

Ouachita

Parish High School

Be dependable, be prepared,
be respectful, be an example,
have Lion Pride!

**** An OPHS Production ****

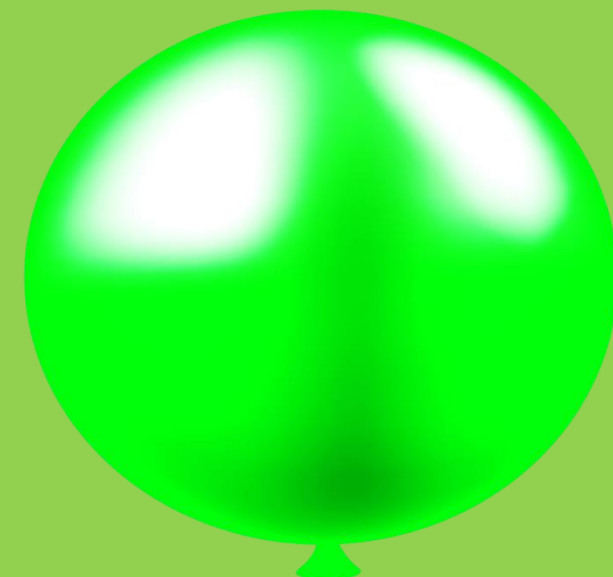
September 26

Hayden Pace

Kadence Korn

Amiyah Grace

Birthday





September 27

Happy Birthday!!!

Lluvia Soria

Daniel Williamson

Oscar Brown

Shamiya Smith

John Crockett

Jayla Gray

September 28



Camriyun Bass

Breakfast Menu

Monday, 9-26

Honeybun

Cereal

Orange



Tuesday, 9-27

Ham & Cheese

Croissant

Cereal

Peach



Wednesday 9-28

Mini Pancakes

Sausage

Cereal

Apple



Thursday 9-29

Eggs

Toast

Grits

Cereal

Pear



Friday, 9-30

Pizza

Cereal

Banana



Daily: Choice of JUICE AND Milk

*** Brought to you by the OPHS Cafeteria ***

Wednesday, September 28



Taco



Chicken Wrap

Tropical Fruit

Banana



CONDIMENTS
CHOICE OF MILK

Brought to you by the OPHS Cafeteria

Thursday, September 29



Shepard's Pie
Nachos
Chef Salad
Rolls



Peas and Carrots
Orange
Pear



CONDIMENTS
CHOICE OF MILK

Brought to you by the OPHS Cafeteria

Friday, September 30



**Pork Rib
Chicken Sandwich**



Roll



Beans



Fries

Applesauce



Oranges



CONDIMENTS
CHOICE OF MILK

Brought to you by the OPHS Cafeteria

SORRY STUDENTS!

No outside food may be delivered
to campus!



