



An e-Newsletter for the Families of Notre Dame Academy

LETTER FROM THE PRINCIPAL ◀

Dear Parents,

As we journey together through this holy season of Lent, we remember the importance of our identity as a Catholic high school. Our students have many opportunities not only during the Lenten season, but throughout the school year, to grow in their faith at NDA. Forming the young women of Notre Dame Academy to be servant leaders is an integral part their experience here. Teaching them the importance of putting their faith into action and their responsibility to develop their God-given gifts and to share those gifts with others are key components of an NDA education.

Faith formation is not limited to our Religion classes at NDA, it can be seen in every subject area and each classroom throughout the day. We pray at the beginning and end of each day. We pray a decade of the rosary daily before school in our chapel. We celebrate the Eucharist together regularly and our community is offered the opportunity for the sacrament of reconciliation frequently. Our students participate in retreats that further develop their relationship with God. Our Chaplain, Fr. Kunath, and our Campus Minister, Bridget Price, work with our peer ministers to ensure that our students are sharing their faith with each other in positive and productive ways.

These fundamental elements of our Catholic identity at NDA help to form our students into women who will use their faith to make incredible differences in our world someday!

March is a time of celebration for us at NDA. On Monday we celebrated International Women's Day - a global day celebrating the social, economic, cultural and political achievements of women. This month we celebrate Women's History Month giving us the opportunity to acknowledge women's contributions to history, culture and society. This week we celebrate women religious during National Catholic Sisters' Week. During this special week I would like opportunity to thank our founders and sponsors, the Sisters of Notre Dame.

Our Panda Preview Night will be held Tuesday, March 23 at 6:30 p.m. If you know of anyone interested in NDA and the opportunity to join our school community, please share this information with them.

Although we do not have any cases of COVID-19 to report 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!

In Notre Dame,

Mr. Jack VonHandorf



Notre Dame Academy is a Catholic High School grown in the tradition of the Sisters of Notre Dame. At NDA, we celebrate our Catholic Identity everyday by living the Gospel message of Jesus through kindness and generosity to others, respect for life, community service and striving to use our God given gifts.

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 or Mrs. McLeod in the front office 859.292.1821 or 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 10, we have had 0 reported cases of a member of our community testing positive for COVID-19 within the last week. Although we do not have any members of our community who have tested positive for COVID-19, we do have a number of our students who have reported that they have been exposed to COVID-19. As per our requirements, those students are following the quarantine guidelines in our [COVID-19 Response Chart](#).

We have consulted with the Diocese of Covington about these recent exposure 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.

STUDENT LIFE

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. The survey was shared with students last Friday and will remain open for the next week. 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.

CALENDAR FOR THE 2021-2022 SCHOOL YEAR ◀



August 17	First Day of School
September 6	No School: Labor Day
October 8	No School: Professional Development Days
November 1	No School: All Saints' Day
November 24-26	No School: Professional Development and Thanksgiving Break
December 8	No School: Immaculate Conception
December 15-17	Exams
December 20 -	
January 2	No School: Christmas Break
January 17	No School: Martin Luther King, Jr. Day
February 21	No School: Presidents' Day
April 14-22	No School: Easter Break
May 26	Cleaning Day/End of 4th Quarter
May 27	No School: Graduation

PROM 2021 ◀

Notre Dame Academy's Prom has been rescheduled to Friday, April 30th 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 has met 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.



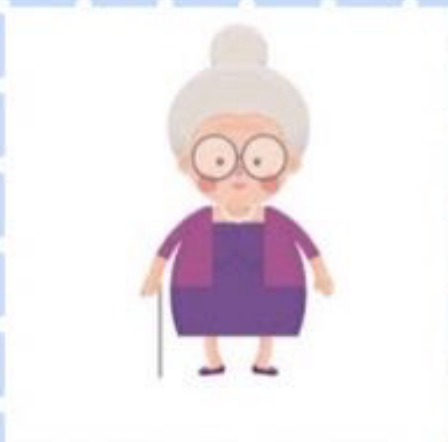
NDA IS CELEBRATING THE

100Th

DAY OF IN PERSON SCHOOL!

