



An e-Newsletter for the Families of Notre Dame Academy

LETTER FROM THE PRINCIPAL ◀

Blessings friends,

Happy Halloween! Our students enjoyed dressing up in costumes and going through our haunted house during their lunch periods today. **Please note that tomorrow is All Saints' Day and there will be NO SCHOOL.** I hope you are able to take time to attend Mass with your daughter tomorrow as it is a Holy Day of Obligation.

Dr. Koehl and I would like to thank those of you who joined us on Sunday for our Dedication Celebration. It was a great success and wonderful celebration of our *Excellence Without Boundaries* Capital Campaign program. We had a tremendous turnout and many positive comments about our renovated spaces. It was a wonderful day to celebrate our NDA community, our mission and all we have to offer.

Speaking of all that we have to offer at NDA, if you know a young woman who could benefit from an NDA education, please invite her to learn all about Notre Dame Academy and the All-Girl Advantage this Sunday at our Open House from 1-3 p.m. As parents, you know first-hand the value of an NDA education!

In Notre Dame,

Mr. Jack VonHandorf



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World



[www.ndapandas.org](http://www.ndapandas.org)

OPEN HOUSE NOV 4 1-3 pm

### Club Leader Meeting

Last Wednesday, NDA's members of the Northern Kentucky Youth Advisory Board hosted the first quarter club leader meeting for all student club leaders. At the meeting, they discussed the importance of:

- Documentation
- Communication
- Service to the community

A huge thank you to the following NKYAB members for planning and facilitating the meeting: Anna Resing, Onali Fernando, Kenzie Eberhart, Angela Kyntchev and Haley Planicka.



### Freshmen Student Council Homeroom Representatives

Congratulations to the following freshmen who were elected to the Student Council last Friday:

- Abby Breeze
- Paige Donnelly
- Reagan Heitker
- Ellie Joyce
- Kate McBride
- Caroline Muck
- Annie Scharstein
- Addy Woeste



We look forward to working with you as Homeroom Representatives!



## CAN THE CRUSADERS! ◀

This year for our canned food drive we will be partnering with St. Henry to feed as many hungry people as possible. The food drive will last from Monday, November 12 through Friday, November 16. Students should stay tuned for special competitions and incentives throughout that weeks. As always, our donations will be going to St. Vincent de Paul. They have provided us with a list of items that they are in need of so please keep that in mind as you stock up to help us feed the hungry and Can the Crusaders!

Stove Top stuffing

12 or 14 oz cans of:

Cranberry sauce

Ravioli, spaghetti o's

Chicken noodle soup

Beef stew

Chili with beans

Tomato soup

Vegetable soup

Cans of:

peaches

pears

mixed fruit

mandarin oranges

pineapple chunks

Cans of pork & beans

Spaghetti

Spaghetti sauce

Any type of noodles

Mac & Cheese

Peanut butter

Packets of gravy mixes - chicken & beef

Tuna

Hamburger and tuna helper

Crackers

Instant potatoes

Instant Oatmeal



## 2019 MARCH FOR LIFE: WILL YOU JOIN US? ◀

Saving lives, ending abortion, and promoting a culture of life is why we march each year in Washington D.C. If your daughter would like to attend this important event on January 18, 2019 and be a voice for the voiceless please have her stop by front office to pick up permission slip forms. If you have any questions please email Mrs. Theresa Van Auken at [vanaukent@ndapandas.org](mailto:vanaukent@ndapandas.org). Parent chaperones who are virtue trained are needed so please let Mrs. Van Auken

## LET'S MAKE A DIFFERENCE! ◀

**Many Service Opportunities coming up!** See how you can help! More details about each opportunity and directions for how to sign up listed in the Unified Classroom Service Information Class under the Service Opportunities Page.