2022

September



28th

JV/Varsity Volleyball @ Pineville

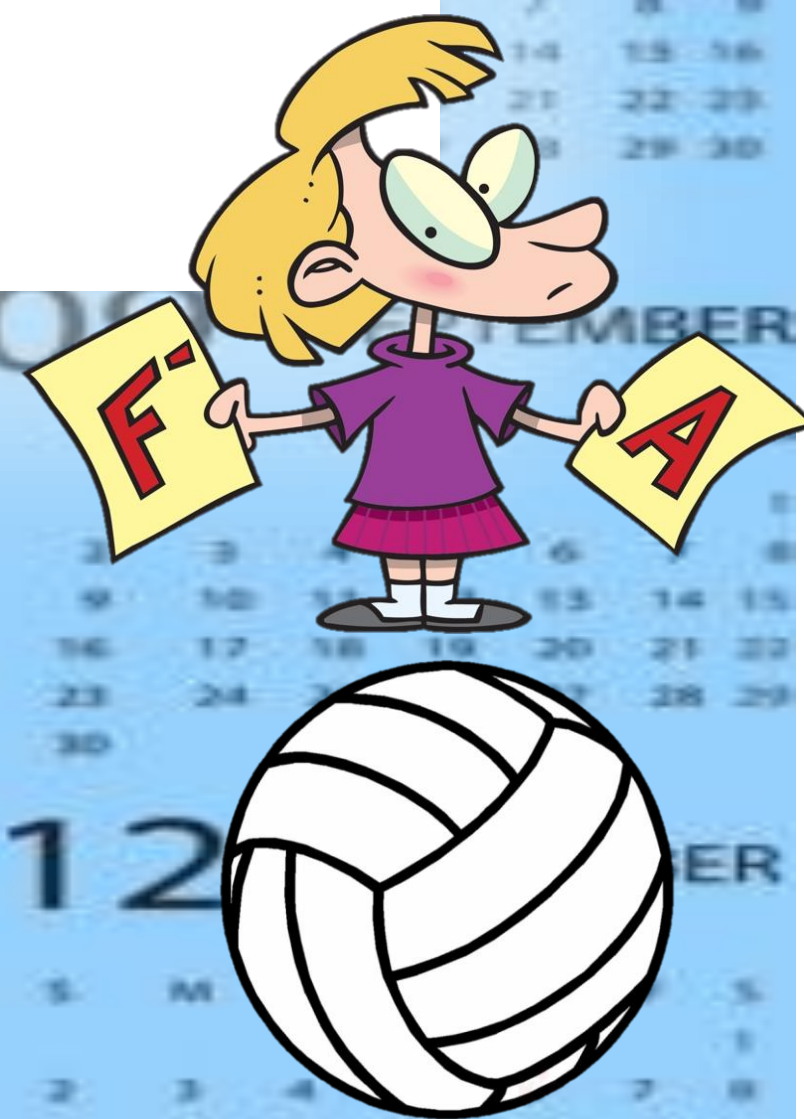
29th

JV/Varsity Volleyball @ W. Ouachita

Varsity Football vs. Ouachita Christian

FCA in the Library

1st 9 Weeks



"By failing to prepare, you are preparing to fail." Benjamin Franklin

**** An OPHS Production ****

The background of the entire image is a repeating pattern of light blue hoodies. Each hoodie is a simple silhouette with a hood, a front pocket, and a drawstring. They are arranged in a grid-like fashion, with some hoodies partially visible at the edges.