WHEN: THURSDAY, MARCH 11TH

HOW: DRESS UP AS A 100 YEAR OLD OR WEAR 100 OF SOMETHING WITHIN YOUR OUTFIT WHEN YOU COME INTO SCHOOL!





GO PANTRY UPDATE FROM TLC ◀

As we celebrate National Catholic Sisters' Week, it is very fitting that we showcase NDA's latest service project - the Go Pantry drive sponsored by NDA's TLC!

The final results of the competition between grades are:

- Juniors in first with 676 items
- Sophomore with 640 items
- Seniors came in third with 451 items
- Freshman brought in 385 items!

Since the juniors won, they will receive some donut holes for their donations!

Collectively, we brought in a total of 2152 items! Thanks to our Pandas for emulating the servant leadership of the Sisters of Notre Dame and for living the mission of NDA and making a difference in the lives of others with their donations!

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 had a collection for GoPantry in February and we are 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.

Campus Ministry





LET'S CELEBRATE

ST. PATRICK'S DAY

Wednesday March 17th

**Candy Grams for sale at
lunch for \$2!!!**

A portion of the proceeds will be donated to help Texans recover from the power issues.



MOCK TRIAL UPDATE: NDA'S AVA MIDDENDORF WINS BEST WITNESS IN THE STATE! ◀

Twenty teams from across the state of Kentucky competed this weekend in the first ever Virtual Kentucky Mock Trial State Tournament this weekend. While the tournament looked a little different this year, the success of NDA's Mock Trial team remained the same.

After receiving perfect scores in all rounds of State competition as a witness, sophomore Ava Middendorf was named the #1 Witness in the state of Kentucky, a feat that no Panda had accomplished before.

Also, sophomore Kira Kent was also named the #6 Witness in the state.

Also, at the conclusion of the weekend, each individual team was awarded a Best Witness and a Best Attorney. For Team Navy, Ava Middendorf won Best Witness and Grace VanHook won Best Attorney. On Team Gold, Mia Bishop won best Best Attorney and Kira Kent won Best Witness.

Led by new coach, Jamie Collins, NDA's Navy team placed 10th in the State overall. Congratulations to all team members for your effort, dedication and perseverance throughout this entire Mock Trial Season.

Navy Team Members: Mia Kent, Clara Heberling, Emma Krallman, Grace VanHook, Tori Sova, Riley Maddox, Ava Middendorf, Jaiden Ford and Katie Crail.

Gold Team Members: Kira Kent, Caroline Boehmer, Isabelle Minning, Mia Bishop, Elissa Romer and Kirsten Spillman.



JAZZ PANDAS PERFORM! ◀

Congratulations to NDA/CCH Jazz Band on a very successful outdoor winter Jazz Concert yesterday! These talented musicians sounded incredible!

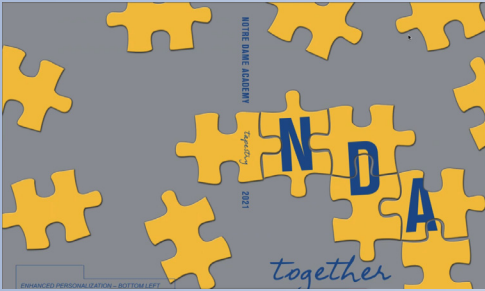




WELCOME TO THE PANDA FAMILY! ◀

NDA's Mrs. Gurrie Frisbie gave birth to a beautiful baby girl on Monday, March 1. Her name is Danielle Elizabeth ("Ellie" for short). Mom and baby are home and doing great, and big brother Alex is in love with his new baby sister.

Mrs. Frisbie writes, "Thanks, NDA, for all of your prayers and support!"
-Gurrie, Nathan, Alex, and Ellie



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/



NDA SUMMER ART STUDIO ◀

Mr. Eckerle will once again be offering Junior High and High School Summer Art Studio classes this summer. You can find more information and the registration form for these fun summer programs [HERE](#). **Please note: registration forms are due by May 28.**



ORDER LUNCH FOR NEXT WEEK! ◀

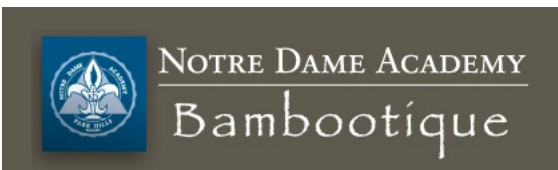
Click [HERE](#) for the lunch order form for next week.