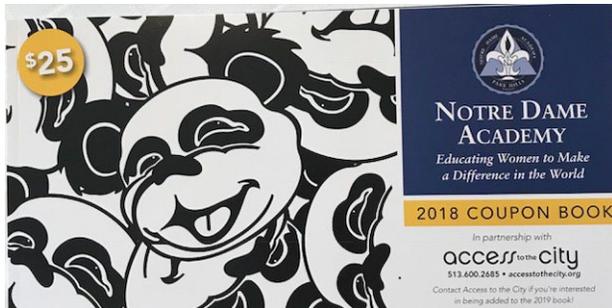
- Flower planting in Covington - October 27
- NDA Dedication - October 28
- Dent Schoolhouse - Thru November 3
- Ft. Wright Elementary Fall Festival - November 10
- Honor Run - November 11
- Turkeyfoot Trot 5K - November 17
- St. John's Fall Festival - November 17-18
- Independence Christmas Walk - December 1
- Breakfast with Blitzzen - December 8



## WORK STUDY AND VOLUNTEER OPPORTUNITIES IN THE LONGSHORE DINING HALL ◀

Do you have just one day a month to volunteer for two hours in the NDA cafeteria? Helping out is neither difficult nor time-consuming and our current volunteers have fun visiting the school and seeing their daughters, granddaughters and friends. Volunteers are also welcome to stick around after their two-hour shift for lunch with "the crew". Grandparents in particular seem to love this job, so please consider asking your daughter's grandparents if they would like to help out. If you are interested in volunteering, please contact Karen Brungs at 859.292.1856 or [brungsk@ndapandas.org](mailto:brungsk@ndapandas.org). The schedule is online and you can sign up [HERE](#).

**ALSO**, we have a Work Study position open in the Longshore Dining Hall dish-room as well. If you are interested in this position, please contact Karen Brungs at 859.292.1856 or [brungsk@ndapandas.org](mailto:brungsk@ndapandas.org).



## ATHLETIC DEPARTMENT NEWS ◀

### Coupon Book Sellers:

Please make sure you complete your tally form and also upload it to the link on the NDA website under Athletics, Athletic Fundraiser. Please turn your money into the front office in an envelope with your name, your homeroom and coupon books written on it. All checks can be made out to NDA.

## MARK YOUR CALENDAR ◀

Save the date for this year's Christmas Concert on Sunday, December 9 in the NDA theatre!



# SCIENCE NEWS...

## SUTURE LAB ◀

These are not scary Halloween pics...they are from Mrs. Ziegler's Anatomy Class suture lab!



## SPOOKY DELIVERY ◀

Our Student Council Pandas joined SC members from CCH to deliver candy to our feeder schools today!



## CONGRATULATIONS! ◀

Congratulations to Olivia Ossege and Ellie O'Hara on being recognized in the Kenton County Public Library's Haunt Your Library Writing Contest!

Poetry, Grades 9-12:

1st place: "The Worst Ghosts aren't Dead" by Olivia Ossege

3rd place: "Inevitable" by Ellie O'Hara



HAPPY HALLOWEEN!





## Drugs & Alcohol: Don't Get Finessed

David Baum, Psy.D., LICDC  
Psychologist, Clinical Director



As Dr. David Baum, Clinical Psychologist and Director of ASAP (Adolescent Substance Abuse Problems, Inc.) explained to NDA students last Thursday in his presentation, “Drugs and Alcohol, Don’t Get Finessed,” teens have a 4 times greater risk for developing addictions than adults. (Ask the AP Bio girls to re-explain about the development of the pre-frontal cortex.) The younger a person starts using substances, the significantly higher chance they have of developing an addiction later in life, as well as other social problems, including divorce.

### More important points to make about Drug Free Clubs of America (DFCA), especially for Seniors:

- ONLY PARENTS get the results of any positive drug tests. NDA is NEVER informed of any positive drug test results. The reason for this is that if there IS a substance problem, it is a family problem that is best handled by the family, rather than through school disciplinary measures.
- If a student has NOT YET BEEN TESTED or signed up very recently, then THAT STUDENT IS NOT CURRENTLY IN DRUG FREE CLUB. Parents had good intentions, but did NOT sign that student up for 4 years of membership. All of NDA’s 4-year DFCA members were tested last October 1st and 3rd.
- If a test is positive for a prescribed ADHD medication, parents will already know that their daughter is taking that medicine when DFCA calls them with a result, and that it for a good purpose! (It is never a problem to take a medication in the amount prescribed to you by a doctor! Legal, medical drugs help us to live better, stronger, longer lives!!)
- NDA does VOLUNTARY drug-testing through DFCA because research shows that when teens CHOOSE to remain free from drugs ON THEIR OWN in high school, they are MUCH more likely to continue to choose, on their own, to remain drug free in college!
- It looks really good on resumes and college applications to be able to state that you are a Member of Drug Free Clubs of America.