Reminder:
Hoods are NOT to be
worn on your head in
the building!!


~~~OPHS SPIRIT DAYS~~~

**Thursday, Sept 29**

**Destroy the**

**Despicable Eagles**

**Minion Day**





OPHS  
**HOMECOMING  
TICKETS**



Online Payments Only

**General Admission (Ticket Only):**

**\$30- Solo**

**\$55- Couple**

**Deluxe Admission (Ticket + T-Shirt):**

**\$50- Solo**

**\$95- Couple**



**\*\* An OPHS Production \*\***



# Homecoming Game T-shirts \$20

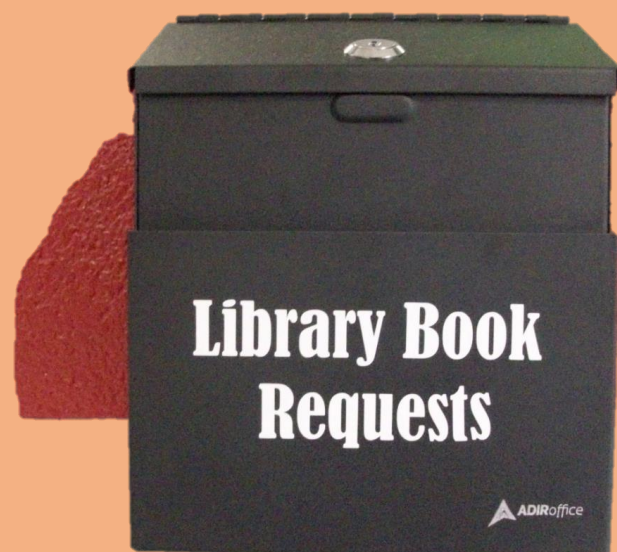
*Order must be placed using the  
Online Payments Portal by September 27*

*~~~Dandy Lion Fundraiser~~~*

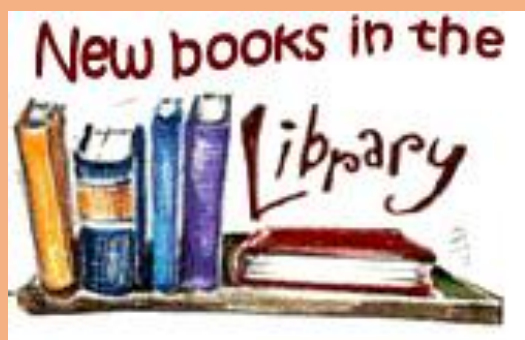




# Library Book Request Box



**If you have a good book suggestion, we want to know so it can be ordered for the library.**







Come check out  
what's happening  
in the library!  
Join our Google  
Classroom:  
taqwaak



# Banned Books Week in the Library

**All Week**— Color Contest,  
Guess the banned books in the jar

**Wednesday**— Maze Competition

**Thursday**— Ms. Estep will be here  
to introduce an exciting new club:  
Girls Who Code

All Competition Winners get a prize package!





# OPHS School Fee \$35.00

Pays for your Chromebook Insurance, copies of  
class notes, tests, etc.

**\*\* An OPHS Production \*\***



# Pay Online



[ouachita.opsb.net](http://ouachita.opsb.net)



