Ouachita Parish High School

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

** An OPHS News Production **

September 29th

National VFW Day



National Coffee Day







**** An OPHS News Production ****

Did You Know?

Instead of burning your fingers on hard-to-reach candle wicks, you can stick a raw spaghetti noodle *into* the candle and light it instead!

LIONS LifeHacks

OPHS TBCA 25-26

Happy Birthday

September 29

Carmen Borden

Phoenix Draughn

Mycarri Henry

Jaleah King

J-Kwon Lewis

Tumajae Moore

Nehemiah Roberts

Jameria Tolbert

Robert Whitfield

Keshaun Williams

OPHS 23 24 BCA

** An OPHS News Production **

Daily choice of Milk/Cereal/Juice

Tuesday
9-29

WaffleSandwich/ Strawberries

Wednesday
9-30

Pancake on a stick/Mandarin Oranges

Thursday
10-1

Oatmeal w/toast Sausage Link/ Banana

Friday
10-2

Breakfast Bowl / Tropical Fruit

OPHS 26-27 BCA

**** An OPHS News Production ****

Tuesday, September 29

- Chicken Sandwich
- Sandwich Salad Cup
- Beef Rib Sandwich
- Chef Salad Plate with Ham
- Chef Salad Plate with Chicken
- Green Beans
- Potato Rounds
- Green Apple
- Chocolate Chip Cookie

OPHS 26-27 BCA

**** An OPHS News Production ****

Wednesday, SEPTEMBER 30TH





Beef Taco

Chicken&Cheese Quesadilla

Chef Salad 



Refried Beans



Fresh Strawberries/Peach Slices





Sweet Potato Bread

OPHS 26-27 BCA

**** An OPHS News Production ****

BBQ Chicken

Corndog

Chef Salad

Baked Beans

Macaroni and Cheese

Applesauce

Tangerine

Homemade rolls

Thursday October 1st

OPHS 26-27 BCA

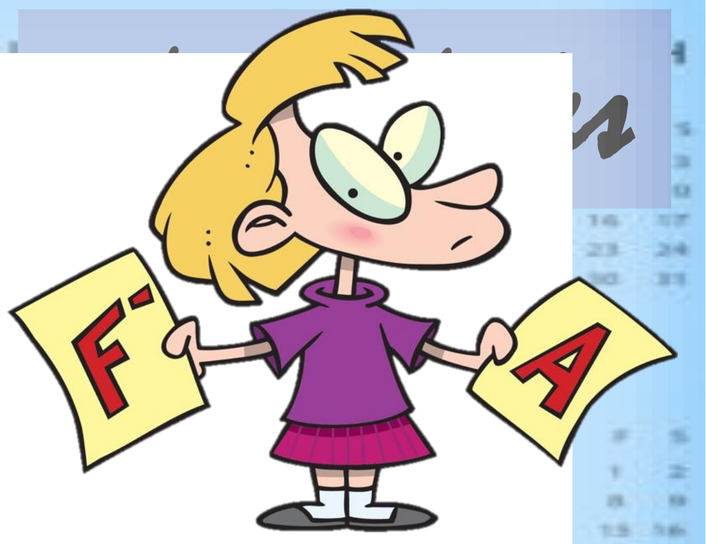
** An OPHS News Production **

Sorry Students!

No outside food may be delivered to campus!

OPHS 24-25 TBCA

2026 September



29th JV/Varsity Volleyball @ Ruston

Johnny's Pizza Pigout

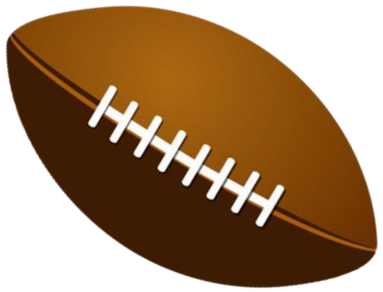
30th JV Volleyball @ Sterlington

PBIS Event Day

Oct 2 Freshmen Picture Day & Senior Make Ups







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

**** An OPHS News Production ****

2026 October



1st FCA in the 3rd Floor Library

JV/Varsity Volleyball vs. Wossman

2nd Freshmen Picture Day & Senior Make Ups

Varsity Football @ Central (Baton Rouge)



3rd Volleyball at Downsville Tourney

5th Sub-Varsity Football @ Ruston

JV/Varsity Volleyball vs. Haughton

6th JV/Varsity Volleyball @ Neville



7th JV/Varsity Volleyball vs. Richwood

8th FCA in the 3rd Floor Library

"Discipline yourself, and others won't need to." John Wooden

**** An OPHS News Production ****

HB 519 is being fully enforced as of January 1, 2026

No holding or physically using a cellphone while driving.