- The cost of DFCA’s one-year membership is \$25, and includes all kinds of desirable rewards and prizes. Scholarships are available for those who need them.
- Don’t you want your daughter to be included in our rewards for being drug-free? And for her to receive the same great rewards that her drug-free friends are receiving?
- Don’t you desire your daughter to have the associations and to be a known member of Drug Free Club?
- Don’t you want your daughter to be able to honestly say, if she would ever need to, “I can’t. I might be tested.”
- Drug Free Club is a form of Positive peer pressure! It helps students resist temptation to make the right choices. Teen brains are not fully developed yet, which can make them weak during impulsive moments. This could be the difference between them saying Yes and NO in an unexpected difficult moment.
- Experiencing drug testing is good practice for many future jobs, as more and more companies require random or compulsory drug testing.
- **There are only 2 days left to sign up - November 2nd is a FIRM DEADLINE.**
- **It is REALLY EASY for parents to sign up their daughter ONLINE at the [Drug Free Clubs of America](#) website**

## COLLEGE VISIT OPPORTUNITIES:

We want to especially encourage Juniors to be getting on some College Visits this year! Here are some ideas and links to help.

### NKU Open Houses:

For Info and to Sign-Up: [NKU Open Houses](#)

Saturday, November 10 @ 9 a.m.

Saturday, December 7 @ 9 a.m.

### Preview UC (University of Cincinnati)

Monday-Friday @ 9 a.m.

For Info and to Schedule Visit: [Preview UC](#)

### University of Cincinnati Open House

Friday, November 2

Link to Sign-Up: [University of Cincinnati Open House](#)

### Morehead School of English, Communication, Media, and Languages: Fall Open House

November 9, 2018

10 a.m. to Noon

To schedule your visit: [www.moreheadstate.edu/visit](http://www.moreheadstate.edu/visit)

### Visit Thomas More University!

Thomas More offers visits from Monday - Friday.

For Info and to Schedule Visit: [Visit TMC](#)

### Case Western Reserve University - Fall Open House

November 12 - For more information and to RSVP: [case.edu/admission](http://case.edu/admission)

### University of Dayton Women in Engineering Overnight

UD has a no-cost overnight event November 9 - November 10 for female juniors and seniors. This would be a great opportunity for any juniors and seniors curious about a career in Engineering! For more information and to sign-up for this event: [Women in Engineering Overnight](#)



*Ali Donnely Kora Hammersmith, Caitlyn Iannelli*



*Madison Merk and Annamae Martin*



*Kaitlyn Eberhart*



### Parents and Guardians of 10th and 12th Grade Students:

The Kentucky Incentives for Prevention (KIP) Survey will be administered this Friday, November 2nd, during long homeroom. The KIP Survey is Kentucky's largest source of aggregate data related to student use of alcohol, tobacco, and other drugs. Information gathered provides invaluable information to guide substance abuse prevention and program development for our students here at Notre Dame Academy. Please refer to the NDA email sent to you on October 8th, or contact Mrs. Hildreth for more information.

## ▶ Important dates

November 1	<b>No School: All Saints Day</b>
November 2	End of the 1st Quarter
November 4	Open House
	Daylight Savings Ends
November 8	NDA Alum Wine and Paint Night
November 9	Remembrance Mass
November 13	Fall Sports Awards
November 14	FR Retreat/Service Day
November 16	Picture Re-Take Day
	Panda FunFest
November 21-23	No School: Thanksgiving Break
November 21	Class of 2018 Welcome Back Night
December 5	SO Retreat
December 7	Christmas Choral Concert
December 8	High School Placement Test - HSPT
	ACT at NDA
	FR Semi-Formal Dance at NDA
December 9	Band Concert
December 10	Seniors leave for retreat
December 14	Silver Bells Dance
December 19	Faculty Christmas Party
December 20- January 2	Christmas Break

## COMMUNITY NEWS ◀

Check out the **Community News** section of NDA's website for news about.

- Scripture Study
- Women's Health and the Catholic Church
- NCYC
- B.R.A.K.E.S. - Teen Pro-Active Driving School



You can find a complete list of community news [HERE](#).