A decorative border made of musical staves and notes surrounds the central text. The top staff contains a series of eighth and sixteenth notes. The left and right sides feature vertical staves with various note values. The bottom staff also contains a sequence of notes.

**Congratulations**

**Gordon Lepp**

**Louisiana All-State  
Orchestra**



# **DRIVER'S EDUCATION CLASS**

***October 17-October 27, 2022***

***3:00 pm to 6:00 pm***

**Payment of \$295 due in the Online  
Payment Portal no later than October 3**

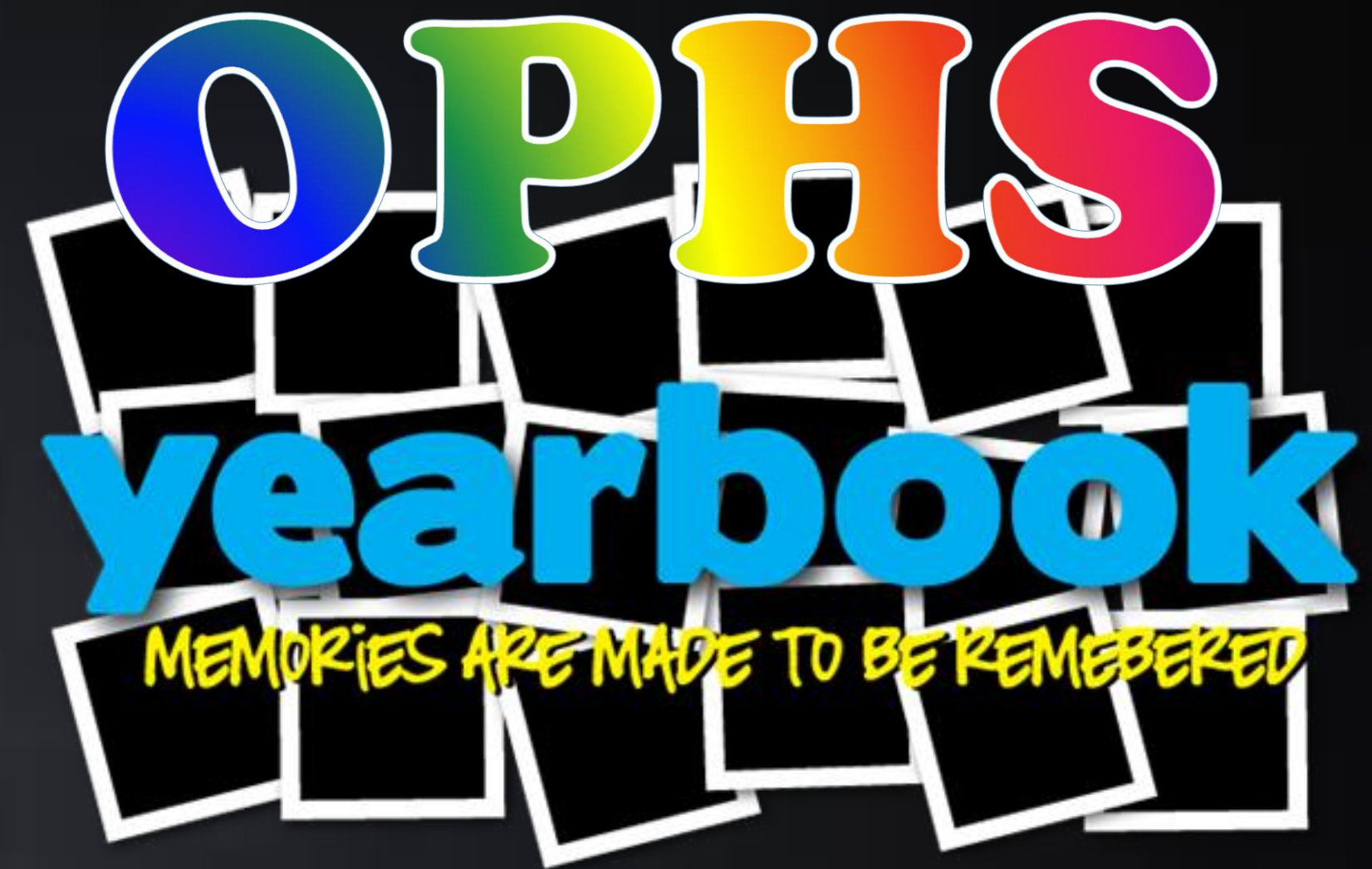
***Only 40 slots available, NO Refunds, Must  
have TIP Card***

***Mandatory Parent Meeting October 5, 2022  
in the commons at 5:00 pm***

**\*\* An OPHS Production \*\***



**THE ROARER**  
**2022/2023 YEARBOOK**  
**ON SALE NOW**



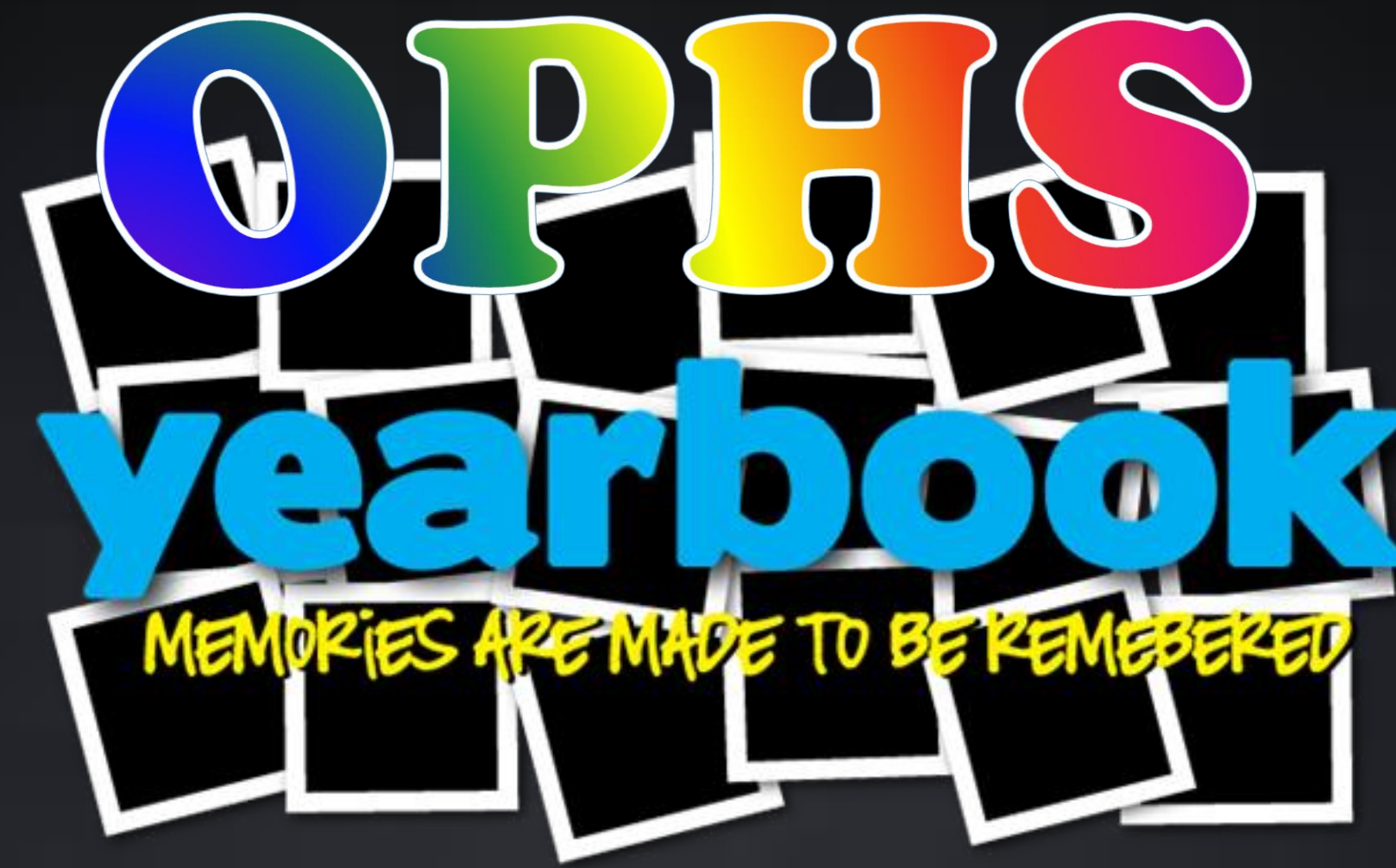
Early Sale until  
December 31-\$65  
January 1-February 28-\$75



Go to  
Online School  
Payments at [Ouachita.opsb.net](https://Ouachita.opsb.net)







## **STUDENT PERSONAL SPOTLIGHTS (ADS)**

**¼ PAGE - \$25**

**½ PAGE - \$50**

**FULL PAGE - \$100**

**SUBMIT AD PHOTOS AND INFO TO  
SANDRA SISTRUNK @ [sistrunk@opsb.net](mailto:sistrunk@opsb.net)**





# Spanish Club



**Last Week to Join  
Spanish Club**



**Deadline: September 30, 2022**

**\$20 Fee Includes T-shirt**

**Google Classroom: jtnn3g4**







Your vote  
matters!

# Register to Vote!

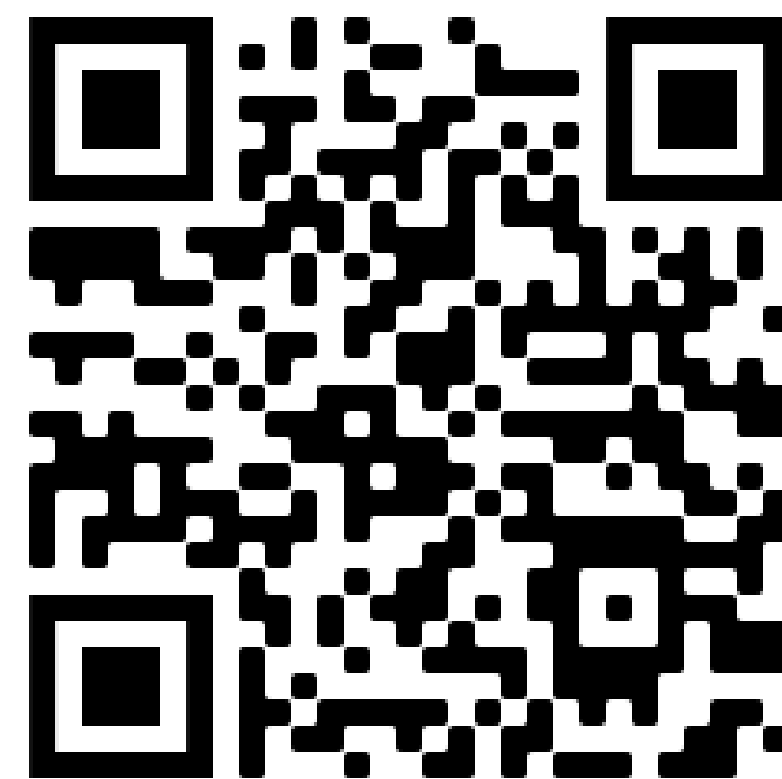
A representative will be in the Commons  
TODAY (Wednesday) during all 3 lunch  
shifts to show you how!

