



An e-Newsletter for the Families of Notre Dame Academy

## LETTER FROM THE PRINCIPAL ◀

Dear Parents,

*Uniting Humankind as Reflections of God's Love* is not only our theme for this school year, but it is also at the core of our education at NDA. Based on the second Educational Principal of the Sisters of Notre Dame, *The Human Dignity of Each Person as an Image of God*, our theme is paramount to our mission at Notre Dame Academy. We aim to graduate young women who will use their education and God-given gifts to make a difference in the world. One of the reasons I love Notre Dame Academy is because it is a community embedded in this SND tradition, where we experience God's goodness and provident care each and every day.

As you will see in the many stories below, our students have certainly been using their God-given gifts to make a difference in the world. They have been working and playing hard and achieving much success. Our community is very proud of all of their recent accomplishments especially during this very challenging time.

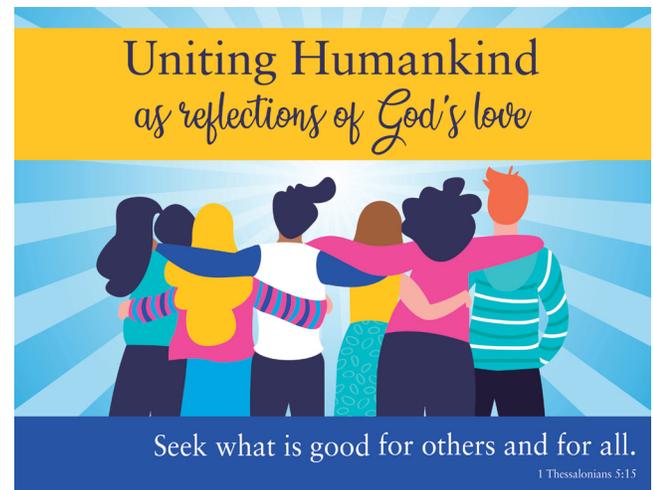
As we approach the one year mark of the COVID-19 lockdown we are reminded of all that took place last March. We realize how naive it was to think it was only going to last weeks or even months. It seems natural to think about all that we have sacrificed this past year but it's important to remind ourselves of all that we have gained. In a senior class meeting last Friday I spoke with our students about many of their upcoming events and explained to them how hard we are working to make those traditional NDA occasions happen for them in a safe way. It was a good discussion and I was impressed with the way our seniors handled themselves. As we wrapped up the meeting after much talk about what our students have missed since March of 2020, a student raised her hand to make one last point. She reminded us that we must not forget about the many people who have lost their lives to COVID-19 and noted that our losses of gatherings and events pale in comparison to the loss of life that some have experienced. At that moment I was assured that, while our students may have missed many club activities, dances and time-honored NDA traditions this past year, they have gained tremendous perspective and compassion. In my book, that is a very valuable gain!

Although we only have two positive cases of COVID-19 this week, we still have a number of students on our remote learner list due to exposure to COVID-19. I would like to reiterate what all of us are hearing from scientists and medical professionals across the country - **PLEASE ENCOURAGE YOUR DAUGHTER CONTINUE TO BE DILIGENT AND FOLLOW COVID-19 MITIGATION STRATEGIES.** While the numbers may look a bit better, we are not out of the woods yet. **Please encourage your daughter to wear a mask, social distance and PLEASE discourage in-person gatherings at this time.**

Thank you for allowing us to partner with you in your daughter's Catholic education. Please know that you are in our prayers throughout this season of Lent.

In Notre Dame,

Mr. Jack VonHandorf



## NDA COVID-19 INFORMATION

[Learn More >>](#)

## NDA COVID-19 INFORMATION ◀

REMEMBER, the [NDA COVID-19 Information page](#) on the website has many important resources for parents and students.

FROM THE  
SCHOOL  
NURSE



## IMPORTANT INFORMATION FROM THE SCHOOL NURSE ◀

**Please keep NDA updated on any COVID-19 related issues** involving your family. In the event that someone in your household is being tested for COVID-19 or your daughter is exposed to or tests positive for COVID-19, please contact our school nurse, Tina Sizemore, RN. at 859.292.1843 or [sizemoret@ndapandas.org](mailto:sizemoret@ndapandas.org) or Mrs. McLeod in the front office 859.292.1821 or [mcleods@ndapandas.org](mailto:mcleods@ndapandas.org).

