



The Gata Data

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St. Amant Band and Choir members perform at All-State

By: ALYSE DUPUY AND GRACE AVANTS
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A select few of St. Amant High School's band and choir students had the opportunity to attend the LMEA All-State event on January 17 through January 20. This event showcased students' talents in music and the arts. At the event, students compete with other students across the state for "the top ensembles in the state of Louisiana," choir teacher Sara Bray says.

As far as preparation, students truly put their all into the audition process. It is a time-consuming process that only the most devoted students endure. Bray says, "So, it's a lot of training, usually for years, that students are training to be the best level of musician, and then they do a couple rounds of auditions that require you to maybe perform a piece, and do some sight reading from total memory." The complex development of these skills would not be possible without these students' mentors and their own persistent ambition. Band director Joseph Nassar says, "I do work with a lot of students individually on this music, but most of the students who make All-State also take private lessons, either with university professors or doctoral students or things like that, and they have to practice a lot on their own." Teachers such as Bray and Nassar use their greatest efforts to ensure their success.

In choir, students Layten Hastings, Payton Wiles and Caroline Richardson had the honor of going to All-State. This opportunity leaves these choir students "feeling accomplished," according to Senior Layten

Hastings. Hastings put in the dedication and hard work, further being awarded with a solo. She did this through "spending months practicing and perfecting the audition piece," Hastings says. This is an achievement that she would "remember forever," according to Bray.

The St. Amant band had numerous students participate in All-State, such as Gabrielle Johnson, Jeyson Svec, Julian Rebollar, Max Scofield, Caden Singletary, Edwin Beltran, Kylan Miano, Chase Cagnolatti, Wyatt Reeves, Leo Ball, Michael McCarty, Chloe Nassar, Peyton Hill and Jackson Freeman, who auditioned and were accepted into All-State bands. All-State is a way for students to "prepare for what it's like to be a professional musician," according to Nassar. Many students were able to perform various solos. Students who made the Orchestra at All-State have a major role because everyone in the Orchestra has a solo. "In a band, you can mess up and not really be noticed because everyone's playing over you. But in orchestra, if you mess up, everyone can hear it, so it's challenging," says Senior Michael McCarty. This makes achieving a spot in the Orchestra very rewarding.

Overall, All-State leaves many opportunities for the students who had the chance

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"The Voices Below" say Winterguard season is in full swing

By: RANDI GUFFEY AND KHLOE GUFFEY
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On January 24, the St. Amant Winterguard began their season with a competition at Lakeshore High School. The team didn't perform as well as they wanted to, but it will give them motivation for the upcoming competition at Denham Springs High on February 7. Winterguard competes with the usage of flags, props, mock weapons, costumes, and dancing to tell a story or deliver a message.

This year's theme for varsity is Sirens, "The Voices Below," and the theme for JV is robber, "The Heist". Senior Alyse Dupuy on varsity says that she is excited about this year's theme, "It's definitely a change in scenery for us, almost, because usually our shows are very soft, and this one is definitely hardcore." Senior Mattie Rogers also says that she is excited that they are going at it from a different aspect this year unlike past years.

Dupuy is very excited about this season and what it holds. She is looking forward to her senior year. "It would be really cool if, for my senior year, we got gold medals and a banner; that would be really awesome." Sophomore Marley Roshala says, "I think this

season is going to go well. We have new coaches and this routine. And just the people on the team."

Rogers says that the team gets better and better every year, and even when they get knocked down, they get right back up and work harder. Rogers says that the team needs to work harder and put more effort into the next few practices for the next competition, "I think that putting in more effort into what we do at practice and coming in with a strong mindset is really going to get us to where we want to be this season." Roshala says that the team is working hard on the routine before they compete again, "We're cleaning a lot of things and adding more to the routine, just to accelerate it more and make it better." For the team's first competition, they didn't have their costumes or all the props that they needed, and when the team gets the props and costumes, it will help everyone better understand what the team wants to show, Dupuy said. The team is



willing to put in the work for the next competition to place higher in the upcoming weeks.

Good Luck to both the varsity and JV at their next competition, and have a great season!

