



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World

Panda Press Weekly

February 16, 2022

THE *nda* LIFE

Dear Parents,

Blessed are they who hope in the Lord.

As you know, our theme at Notre Dame Academy this school year is *Living the Gospel with a Spirit of Compassion, Hope and Joy*. This theme relates very well to what we heard at Mass in the responsorial psalm this past Sunday - *Blessed are they who hope in the Lord*. I think we have all learned the value of hope these last couple of years.

It is important for our students to also learn the lesson we heard in the Beatitudes this past weekend at Mass. While hope and joy are great blessings in our lives, we should be mindful that even in our suffering, we are blessed. Life is not always perfect and whether we are hungry, poor, sad or rejected, we can rejoice and be glad for God's saving grace. The Beatitudes help us to realize that everything is passing - even our struggles. They teach us to live in the present no matter what the present happens to be. The Beatitudes also remind us of our powerlessness and the importance of putting our lives in God's capable hands. As Catholics, the Beatitudes are a framework for life.

As you will see below, our students are working very hard both in the classroom and after school in their co-curricular activities. I am inspired by the energy and enthusiasm they bring to all that they do. It's important that we, as their educators and parents, help them find balance in their lives. They have so many different things taking them in so many different directions. Sometimes they need help defining their priorities in order to find balance.

Thank you for allowing us to partner with you in your daughter's Catholic education. Our students are truly a blessing to us at NDA.

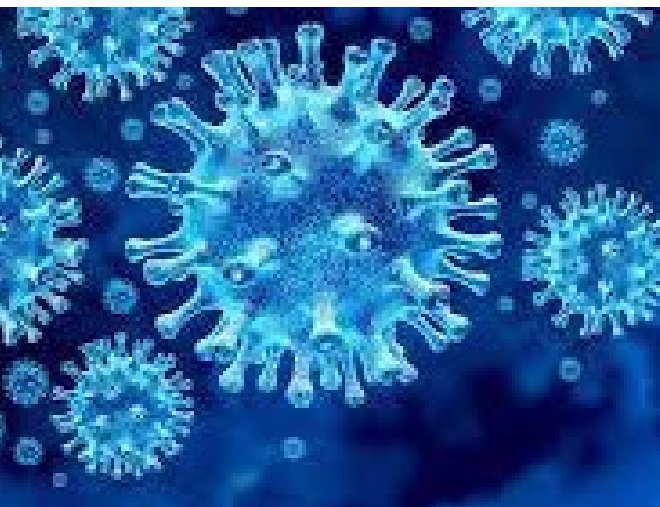
Have a great week!

In Notre Dame,

Mr. Jack VonHandorf



Have a great day and make good choices!



WEEKLY UPDATE

COVID-19

As of today, Wednesday, February 16 we have had 2 new reported cases of members of our community testing positive for COVID-19 within the last week. We have had 0 additional members of our community who are currently in quarantine due to a reported exposure to COVID-19.

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 one of our school nurses, Tina Sizemore, RN. or Melanie Martin, RN., at 859.292.1843 | ndanurse@ndapandas.org.

FROM THE SCHOOL NURSES GETTING BACK TO NORMAL

Dear Parents,

We are happy to report that our school community continues to enjoy a return to normal. As you can see above in our weekly COVID-19 update, we have only had 2 new reported cases of a members of our community testing positive for COVID-19 within the last week at NDA and we have had 0 additional members of our community who are currently in quarantine due to a reported exposure to COVID-19.

Due to the low number of reported COVID cases this week and the decline we have seen in positive cases over the last few weeks, we will continue with a RECOMMENDED MASK POLICY at NDA. Masks are recommended at school and extra-curricular events but not required.

We will continue to monitor and report weekly cases of COVID-19 at NDA on Wednesdays in the Panda Press Weekly. Please keep in mind, **COVID-19 vaccines and boosters are our best defense against the virus.** You can view the most up-to-date information on COVID-19 vaccine booster shots on the CDC's website [HERE](#). Please keep our office informed of information regarding your daughter receiving a COVID-19 vaccine and/or booster shot.

Please note: As per the recommendation of the KHSAA, 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.

February is American Heart Month, a time when all people can focus on their cardiovascular health. You can celebrate American Heart Month by taking a walk or educating yourself about heart health. You can find heart disease resources from the CDC [HERE](#).

Please continue to keep NDA updated on any COVID-19 related issues involving your daughter and your family. If you have any health related questions or concerns, please contact one of us at 859.292.1843 or ndanurse@ndapandas.org.