It is important that your daughter continues to follow COVID-19 mitigation strategies. **PLEASE DISCOURAGE YOUR DAUGHTER FROM GATHERING IN PERSON WITH FRIENDS DURING THIS TIME.**

## MAKE GOOD CHOICES! HELP PREVENT THE SPREAD OF COVID-19

- Symptom Screenings & Health Precautions
- Contact Tracing
- Cleaning and Sanitizing our Campus
- Hand Sanitizing
- Masks
- Social Distancing
- Safety Barriers



*Together we can Make a Difference!*

As of today, Wednesday, March 3, we have had 2 reported cases of a member of our community testing positive for COVID-19 within the last week. As per our requirements, those involved are following the quarantine guidelines in our [COVID-19 Response Chart](#). We have also been informed by members of our NDA community who have had close contact with someone who has tested positive for COVID-19. Those members of our community are also in quarantine.

We have consulted with the Diocese of Covington about these recent cases and we thank the families involved for reporting this information and helping to keep our school community safe.

**As we move forward, please keep NDA updated on any COVID-19 related issues involving your family.** In the event that someone in your household is being tested for COVID-19 or your daughter is exposed to or tests positive for COVID-19, please contact our school nurse, Tina Sizemore, RN., at 859.292.1843 or [sizemoret@ndapandas.org](mailto:sizemoret@ndapandas.org).

# STUDENT LIFE

## UGANDA PANDAS ◀

Since in-person meetings were extra challenging this year, many of our clubs have had to pivot. A perfect example of that is our Uganda Pandas Club. They started a monthly newsletter to educate members and to enable the Uganda Pandas to work toward their mission this school year. The newsletters will be filled with headline stories taking place in Uganda while also keeping our Pandas up with what is happening with our sister school. You can read this month's Uganda Pandas Newsletter [HERE](#).

## EASTER BREAK TRAVEL INQUIRY ◀

In our efforts to prepare safely to in-person learning after the Easter break, we are asking all Pandas to report any and all travel over the Easter break. Students will be given time during homeroom this Friday to submit this information in a Google form. The form will remain open for the next two weeks. Parents are asked to discuss travel plans with their daughters, so they are prepared to complete the form. Important information includes the following:

- Use of public transportation to or while at the destination (plane, bus, metro, etc)
- Return date to NKY
- Travel to a state where the COVID-19 positivity rate is 15% or higher ([CLICK HERE](#) to access the states' positivity rates)

*Please note: Students from the same family should report out individually using the form.*

## PROM 2021 ◀

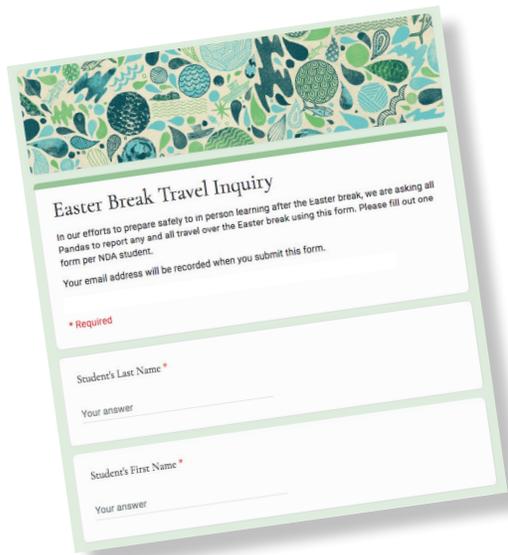
Notre Dame Academy's Prom has been rescheduled to Friday, April 30 at Music Hall pending Diocesan approval. This event, unlike previous years, will be open to only Seniors and their guests. Due to this year's COVID-19 policies and Music Hall's "Guidelines for Social Events" as applicable to the State of Ohio, Juniors are unable to attend this year's Prom due to the number of allowable guests at the gathering.

As we continue to navigate Notre Dame Life amidst the global pandemic, we appreciate our students' and parents' patience while we collaborate with the Diocese and adhere to state expectations in order to host an enjoyable, safe and healthy school event. Administration will be meeting with Senior and Junior student leadership to discuss this adjustment to the school's calendar.