Allied Health gives opportunities to inspiring medical students

By: ALLY MECHE AND HAYDEN LOUPE
Gata Data Reporters

St. Amant offers many pathways to introduce students to their future careers. The Allied Health program and medical classes are among the many gateway introductions to possible future careers. The school offers upper-level medical classes for juniors and seniors, such as CTE Internship, Patient Care Technician and Medical Assistant, which are offered to students from St. Amant, East Ascension, Prairieville and Dutchtown; other Allied Health classes offered to all students consist of Intro to Health Occupations, Sports Medicine, First Responder, Medical Terminology and Child Development.

The Allied Health program is offered to students in their sophomore through senior years. The program is designed for those who want to pursue a career in the medical field. Students in Allied Health are expected to complete 90 volunteer hours each year they are in the program. As well as the hours needed, students have to pay a 25 dollar fee to be in the club; the fee goes towards field trips, rewards and senior awards. To be accepted in the program, you must have at least a 2.3 GPA, teacher recommendations, good attendance and disciplinary records.

One of the upper-level classes is the CTE Internship, a class where students are able to job shadow medical professionals and even get to help with some small tasks to help the professionals. This class allows students to know if they are going into a profession that they truly love and will dedicate themselves to, or they might realize that a medical profession may not be what they feel is their future.

The first couple of weeks of the class, Mrs. Shawn Bourgeois gets to know her students so that she can place them at a site that is suitable for the students. The class

allows for job shadowing at all kinds of different places, such as the local Our Lady of the Lake St. Elizabeth Hospital on Highway 30, where students get to rotate between the many different specialties that are seen in the hospital. Along with the hospital, students can shadow at pediatric clinics, physical therapy facilities, veterinarian offices, eye doctors, dentist and orthodontist offices, and many more. Students who are enrolled in CTE Internship go to sites four days a week and stay at school on Fridays to go over lessons, do assignments and take assessments. As well as doing those assignments, students are expected to fill out time sheets and journals on what they have experienced at their sites every day. "The internship class is a great opportunity for students who want that validation that this is the career they want," said Mrs. Bourgeois.

Alongside the CTE Internship, Allied Health also offers programs in Patient Care Technician and Medical Assistant. While both are great classes to invest in if you are interested in the medical field, the classes offer different opportunities to gain beneficial skills.

Students in Patient Care Tech will have the opportunity to learn and apply basic skills similar to those of a Certified Nursing Assistant. For example, students are thoroughly taught in class how to assist patients in and out of beds, as well as how to care for these patients while they remain in their beds. Students are also taught how to check vital signs, read EKGs, and perform phlebotomy skills. Once tested on these skills, students get to attend clinicals to get hands-on experience in real-life situations and time.

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Rho Kappa volunteers in a food drive

By: ALLY MECHE AND DARIEN LEJANDER
Gata Data Reporters

Recently, Mrs. Abbie Tucker's Rho Kappa Club hosted a Peanut Butter drive for the Greater Baton Rouge Food Bank. The drive began on January 7 and ran to January 21. Rho Kappa was inspired to host this drive to show appreciation towards the Food Bank, as well as help out a community in need.

"They hosted a private event for us, and I wanted to show my appreciation. Peanut Butter is a high-protein snack with a long shelf life. They were low on it and needed it," Tucker says. Rho Kappa donated a total of 164 jars, however their impact did not stop there. During their visit, they also put together over 300 bags of food for the Backpack Program, which sends students who are in need home on Fridays with a bag of food to last the weekend. "It felt like I was giving to something bigger than me that was worth my time and energy...the act of preparing school bags for children feels accomplished." Rho Kappa plans to continue this drive in the upcoming years, feeling satisfied with the results of their first one. Ultimately, giving back is not just about the resources distributed; it is about the genuine connection to the world among us. It is a reminder that when energy is directed toward a good cause, it's never a waste of time; instead, it becomes a contributing factor to a more compassionate and equitable society.

Senior Emma Ledet Rho Kappa president said, "The act of

preparing school lunch bags for children feels accomplishing, for parents struggling with financial instability or the weight of rising bills, these donations are more than just a handout, it's a lifetime of ensuring that a child has a meal for school." Ledet plans to go back on her own time and give back to the food bank. Ledet also attends a church that hosts their own charity. Ledet plans to get in touch with her church and the charity organizers to give to the food bank. Ledet said, "I plan on reaching out to the same people that host the homeless outreach and asking if me and my church can donate for the food bank, possibly seeing if we can volunteer our service and make bags for kids or organize supplies." If able, consider donating to a local food bank today or participate in upcoming drives in the area, and be the difference you want to see in your community.