Tina Sizemore, RN.
NDA School Nurse
ndanurse@ndapandas.org

Melanie Martin, RN.
NDA School Nurse
ndanurse@ndapandas.org



Student Life

OPT OUT OPTION

SAFE ENVIRONMENT TRAINING

The Diocese of Covington is committed to creating and building safe environments in its schools and parishes. During March in Religion classes, all Notre Dame Academy students will take part in the Safe Environment Training that focuses on teaching boundaries and safe relationships. [CLICK HERE](#) to view the Teaching Boundaries and Safety Guide which is a guide for you as your child's primary educator.

All students will participate in this program unless NDA receives a completed [OPT OUT FORM](#) from a parent or guardian indicating permission is not granted for his or her daughter to participate. To opt out of the Safe Environment Training, please completed the OPT OUT FORM by Friday, February 25 and email to Mrs. Amber Grayson, Associate Principal (graysona@ndapandas.org). Mrs. Grayson will then send materials home for students to review with parents/guardians.



THURSDAY, MARCH 3

WOMEN MAKING A DIFFERENCE DAY

School will dismiss at 11:00 a.m. on this day. Students will learn about the Women Making a Difference Honorees and attend a career fair in the morning.



SISTERS OF NOTRE DAME

MISSION MOMENT

Senior morality students in Mrs. Van Auken's classes enjoyed a visit and discussion from Sr. Mary Margaret Droege today. The seniors are currently studying the second commandment in their morality classes and Sr. spoke about her religious vows and how she continues to live out those vows as an SND.



ORDER BEFORE IT'S TOO LATE YEARBOOKS ON SALE!

The 2022 NDA Yearbook, *Make it Count*, is available for pre-order at jostens.com (pick up link if available). The book will cover the entire year through graduation and will arrive in the fall of 2022.

The 2021 NDA Yearbook, *Together*, is still available in limited quantities in the school office. Books are \$70; please make checks payable to NDA.



ALL ARE WELCOME MORNING MASS

This week we will celebrate Mass in our beautiful *Mary, Mother of the World* Chapel at 7:20 a.m. tomorrow and Friday. All are welcome to join us!



SAVE ON TUITION! WORK STUDY POSITIONS AVAILABLE

If you are interested in working in NDA's dish room through our Work Study Program, (M,T,H,F: 8:30 a.m. - 12:30 p.m. | W: 8:30 a.m. - 1:30 p.m.) please contact our cafeteria manager at ndahr@ndapandas.org.

\$AVING\$!

HATS OFF TO A GREAT SALE! BAMBOOTIQUE SPIRIT WEAR SHOP

Don't miss the Deal of the Week at the Bambootique: All winter hats and scarfs are \$10.00. Shop online for this hot deal [HERE](#).



YUM YUM! WHAT'S FOR LUNCH?

You can find NDA's lunch menu below and on our website [HERE](#). Please note: the menu is subject to change as there are many shortages in the food industry.



CONGRATULATIONS

MOCK TRIAL

The NDA Mock Trial teams competed in the Regional Competition this past weekend. Both teams will be advancing to state!

The Gold team placed 3rd in the region out of 14 teams. Members include Caroline Boehmer, Katie Crail, Mia Bishop, Elissa Romer, Kira Kent, Emma Krallman, and Ava Middendorf. The Navy team placed 4th in the region. Members include Emma White, Mia Kent, Gabrielle White, Clara Heberling, Grace Van Hook, Holly Steimer, and Riley Maddox.

Gold Team:



Navy Team:



For the Gold team, Ava Middendorf was the team's top attorney and Katie Crail was the team's top witness. For the Navy team, Clara Heberling was both the team's top attorney and top witness! Great job ladies!

CORRECTIONS

SCHOLASTIC WINNERS 2021

Congratulations to these two students who were inadvertently left out of our list of Scholastic Writing Award recipients last week.

Honorable Mention

Poetry

Anna Gilbert
Kimmie Woeste



IMPORTANT UPDATE!

FATHER DAUGHTER DANCE

The 2022 Father Daughter dance has been rescheduled for Saturday, February 26 at Receptions. If you are no longer able to attend the dance and have already paid, please notify Meghan Dooling at doolingm@ndapan-das.org to cancel your registration and to get a full refund. If you can now attend Father Daughter, you can register [HERE](#). Registrations and cancellations are due by Wednesday, February 16.

IMPORTANT UPDATE! ➡

Food, Fun, DJ, Dancing,
Photos, Prizes (masks required)

**I LOVE
ROCK AND ROLL**

NDA FATHER-DAUGHTER DANCE 2022

DATE: NEW Date! Saturday, February 26

TIME: NEW TIME! ONE SESSION for All grade levels!
7:00 - 10:30 p.m.

PLACE: Receptions Event Center
1379 Donaldson Highway, Erlanger, KY 41018

RSVP: by Wednesday, February 16, 2022
[HERE](#)

COST: \$25 per person

QUESTIONS: Cristal Pohlman 859-468-7110

DIG IT?