We anticipate next year will look much more normal for our Class of 2022, and our Juniors will have the opportunity to experience more of the traditional NDA Senior events -- including Prom.

## ATTENTION PANDAS! ◀

Please know that we are doing our best to ensure that this is a special year for our students despite the challenges of COVID-19. Planning is in the works and we have submitted our ideas for our traditional NDA events to the Diocese and we are currently waiting for approval from them. This includes graduation and other spring celebratory events.



The image shows a Google Form titled "Easter Break Travel Inquiry". The form has a decorative header with a pattern of green leaves and circles. The text on the form reads: "Easter Break Travel Inquiry", "In our efforts to prepare safely to in person learning after the Easter break, we are asking all Pandas to report any and all travel over the Easter break using this form. Please fill out one form per NDA student.", "Your email address will be recorded when you submit this form.", and a red asterisk followed by the word "Required". There are two input fields: "Student's Last Name" and "Student's First Name", each with a red asterisk and a "Your answer" label below it.



The image shows the word "Prom" in a large, stylized, blue, metallic font with a glowing, spiky effect around the letters.

PLEASE NOTE! ↘

# Campus Ministry

## LENTEN OPPORTUNITIES ◀

During the Lenten Season we encourage students to find ways that they can draw closer to God through Prayer, Fasting and Almsgiving. Below are some opportunities that will be offered:

**Prayer** - A decade of the Rosary is prayed every Monday, Tuesday and Thursday at 7:40 a.m. in the chapel. Mass is held every Friday morning at 7:20 a.m. in the chapel. Reconciliation will be offered through Religion Classes on Wednesdays throughout Lent. Students are encouraged to wear Purple accessories/shirts with their uniforms on Wednesdays as a way to remind us of this prayerful season.

**Fast** - Students are encouraged to “give up” something during the Lenten Season - suggestions were shared in the student bulletin. Throughout Lent we will encourage students to fast from certain things for a day - for example - fast from gossip on Thursday, February 25. etc.

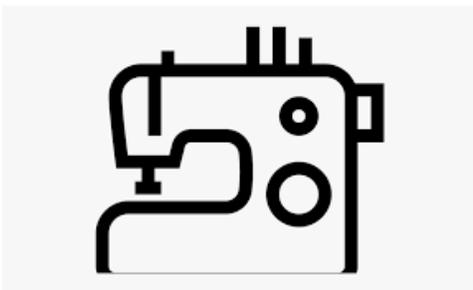
**Almsgiving** - Students are encouraged to find ways to give of their time and treasure in a way that benefits others. Whether that is through a service project or donating to one of our collections. We have a collection for GoPantry which ends on Friday, February 26. We will be taking part in the Rice Bowl Project this year as well. Rice Bowls were handed out in Religion classes last week and will be collected during Holy Week.

Additional opportunities may be added throughout Lent - students should listen for announcements and look for changes in the student bulletin.



## PANDA PJ'S & PILLOWS! ◀

Students in Mrs. Brennan's Textiles class have been busy making flannel pajama pants and a pillow sham with a special technique called “square in a square.” The school provided the pillow form and the students made removable covers so that they can customize it for holidays, seasons or personal interest. Lots of students used an adorable dog fabric, and others used seasonal fabrics. You can see great examples of how creativity and practical skills are being developed in the classroom!



## TRADITION OF EXCELLENCE IN SCIENCE RESEARCH CONTINUES AT NDA ◀

Notre Dame Academy science research students had an outstanding performance at the Science and Engineering Fair of Northern Kentucky (SEFNK) on Saturday, February 27. NDA sophomore Natalie Janzaruk won the “Best of Fair” award and an opportunity to attend the International Science and Engineering Fair (ISEF) in May.

Under the direction of Mr. Bill Stamm, all of the NDA students did an excellent job at SEFNK and will advance to the State competition March 26-27.