HANDS-FREE ONLY!

NO HOODS !!! ALLOWED IN THE BUILDING !!!





OPHS 25.26 IBCA

An OPHS News Production

Fall Picture Day

Friday
October 2

Freshmen &
Senior Make Ups

**** An OPHS Production ****

~~~OPHS SPIRIT DAYS~~~

October 2

Wipe Out the Wildcats

** An OPHS News Production **
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OUACHITA PARISH HIGH SCHOOL

ROAR BUCKS

BEHAVIOR EFFORT ACHIEVEMENT

Good Choices Pay OFF!

How to Earn Roar Bucks

YOU CAN EARN ROAR BUCKS BY:

Showing Improved Behavior

- Be Respectful
- Follow School Rules
- Use Good Judgment
- Help Others
- Make OPHS a Better Place

Performing actions that deserve a reward

- Go Above and Beyond
- Help a Classmate or Teacher
- Show kindness
- Demonstrate leadership
- Make a positive difference

Being A Good Student

- Be prepared
- Put in your best effort
- Show school pride
- Help a classmate

How to Use Your ROAR BUCKS

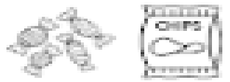
Enter a Drawing for Lunch!



Use your ROAR Bucks to be entered into a drawing for a chance to win a special lunch!

OR

Purchase Items in the PBIS Store!



PBIS Store is once a month in the Commons. Items are first come/first serve for each lunch period.

PBIS DATES:

Lunch and Store:
Wednesday, September 30
Wednesday, October 30
Thursday, November 19
Wednesday December 9

Lunch and Store:
Wednesday, January 27
Wednesday, February 24
Wednesday, March 24
Wednesday, April 21

Events:
Thursday, October 29 - *I Scream for Ice Cream*
Friday, February 12 - *Cupcakes and Karaoke*
Friday, April 30 - Field Day



Important Reminder:

ROAR Bucks are **NO LONGER** accepted in the concession stand.

Small Choices Make a Big Impact!

** An OPHS News Production **

There is a black SUGGESTION BOX located in the Commons.

Write down suggestions and put them in the box.



Student Government Association

OPHS Fees: $40

Pays for your Chromebook insurance, copies of class notes, tests, and more.

https://osp.osmsinc.com/OuachitaLA



OPHS 25-26 BCA

OPHS 25-26 BCA

** An OPHS News Production **

Pizza Pig Out



Tuesday, September 29

Swartz Location 5 PM – 8 PM

Come with your family to support our school & be served by our faculty.

** An OPHS News Production **

FELLOWSHIP OF CHRISTIAN ATHLETES

The heart and soul in sports®

Meetings held each Thursday

Library 3rd Floor

All Three Lunch Shifts

REGULAR BELL SCHEDULE



7:52 – 8:52 1st Period Class

8:56 – 9:49 2nd Period Class

9:53 – 10:46 3rd Period Class

10:50 – 11:43 4th Period Class

11:43 – 12:08 1st Lunch Shift

12:13 – 1:08 5th Period Class for 1st Lunch Shift

11:48 – 12:13 5th Period Class for 2nd Lunch Shift

12:13 – 12:38 2nd Lunch Shift

12:43 – 1:08 5th Period for 2nd Lunch Shift

11:48 – 12:13 5th Period Class for 3rd Lunch Shift