~~~17 years and older


Chick-fil-A Leader Academy

Use the link or qr code to join:

<https://app.chickfilaleaderacademy.com/apply>





FELLOWSHIP OF
CHRISTIAN
ATHLETES

The heart and soul in sports®

Meetings held each
Thursday in the Library
from 7:20am – 7:40am



FELLOWSHIP OF
**CHRISTIAN
ATHLETES**

The heart and soul in sports®

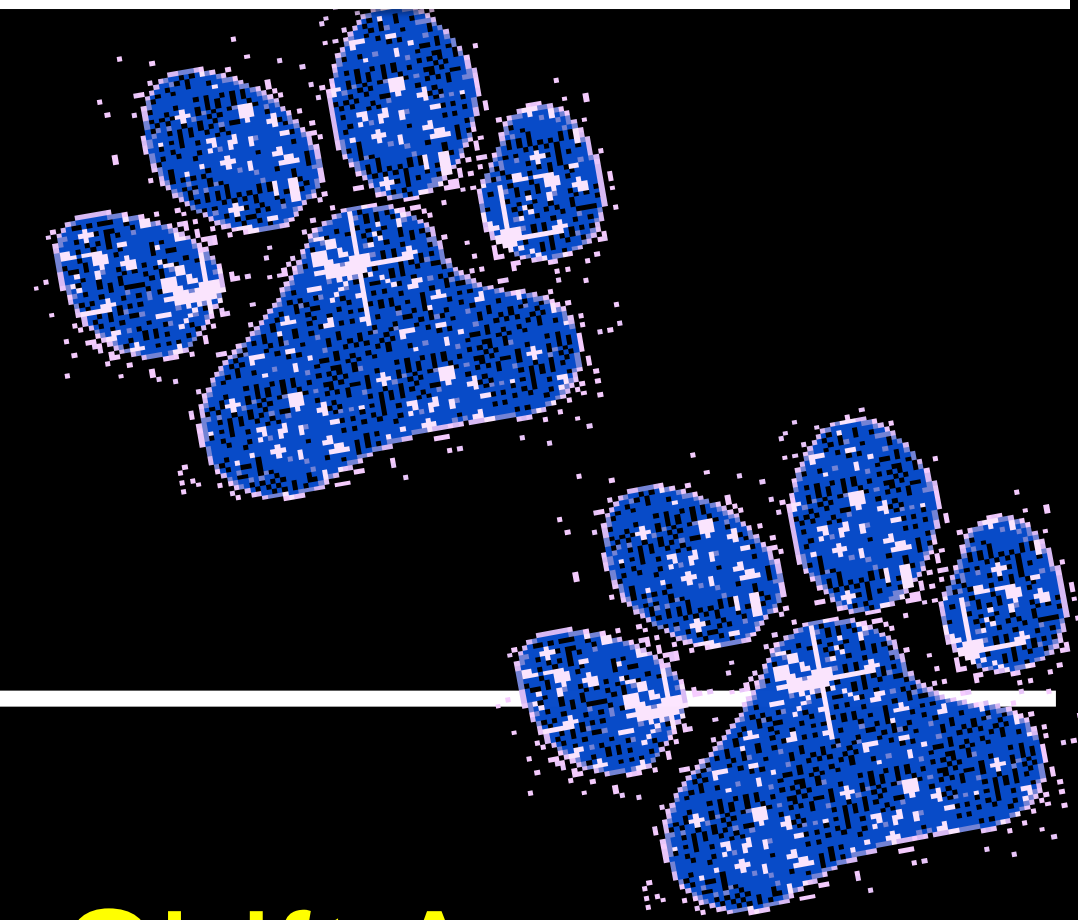
See You At the Pole

September 28

7:25am – 7:40am

**** An OPHS Production ****

Regular Bell Schedule



| | |
|---------------|------------------|
| 7:52 - 8:47 | 1st Period Class |
| 8:51 - 9:42 | 2nd Period Class |
| 9:46 - 10:37 | 3rd Period Class |
| 10:41 - 11:35 | 4th Period Class |