NDA Science Research students won many category and special awards as listed below:

### **Clare Shay (9)**

*Peppermint and Concentration*

1st Place Behavioral and Social Sciences

### **Natalie Janzaruk (10)**

*The Effect of Wrapping Space on Pressure Required for Bending in Fiber Reinforced Soft Actuators*

1st Place Engineering: Materials and Bioengineering

Yale Science and Engineering Award

1st Place Overall - Physical Sciences

Best of Fair - Advances to ISEF

### **Bella Marita (10)**

*Effects of Lead on Liquids with Different pH Levels*

1st Place Environmental Management

US Stockholm Junior Water Prize

Thomas More University Scholarship (\$25,000)

### **Anna Meade (10)**

*Effect of Exposure Time and Distance of UVC light on E-coli*

1st Place Medicine and Health Sciences

Mu Alpha Theta Award

### **Hailey Fullenkamp (10)**

*Dilutions of Disinfectants Effect on the Development of Bacteria Resistance*

1st Place Microbiology

2nd Place - Life Sciences

### **Kennedy Clark (10)**

*Testing Bacterial Growth on Different Acne Medications*

2nd Place Microbiology

### **Ana Kothandram (11)**

*The Impact of Herbicides and Fungicides on Eisenia fetida*

1st Place Environmental Sciences

National Oceanic and Atmospheric Administration Award

Thomas More University Scholarship (\$25,000)

1st Place Overall - Life Sciences



## SNOWBALL LAB ◀

Mr. Strickley's Physics students enjoyed their recent snowball lab! These students were testing to see how density impacted the distance a snowball travels when thrown. While these students had a great time in the snow, Mr. Strickley reports that their data was not very conclusive!





## NDA SUMMER ART STUDIO ◀

Mr. Eckerle will once again be offering a High School Summer Art Studio for incoming freshmen through rising seniors. You can find more information about High School Summer Art Studio [HERE](#) as well as the registration form. **Please note: registration forms are due by May 28.**



## ORDER LUNCH FOR NEXT WEEK! ◀

Click [HERE](#) for the lunch order form for next week.

This form serves as a head count for our cafeteria staff. **Please indicate which days you would like to purchase lunch next week.** Payment will be due upon pick up in the cafeteria and using your ID card barcode and will be charged to your NDA lunch account through [PayPams](#).

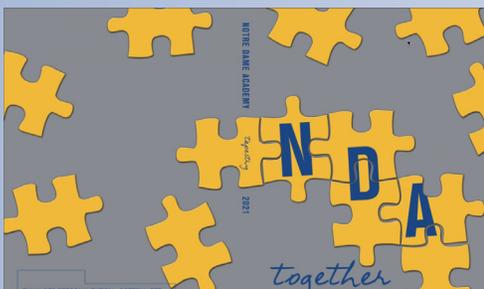
**Orders for next week are due by 3:00 p.m. on Friday, March 5.**



## BAMBOOTIQUE NEWS ◀

Don't miss this week's awesome Deal of the Week...

Navy Crewneck Sweatshirt - regular price: \$20 this week's deal is \$10! Shop now at NDA's [online Bambootique](#).



## YEARBOOKS: RECOGNITION ADS ARE BACK! ◀

Senior parents: You're understandably proud of your daughter? Why not say it with a yearbook recognition ad? They're available in a variety of sizes starting at just \$45. You get to choose the photos and words you want, and making them is quick, easy and fun! Getting started is as simple as following this link:

[https://www.jostens.com/apps/store/ybAdDesigner/1069982/-/20210223041611680102/CATALOG\\_SHOP/](https://www.jostens.com/apps/store/ybAdDesigner/1069982/-/20210223041611680102/CATALOG_SHOP/)

# ATHLETIC DEPARTMENT NEWS

## COUPON BOOK FUNDRAISER MONEY ◀

If you chose to sell coupon books and have not turned in your coupon book fundraiser money to athletics yet please do so. Any outstanding balances at that time will be billed via FACTS.



## ARCHERY UPDATE ◀

Eleven Panda Archers competed in the Beechwood Archery Tournament Saturday. The team was led by Ellie Puglisi with a score of 281 with 13 tens followed by Ella Weitzel at 272 with 10 tens, Nicole Andrew at 264 with 9 tens, Megan Paolucci at 259 with 6 tens and Madison Merk at 253 with 5 tens. Also scoring well were Natalie Lovell, Lea Youtsey, Jamie Collins, Kate Slocum, Megan Ahern and Anna Neubacher. The Archery Pandas will be celebrating Senior Day this Saturday March 6. GO PANDAS!