New Teacher spotlight: Brooke Millien

By: BRYCE LONIDIER
Gata Data Reporter

St. Amant Highschool welcomes in Mrs. Brooke Millien, a Study Skills and Tutorials teacher. A teacher that teaches this class breaks down all subjects in an easy way in order for students to have a better understanding of said subject. Millien chose this specific subject because she has a special needs son. "I got into Special Education as a Para and now I am a Special Education teacher," Millien states.

Mrs. Millien attended STA and has always wanted to be a teacher. "I had teachers here that made me want to be a teacher," Millien says. After Highschool, she then went on to RPCC to get her Associates Degree and afterwards to Southeastern to get her Bachelors Degree. Millien has been with Ascension Parish School Board for 8 years and has worked with Pre-K through 12th grade. She was a Para for 5 years, one of those years she was here, and she helped in the classrooms and acted as an aid. This is Mrs. Millien's third year teaching, but first year teaching at STA. The first two years of teaching, she was with St. Amant Middle School.

Mrs. Millien believes that "People Change People" which means that people can have a powerful impact on other people they come across in their lives. The more good you can put out into the world to help people, can impact one's personal growth for the better.



STA's Band Ensemble is in the top ten

By: SANIYA SMITH
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The national band competition is a nationwide event where students across the land form trumpet ensembles ranging from collegiate to high school levels. This year, students from St. Amant, Walker, and Dutchtown were informed about this opportunity.



The ensembles of undaunted trumpeters practiced rigorously without ceasing, mastering advanced brass music, submitting their auditions to a panel for judging, and narrowing the field to about ten talented groups. St. Amant's group made it to the semifinals and the top ten, which means St. Amant's trumpeters will travel to Iowa in March to compete in the live national competition.

Aiden Giroir coached the trumpeters from St. Amant, Dutchtown, and Walker. He has been playing the trumpet for years and is the band director at Hahnville High School. He has rehearsed with the students several times a week during the summer.

Senior Igor Lopez says, "We have been practicing for this moment since the beginning of June; this practice has truly allowed me to hone in on my skills both as a trumpet player and artist." local college professors and a lot of individual preparation to ensure that the ensemble was able to gain the spot, the hard-working students practiced for. Joseph Nassar says with joy, "I'm proud of those guys, these kids are amazing, talented, and outstanding students who go the extra mile."

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to go. Many enjoy meeting other students from bands and choirs across the state. Senior Chase Cagnolatti says, "I like meeting string players because there aren't many in Louisiana, and it was cool to meet really good string players." This allows students to engage with others who have the same interests as them, and to make memories of a lifetime. Others are left inspired by the ones they meet. "There was one person whom I didn't even meet but who genuinely impacted my life. Every day in the rehearsals—even six-hour-long rehearsals—he had a big smile on his face and spoke really articulately. I've never felt so much about somebody I didn't even know," says Senior Payton Wiles. All-State can be very rewarding for the participating seniors. Many colleges are interested in recruiting these dedicated students. McCarty states, "It also shows you that colleges will give you scholarships, and they want you to go to their schools. Just being able to meet all these amazing people is incredible."

Congratulations to all of the hard-working choir and band students from St. Amant who were able to experience this amazing opportunity!



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The class is a great opportunity for those interested in the nursing field, as it teaches the baseline information. Patient Care Technician also allows students to certify in Phlebotomy, EKG Tech, and CPR. In order to take Patient Care Technician, you must fill out an application, as well as meet the requirements of a minimum 2.3 GPA, good attendance, positive recommendations from other teachers, and be in your Junior or Senior year.

As for Medical Assistant, students learn skills related to those used in a doctor's office or urgent care setting, such as minor surgery, suture removal, staple procedures, administering medication, and more. Similar to Patient Care Technician, students must have a 2.3 GPA, good attendance and teacher recommendation, and a clear record of disciplinary behavior. The class is only open to seniors.

If you are considering applying or have any questions about these classes, you can contact Mrs. Amy Palacios for PCT, Mrs. Ashli Starkey for Medical Assistant and Mrs. Bourgeois for CTE Internship. Students can also pick up a QR code from room 329 for the class of their interest, which will direct them through the application process.