| | |
|---------------|--|
| 11:35 - 12:00 | Lunch Shift A |
| 12:05 - 1:00 | 5 th Period Class for Lunch Shift A |

| | |
|---------------|--|
| 11:40 - 12:05 | 5 th Period Class for Lunch Shift B |
| 12:05 - 12:30 | Lunch Shift B |
| 12:35 - 1:00 | 5 th Period Class for Lunch Shift B |

| | |
|---------------|--|
| 11:40 - 12:35 | 5 th Period Class for Lunch Shift C |
| 12:35 - 1:00 | Lunch Shift C |

| | |
|-------------|------------------|
| 1:04 - 1:57 | 6th Period Class |
| 2:01 - 3:00 | 7th Period Class |

Anyone can find the dirt in someone.

Be the one who finds the *gold*.

-Gaur Gopal Das



About Us Services

Teen

BE THE BEST AT BEING YOU(TH).

Alcohol and Drugs: Some people use alcohol and drugs to fit in; other problems they feel they can't deal with. Being under the influence lowers inhibitions and you could find yourself in situations you'd avoid if you were sober. You deserve to have a healthy body, a reputation that's exactly what you want, and the peace of mind that comes with knowing you're in charge of your choices.

- Alcohol
- Heroin
- Marijuana
- Meth
- Prescription Drugs
- Synthetic Drugs
- Tobacco

MEDIA: Most forms of communications for teens comes in the form of the internet. There are those who use this incredible tool to do terrible things. Maintaining a healthy self-image can be difficult. The combination of changing bodies, media images and other factors can lead teens to think their bodies are insufficient. There's also the risk of dangers as the result of new technologies and teen's usage of those technologies i.e. sexting.

Screening
Videos
Links & Support

Our House
318-345-5556
1-800-RUNAWAY
(Safe Place
for runaway teens)

<http://us.reachout.com>

Lion Sports



Remember The ROAR

WEEK FIVE



VS.