**IMPORTANT  
INFORMATION**  
**PLEASE READ**

## KHSAA COVID-19 RETURN TO PLAY FORM ◀

All students who test positive for COVID-19 must be cleared for progression back to activity by an approved health care provider (MD/DO) and **MUST** complete the [KHSAA COVID-19 Return to Play Form](#) before returning to participation in a physical education class or sports at NDA.



## ATHLETIC DEPARTMENT JOB POSTING ◀

### JV Lacrosse Head Coach

Notre Dame Academy is looking for a JV Lacrosse Head Coach for the 2021 Spring season. This position will oversee the JV team and report to our Varsity head coach. Experience at the high school level is desired. All coaches must go through KHSAA and Diocese onboarding and training once hired. Please send a letter of interest and resume to [ndahr@ndapan-das.org](mailto:ndahr@ndapan-das.org) Notre Dame Academy is a Catholic all girls high school sponsored by the Sisters of Notre Dame.

# PANDA PROWL

## PANDA PROWL, NEW STUDENT FUNDRAISER ◀

This year's student fundraiser is a 5K walk to support programming and technology at NDA. In addition, this year, we will partner with the Uganda Pandas club to raise funds to support the students at our sister school in Buseesa, Uganda. The Panda Prowl will replace the student raffle and will be held on April 30, 2021. More details to follow.



## WE ARE ALMOST THERE... ◀

Thank you very much to those of you who have already subscribed to our YouTube channel to help us reach 1000 subscribers! In order to live stream with a mobile device on YouTube, our channel needs to have at least 1000 subscribers. Currently we have 779. We are so close! Once we have 1000 subscribers, we will be able to share Masses, athletics events and more with our NDA community. If you haven't already subscribed, please do so at the link below. If you have already subscribed, please share the link with a friend or family member.

PLEASE [CLICK HERE](#) to subscribe to NDA's YouTube channel today.

## Alumnae Storyboard

## ALUMNAE STORYBOARD ◀

The Alumnae Storyboard is a feature which captures the everyday happenings of our alumnae. Each story is posted in the main hallway just outside the cafeteria so that you can see how our alumnae are truly continuing to make a difference in the world. The Storyboard serves as a source of inspiration and motivation just for you! You can access the Alumnae Storyboard [HERE](#).

## 2021 AUTUMN GALA ◀

Save the date! This year's Autumn Gala is scheduled for October 16, 2021. If you are interested in serving on the Executive Planning Committee for the 2021 Autumn Gala, please contact Nancy Goeke at [goeken@ndapandas.org](mailto:goeken@ndapandas.org) or 859.292.1851.



## COUNSELING AND STUDENT SERVICES ◀



### College Rep Visits

#### COLLEGE REP VISITS ◀

These are Virtual College Visits specifically for NDA students/families.  
\*All grade levels are welcome (and parents can join if they would like).

*\*You need to Pre-Register for some visits (these are noted)*

*\*For all other visits, simply use the "Visit Link" on the night of the visit*

##### Georgetown College

March 4 - 7:00 p.m.

Link: <https://zoom.us>

Questions about College Visits: Contact Ms. Burgei @ [burgeik@ndapandas.org](mailto:burgeik@ndapandas.org)

#### COMMONWEALTH HONORS ACADEMY ◀

Juniors looking for something special to do this summer - consider Commonwealth Honors Academy!

- Live on the campus of Murray State University in a living-learning community for three weeks with other talented high school students.
- Receive six hours of university credit.
- Need a 3.5 GPA a 25 ACT or equivalent.
- Have the opportunity to take six additional hours of tuition-free university courses at Murray State University during their senior year.
- Click [HERE](#) for a link to the homepage and application.
- Contact Mrs. Hildreth or Mrs. Monohan with questions.
- **Deadline for applying is March 15.**



#### RESOURCES FOR PARENTS & STUDENTS ◀

##### [NDA PARENT TOOLBOX](#)

#### STATE OF MIND SPEAKER SERIES ◀

1N5 is offering a [State of Mind Speaker Series](#), a series of videos to promote mental health & wellness for educators, caregivers, and youth. Topics include: Stress Management, Mindfulness & Meditation, Self-Care, Mental Health Disorders, Grief & Loss, Advocacy & Education. Click on the link above to access - you can watch on your own time!