12:43 – 1:08 3rd Lunch Shift

1:12 – 2:05 6th Period Class

2:09 – 3:02 7th Period Class

OPHS 25-26 BCA

Real strength has to do with helping others

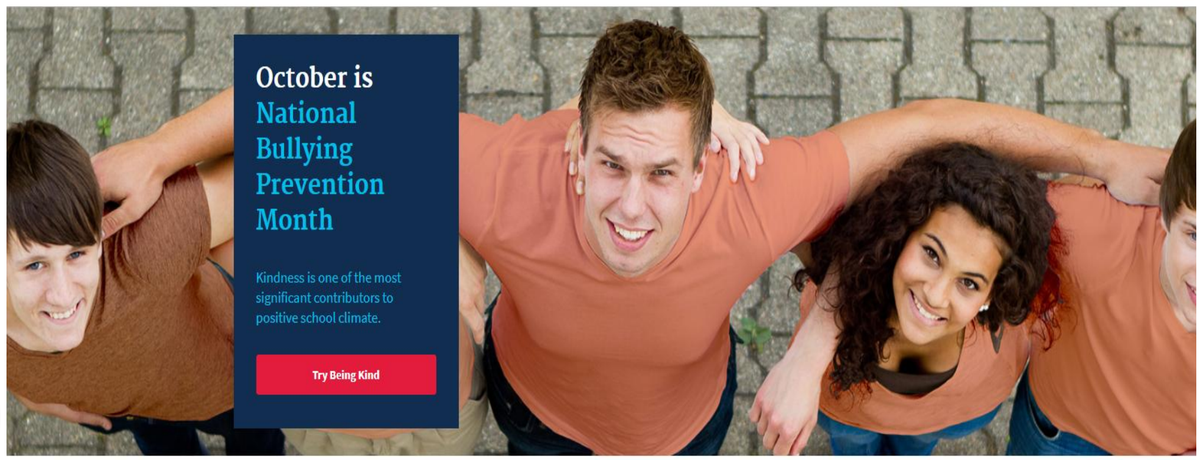


-Mr. Fred Rogers

OPHS 21 22 BCA

http://www.stopbullying.gov

Stop Bullying



**** An OPHS News Production ****



LionSports

Remember The ROAR

** An OPHS News Production **

2026 Varsity Lions

FOOTBALL SCHEDULE

DATE	OPPONENT	SITE
October 2	Central	Away
October 9	Ruston	Home
October 16	West Monroe	Home
October 23	Peabody	Away
October 30	Alexandria –Senior Night	Home
November 6	Pineville	Away

** An OPHS News Production **

SUB VARSITY SCHEDULE 2026



DATE	OPPONENT	SITE
Oct 5	Ruston	Away
Oct 12	West Monroe	Away
Oct 26	Alexandria	Home

Lady Lions VOLLEYBALL

Date	Opponent	Team	Site	Time
Sept 29	Ruston	JV/V	Away	5:00/6:00
Sept 30	Sterlington	JV	Away	5:00
Oct 1	Wossman	JV/V	Home	5:00/6:00
Oct 3	Downsville Tournament	V	Away	TBA
Oct 5	Haughton	JV/V	Home	5:00/6:00
Oct 6	Neville	JV/V	Away	5:00/6:00
Oct 7	Richwood	JV/V	Home	5:00/6:00
Oct 8	West Ouachita	JV/V	Away	5:00/6:00
Oct 19	El Dorado	JV/V	Home	5:00/6:00
Oct 20	Wossman	JV/V	Home	5:00/6:00
Oct 22	Neville	JV/V	Home	5:00/6:00
Oct 26	Natchitoches Central	JV/V	Away	5:00/6:00

** An OPHS News Production **

Need Guidance?

Talk To Our Guidance Counselors!

Ms. Johnson
Jumpstart Students
10th (I-Z)

Ms. Givens-
Title One

Ms. Scurfield
9th, 10th (A-H)

Ms. Stewart
11th & 12th

OPHS 25 26 BCA

S.H.I.P.
GLOBAL HEALTH MEDICAL MISSIONS
at LSU Health Shreveport

Pre-Med Day!

For high school & college students!

November 21, 2026
10 am - 3 pm

- Guidance on preparing for medical school
- Direct interaction with medical students
- Hands-on suturing workshops
- Airway management & intubation simulations
- Exclusive anatomy lab tour
- Individualized mentorship

$100/student if registered before November 14
Any & all questions, email agt001@lsuhs.edu!

Register below & take your 1st step toward a career in healthcare!

** An OPHS News Production **

Seniors

Check Google Classroom Daily for Scholarship Opportunities



** An OPHS Production **

Register @ act.org



2026-2027 Test Dates

Test Date	Registration Deadline (Late fee applies after this date)	Late Deadline
September 19, 2026	August 14	September 1
October 17, 2026	September 11	September 29
December 12, 2026	November 6	November 29
February 27, 2027	January 22	February 9
April 10, 2027	March 5	March 23
June 12, 2027	May 7	May 25
July 10, 2027	June 4	June 22

What- Tutoring



When- Tuesday & Thursday 3pm-4pm

English- M. Zimmerman

Math- S. Vester

Science- C. Philips

Social Studies- K. Dew

LEAP- B. Jenkins



OPHS 26-27 BCA

LIONS

RESPECT OTHERS
OBEY SCHOOL RULES
ACT RESPONSIBLY
RISE ABOVE ADVERSITY

** An OPHS News Production **