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 the big sale at NDA's Bambootique this week - an additional 10% off already low priced clearance items! Shop now at NDA's [online Bambootique](#).



ATHLETIC DEPARTMENT NEWS

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.



ARCHERY UPDATE ◀

Last Saturday the Archery Pandas recognized our four seniors at a shoot held here at NDA. Seniors Nicole Andrew, Evelyn Cook, Hana Kennedy and Megan Raab were honored. Next up for the team is the Kentucky State Tournament to be held at the Exposition Center in Louisville this Friday. Twenty one NDA Archers will be competing. GO PANDAS!



IMPORTANT FINANCIAL INFORMATION ◀

Work Study Job Application Deadline: April 16, 2021

Financial Aid Applications & Academic and Tuition Assistance Scholarships

The application for work study jobs is available on the website [HERE](#) and is due by **APRIL 16, 2021**.

Financial aid applications are also now open and will remain open until **APRIL 16, 2021**.

If you are in need of financial assistance OR are looking to do work study the application with FACTS must be completed before anything else. Financial assistance requests increase each year we cannot stress enough the importance of getting your application in early. Late applications run the risk of financial aid funding being exhausted. You can access the Financial Assistance page of the website [HERE](#).

If a family receives financial assistance, a family member is expected to have a work study job.

We are currently accepting applications for Academic Scholarships. Applications can be found on the website [HERE](#) and are due in the front office no later than April 16, 2021.



Panda Preview Night March 23 | 6:30-8 pm

Attention 6th and 7th graders!

This is your chance to get a head start on the 8th grade! Learn about NDA life and how to get ready for high school.

Attention 8th graders!

Come and take another look at all that Notre Dame Academy has to offer!

Due to COVID-19 restrictions, reservations are required by 4:00 p.m. March 22
caccavarik@ndapandas.org



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 or 859.292.1851.

COUNSELING AND STUDENT SERVICES ◀



ST. ELIZABETH MOON PROGRAM ◀

St. Elizabeth Healthcare will be welcoming high school students for the Medical Observation Opportunity Network program or M.O.O.N. program during the summer of 2021. This is a great way to explore a career in the medical/healthcare field. Deadline to Apply: April 1

Applications and more info: [MOON Program](#)



ACT MATH PREP ◀

NKY Tutoring is offering a new round of [ACT Math Prep Classes](#). These might be especially helpful for Juniors who will be getting their ACT Test Scores back in the next several weeks.

JUNIORS & JUNIOR PARENTS! THOMAS MORE VIRTUAL INFO SESSIONS ◀

Thomas More is hosting three virtual info session nights for current juniors and junior parents. Information will be shared about being a Thomas More Saint, scholarships, majors offered, and more!

Session Options:

- March 11th, 7-8pm
- March 30th, 7-8pm
- April 19th, 7-8pm

Register Here: [TMU Junior Info Sessions](#)

Questions: Contact our Admission Counselor, Leann Morgan, at leann.morgan@thomasmore.edu.

UNIVERSITY OF KENTUCKY VIRTUAL VISIT (FOR NDA) ◀

Tuesday, March 23

7:00 pm

Sign-Up Link: <https://uky.zoom.us>

This is for all NDA Students (any grade level) and is a great way to learn more about UK and find out about when you can do an in-person visit!





RESOURCES FOR PARENTS & STUDENTS ◀

[NDA PARENT TOOLBOX](#)

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.





THOMAS MORE
UNIVERSITY

Thomas More University is the Catholic Liberal Arts University of the Diocese of Covington, Kentucky. Inspired by the Catholic Intellectual Tradition, TMU challenges students of all faiths to examine the ultimate meaning of life, their place in the world, and their responsibility to others. TMU has strong academics, small class sizes, generous financial assistance, and

nationally ranked athletics - right in your back yard! Stay up-to-date with all things TMU by visiting thomasmore.edu and following @ThomasMoreKY on Facebook, Twitter, and Instagram.

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 11	100th Day of In-Person Learning! Let's Celebrate!
March 12	Mass in Chapel 7:20 a.m.
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