## NDA FRESHMEN NEWS ◀

After taking the CERT on Tuesday, Freshmen Pandas met with School Counselors to take a Career Cluster Assessment in Naviance to help them begin to identify the best possible fits for them with future careers. Freshmen also learned what Resumes are, then everyone started to create their own! This was followed by a Senior Panel with eight Seniors who answered a variety of questions from how many AP classes should I take to how to deal with stress and how to choose good friends. These seniors are to be appreciated for coming in on a day off to share, and commended for their great advice and tips: Izzy Bennett, Liz Farwick, Hana Kennedy, Emily Eggleston, Mary Ann Nerswick, Michaela Summe, Kate Moore, and Camille Laird.

## DRUG FREE CLUB ◀

**Over 200 of NDA's DFCA members are STILL considered "Unconfirmed Members"** because they have not yet fully completed the submission of their test results from the Home Testing Kits. If your student has not yet received their Member ID card in the mail, they are probably an "Unconfirmed Member."

**There is a simple fix for this! A parent/guardian must complete** the simple **test result form** [CLICK HERE FOR LINK](#) to confirm with Drug Free Club that the student achieved a drug-free test using the Home Test Kit that was mailed to your home. To accomplish this, the Parent/Guardian needs the student's Drug Free Club ID Number, which can be found in 3 places: previous emails to parents from Drug Free Club, on the top left of the student's DFCA Member ID card from last year, or from Mrs. Hildreth.

As soon as this step is completed, club status will be updated, and the student will receive in the mail their personalized Club ID Card and the Key Tag for **Confirmed, Active Members!** A temporary ID card can immediately be printed upon completion of the form, and the student is then eligible for all of our rewards! **Contact Mrs. Hildreth with any questions.**

**Alcohol is the most widely used substance amongst young people.**

- 90% of alcoholic drinks consumed by teenagers are consumed through binge drinking. (For women 4 or more drinks in 2 hours; for men 5 or more drinks in 2 hours)

**Why is this a big deal?**

**The adolescent brain is still developing, and won't finish until their mid-late 20's.**

**Alcohol can have a serious impact on ongoing brain development. Here's how:**

- Alcohol can damage the part of a teen's brain responsible for memory and learning
- Teens that drink regularly have smaller \*prefrontal lobes than teens who do not drink (\*responsible for planning, judgement, decision making, impulse control)
- Alcohol is a depressant and actually causes the teen brain to slow down

The safest option is for teenagers to delay drinking as long as possible. But...teenagers drink. So what can you as parents do about this?

**Start having conversations.**

In a recent survey given to many of our Drug Free Clubs members, it was revealed that **the number one topic our students have questions about is alcohol.** (I know, we were surprised too.) It was the "drug" they felt they knew the least about, despite being the one they statistically use the most. Education is a powerful tool. Don't be afraid to start the conversation.





Whether you're training for a half marathon, playing a round of golf or coaching your child's baseball team, we know you're always on the move. Occasionally, your body can get out of balance from all the jumping, swinging, running and moving that everyday life requires. The sports medicine experts at St. Elizabeth Healthcare are here to help restore that balance. If you have a strain in your back or joint pain in your ankle, our team of specialists provides comprehensive, personalized sports medicine care to help you get back to the top of your game, quickly and safely.

# COMMUNITY NEWS



## COMMUNITY NEWS ◀

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

- Urgent Action on HB 149 - Education Opportunity Accounts
- Help Wanted
- Cafeteria Staff Needed
- Resources to Support Learning for parents, educators, & kids of all ages

## ▶ Important dates

March 5	3rd Quarter Ends
	Mass in Chapel 7:20 a.m.
March 6	8th Grade Conferences
March 7	NDA/CCH Jazz Band Concert
March 14	Daylight Savings begins - Spring Forward!
March 17	St. Patrick's Day
March 19	Panda Prowl Kickoff
March 20	8th Grade Conferences
March 23	Panda Preview Night for 6th and 7th Graders
March 29	School officer elections
March 31	Holy Week prayer service
April 1	Spring break begins
April 12	Classes resume
April 30	Panda Prowl
	Prom