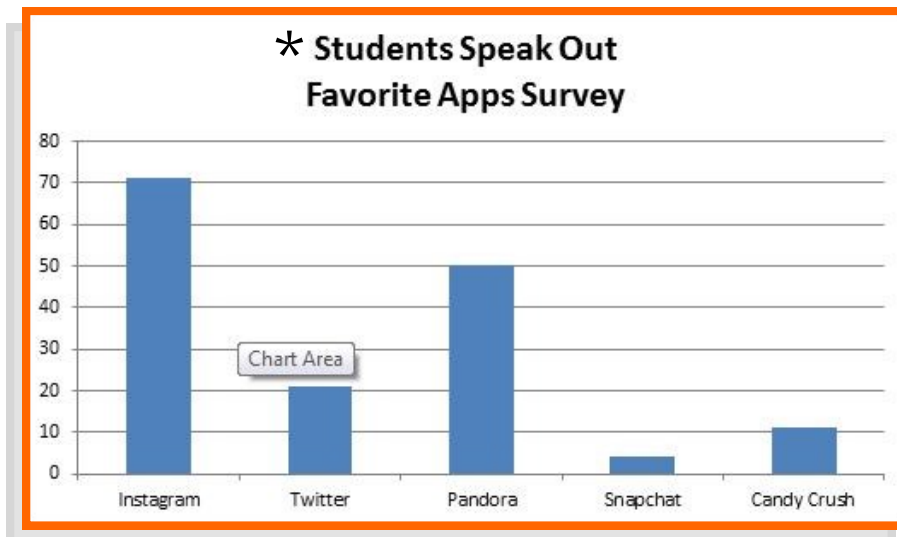
Mr. Denham's Junior High Student Council has come to Ascension Christian High. This year's Student Council is lead by President Chandler Clegg and Vice President Amber Johnson. Serving under them: Secretary, Haley Bouchereau; Treasurer, Emilie Ferguson; Events Coordinator, Chloe Cashat. Upcoming events include: Annual Spring Lock-In for Student Leadership, including Student Council and Beta Officers. Also, in February of 2014 Student Council will oversee Braveheart, which brings the whole school together to collect items for foster care children.



5th & 6th Grade members: Alexis Smith, Hayden Cashat, Noah Blair, Kaleb Lambert, Stevie Lerille

## Survey Results!

By K.A.B



\*Based out of 157 Votes

## Tips for Student Success!

By Ms. Vaughn & Edited for Print by Media Arts

**RELATIONSHIP** – Success begins with relationship with our Father, our family, our friends, and our teachers. Trust grows in relationship. God placed man in relationship at the beginning, relationship with Him and with others. **RELATIONSHIP**

**RIGOR** – Few things come without effort – a great deal of dedicated effort. Talk to Kennan and Allie who recently signed for scholarships to universities for their sports. Rigorous training is behind and before these young athletes. Whether learning science, history, literature, composition, grammar, spelling, basketball, ping pong – it takes rigorous, disciplined training – lots of it. Know that learning to the level of a scholar takes WORK. Accept the challenge. God demands excellence. The gate is narrow. **RIGOR**



# Faculty Highlight

By Sydney Main

For the past few years the front office workers included Mrs. Jodie, Mrs. Toni, and Mrs. Ashley. During the summer Mrs. Ashley felt that God had put it in her to move on to other things. It was a bitter sweet moment to lose someone who has been a part of the Ascension Christian High family since the doors opened. This year the school was happy to welcome a new member to our family, Mrs. Kandis Glaze. After three months of working in the front office, we asked her how she was liking her new job as Admissions and Front Office Secretary. She said, "It is has been fun and exciting. It never gets boring and there is always something new." We are so happy to have Mrs. Kandis working in the front office and look forward to the many exciting years to come.



Mrs. Kandis , First Year @ ACH

## Tips for Student Success! Continued from Page 6

**RELEVANCE** – There are 6 Essential C's for Learning. Curiosity is the 1<sup>st</sup>; connection is the 2<sup>nd</sup>; coherence is the 3<sup>rd</sup>. Curiosity – desire to know. Connection - linking to prior knowledge; coherence - finding or creating a meaningful pattern. In other words, RELEVANCE. Where does this fit into the big picture? Find the relevance and unveil the big picture God has for you. RELEVANCE

**READ** – My message to parents at the beginning of the school year is CHECK RENWEB, CHECK RENWEB, CHECK RENWEB. I say to scholars and wannabe scholars: READ, READ, and READ some more! Wide reading – begin with the Word. The first lessons in reading were moms teaching children to read the Bible. Reading teaches vocabulary. The larger and more powerful the vocabulary, the better the comprehension, the broader the knowledge base, the greater the connections and patterns = more knowledge. Read all sorts of things to stretch your mind; create wrinkles in your brain; fertilize the brain matter. READ!

**RELAX** – Frustration, anxiety, and tension (FAT) are killers! FAT shuts down the brain, cuts off blood flow, clamps the muscles. Do not get your knickers in a knot! Be proactive and do your homework. Put 1<sup>st</sup> things 1<sup>st</sup>. Allow your body to do what God designed it to do. Do it with excellence. RELAX.

My tips: Relationship; Rigor; Relevance; Read; Relax.

CV



Mission Statement: To provide a Christ-centered environment of educational excellence where every student has an opportunity to belong, to believe, and to become a light for the world.

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