QUACHITA CHRISTIAN

THURSDAY, SEPTEMBER 29

7:00 PM

LION STADIUM

LISTEN ON 106.1 FM

LIVE STREAM ON NFHS.COM

#BUILDTHEBRAND



**Student Tickets on Sale
during Lunch for the
OCS Game!**

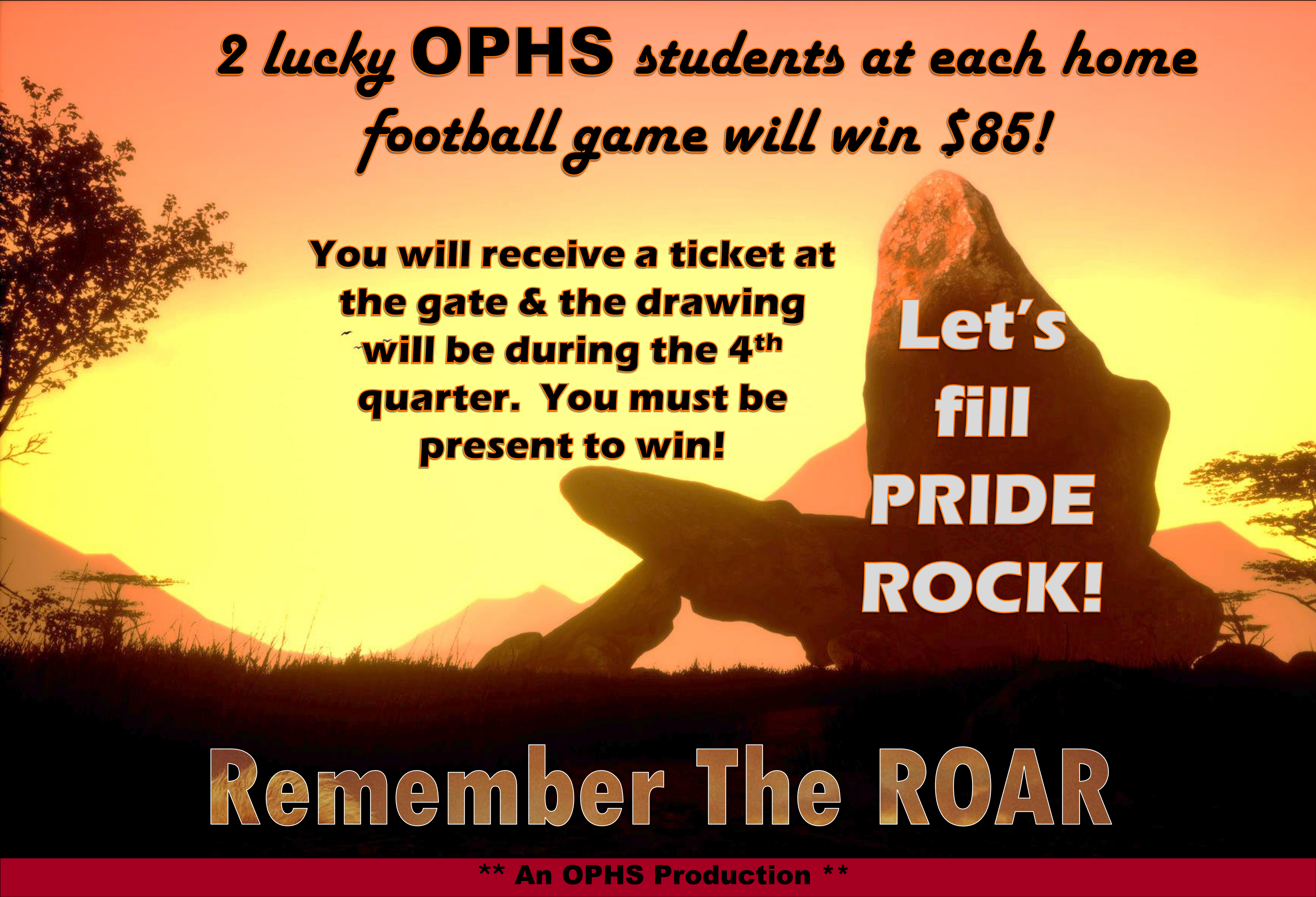
Pregame Student Tickets

\$5, Cash Only

1 ticket per student

\$10 at the gate





*2 lucky **OPHS** students at each home
football game will win \$85!*

**You will receive a ticket at
the gate & the drawing
will be during the 4th
quarter. You must be
present to win!**

**Let's
fill
PRIDE
ROCK!**

Remember The ROAR

**** An OPHS Production ****



VARSITY SCHEDULE 2022



| DATE | OPPONENT | SITE |
|---------|---------------------------------|------|
| Sept 29 | Ouachita Christian | Home |
| Oct 7 | West Ouachita-Homecoming | Home |
| Oct 17 | Alexandria-Jr. High Recognition | Home |
| Oct 21 | West Monroe | Away |
| Oct 28 | Ruston-Senior Night | Home |
| Nov 4 | Pineville | Away |

Freshmen & JV SCHEDULE 2022



| DATE | OPPONENT | SITE |
|--------|---------------|------|
| Oct 3 | West Ouachita | Away |
| Oct 10 | Alexandria | Away |
| Oct 17 | West Monroe | Home |
| Oct 24 | Ruston | Away |
| Oct 31 | Pineville | Home |



Freshmen Games will begin at 5:30 pm & JV will follow at 7 pm unless otherwise noted.



Girls Varsity Volleyball

| Date | Opponent | Site | Time |
|------------|-----------------|------|---------|
| Sept 28 | Pineville | Away | 5:00 |
| Sept 29 | West Ouachita | Away | 5:00 |
| October 1 | Downsville-F/JV | Home | 9:00 am |
| October 3 | ASH | Home | 5:30 |
| October 4 | Caddo Magnet | Home | 5:00 |
| October 6 | Huntington | Away | 5:00 |
| October 18 | Neville | Home | 5:00 |

Volleyball

Tonight at Pineville!!



Ms. Johnson

Jumpstart
Students

Ms. Robinson

9th grade

Mr. Jones

A – J

Ms. Stewart

K – Z

Guidance Dept.





Graduation Coach

- Graduation Tracking
- FASFA
- ACT
- Scholarships
- College Applications
- Career Opportunities
- Armed Forces

Ms. Brittany James A-J Last-name
Email-brittanyjames@opsb.net
Room- 111

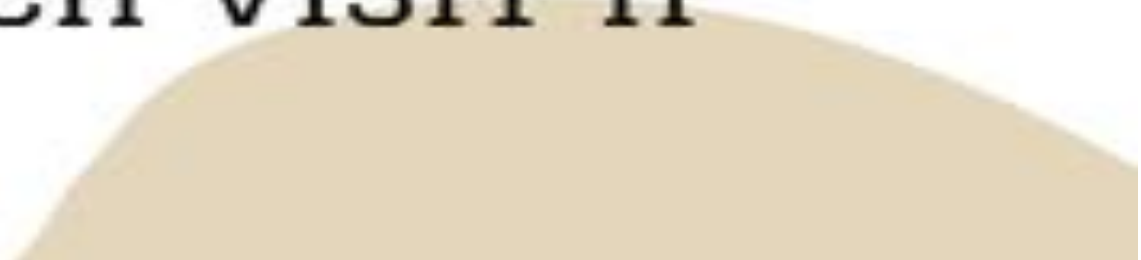
Office Hours: Tuesday-Thursday 8:00-3:00

Ms. Leah Arnold K-Z Last-name
Email-leaharnold@opsb.net
Room- 111

Office Hours: Monday, Wednesday, Friday 8:00-3:00



EXPECTATIONS FOR VISITING GRADUATION COACH

- SIGNED HALL PASS BY TEACHER OR ADMINISTRATOR.
 - VISITING AFTER CLASSES ARE DONE FOR THE DAY DOES NOT REQUIRE HALL PASS.
 - MUST SIGN IN AND OUT UPON ENTERING AND LEAVING GRAD OFFICE.
 - MUST BRING CHROMEBOOK TO EACH VISIT IF INTERNET ACCESS IS REQUIRED.
- 

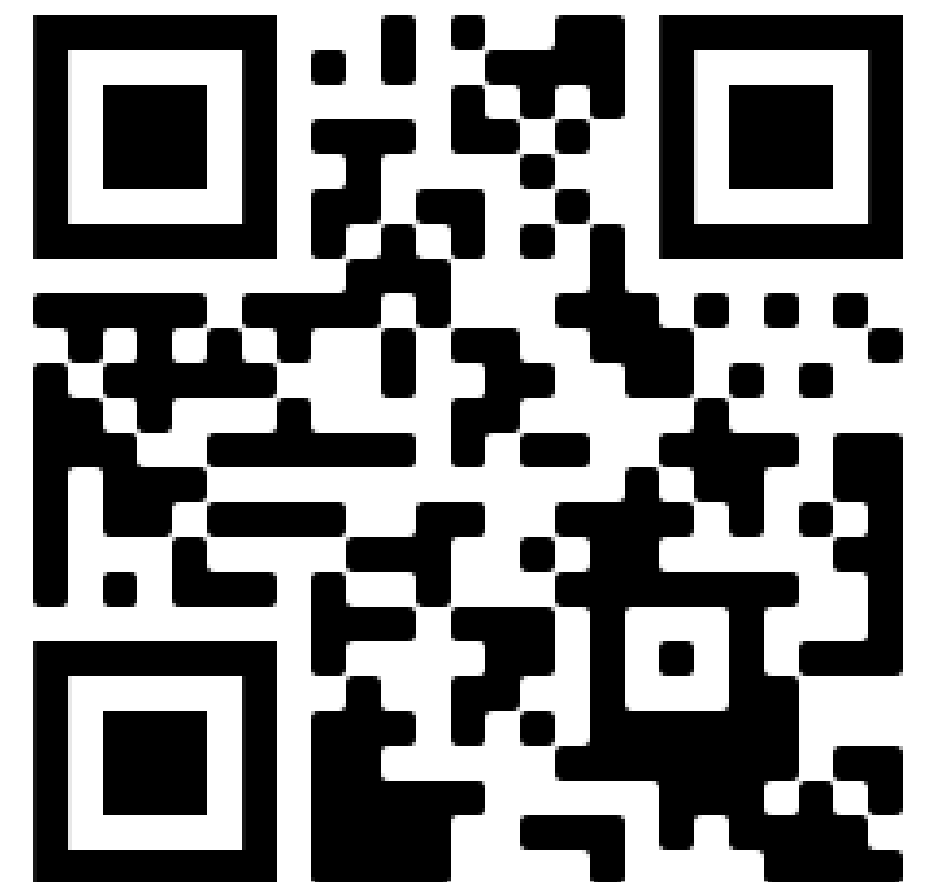


October 22
December 10
February 11
April 15
June 10
July 15

2022-2023

TEST DATES

**Register @
act.org/bts**





Math Tutoring

We will offer free tutoring for all math subjects
beginning after the Labor Day holiday from
3:00 - 4:30pm.

Students must have a ride home when finished.

Location

Ms. Vester - Room 234

Tues./Thurs.

Ms. Caraway - Room 237

Mon./Weds.





WE HONOR COMMUNITY-MINDED HIGH SCHOOL MALE AND FEMALE SCHOLAR-ATHLETES WHO CHANGE THE GAME – BOTH ON AND OFF THE FIELD

The Heisman Memorial Trophy is renowned for symbolizing the pursuit of excellence with integrity. The Heisman High School Scholarship extends the Heisman prestige to our nation's most esteemed male and female high school seniors by recognizing and rewarding outstanding scholar-athletes who understand that the most important victories not only happen on the field, but in their schools and communities. These remarkable young leaders set the example and make a game-changing difference every day, paving the way to greatness for everyone around them.

Application Deadline: October 18, 2022
Visit: <https://heismanscholarship.com/>

An OFHS Production



ONE

ROAR BUCK



_____, 20____


Date

Student Name

Teacher Name

ONE

ROAR BUCK



Respect Others
Obey School Rules
Act Responsibly
Rise Above Adversity

Enter name in drawings—1 ROAR Buck
Front of lunch line—3 ROAR Bucks
One free concession item—6 ROAR Bucks
Free game ticket—6 ROAR Bucks

L**INS**

RESPECT OTHERS
OBEY SCHOOL RULES
ACT RESPONSIBLY
RISE ABOVE ADVERSITY

LI  NS