NDA CCH JAZZ BAND PERFORMANCE

Mark your calendar for the NDA/CCH Jazz band performance at CCH's • Spaghetti Dinner on Sunday, February 27 from 3 - 6 p.m.



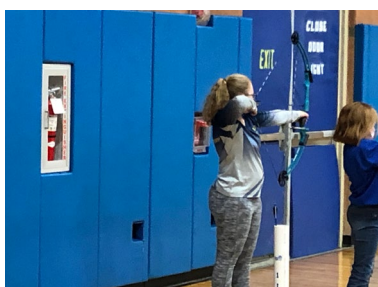
ATHLETIC DEPARTMENT



RIGHT ON TARGET!

NDA PANDA ARCHERY

On February 12, the Archery Pandas competed in the Villa Madonna Academy Tournament. The team shot 2975 which included 79 tens. Megan Paolucci finished 4th in the female division and Morgan Russell shot a perfect 50 in a ten meter end. 5 Archers shot a personal season high score - Morgan Paolucci by 8, Candace Stallmeyer by 8, Lea Youtsey by 18, Morgan Russell by 14 and Emma Lange by 41. The Pandas were led by Megan Paolucci at 277, Ellie Puglisi at 265, Keira Schneider at 264, Candace Stallmeyer at 259 and Natalie Lovell at 256. Next up for the Pandas is the Calvary Christian Tournament. ARCHERY PANDAS ROCK!





STRONG FINISH

AQUA PANDA NEWS

NDA Swimming & Diving has entered the final week of the season. The team swam well at Freshman Regionals and swam and dove well at the Region 7 Championships. Congratulations to the following girls who will be participating in the 2022 KHSAA State Swimming and Diving Championships!

- Sophie Anderson - 100 backstroke & relay(s)
- Andi Carothers - relay(s)
- Sydney Dierig - 1-meter diving
- Paige Donnelly - relay(s)
- Sadie Hartig - 200 freestyle, 500 freestyle, and relay(s)
- Payton Hatfield - relays(s)
- Brooke Hollenkamp - 1-meter diving
- Lainy Kruger - 200 freestyle, 100 breaststroke, and relay(s)
- Sammie Poulos - relay(s)
- Riley Quinn - 200 individual medley, 100 freestyle, and relay(s)
- Elizabeth Smith - relay(s)

Freshman Regionals...

On Saturday 1/29, six freshmen competed in the Freshman Regionals at Keating Natatorium (St. Xavier HS). The team finished 5th out of the 13 teams competing. All six swimmers finished in the Top 16 for both of their events: Andi Carothers (5th in 500 freestyle and 100 breaststroke), Annie Dierker (13th in 50 freestyle and 15th in 100 freestyle), Sadie Hartig (1st in 200 individual medley and 100 freestyle), Payton Hatfield (8th in 200 freestyle and 9th in 100 backstroke), Grace Summe (15th in 200 freestyle and 12th in 100 backstroke), and Ali Wells (13th in 200 freestyle and 8th in 100 butterfly. All three relays finished in the Top 8: Hatfield, Hartig, Wells, and Dierker (4th in 200 medley relay); Summe, Dierker, Wells, and Carothers (4th in 200 freestyle relay); and Hatfield, Summe, Carothers, and Hartig (6th in 400 freestyle relay).

Region 7 Championships...

The weather postponed swimming by a day and diving by nearly a week. Ultimately, the swim team competed on Saturday 2/5 (prelims) and Sunday 2/6 (finals) at Silverlake and the dive team competed on Wednesday 2/9 at Falling Springs Center in Versailles. The team finished 3rd out of the 16 teams competing. Top 16 finishers were Sophie Anderson (9th in 500 freestyle and 4th in 100 backstroke), Andi Carothers (14th in 100 freestyle and 13th in 100 breaststroke), Sydney Dierig (10th in 1-meter diving), Paige Donnelly (12th in 50 freestyle and 9th in 100 backstroke), Sadie Hartig (3rd in 200 freestyle and 1st in 500 freestyle), Brooke Hollenkamp (11th in 1-meter diving), Lainy Kruger (1st in 200 freestyle and 100 breaststroke), Sammie Poulos (12th in 200 individual medley and 16th in 100 butterfly), Riley Quinn (2nd in 200 individual medley and 3rd in 100 freestyle), and Elizabeth Smith (16th in 100 backstroke). All three relays finished in the Top 8: Anderson, Kruger, Quinn, and Donnelly (3rd in 200 medley relay); Donnelly, Payton Hatfield, Smith, and Hartig (4th in 200 freestyle relay); and Quinn, Smith, Hartig, and Kruger (2nd in 400 freestyle relay). Congratulations to Lainy Kruger who broke the Regional record in the 200 freestyle (1:47.84) and was voted Outstanding Female Swimmer of the meet.

State Competitions

Diving competed down at State in Versailles this past Saturday. Sophomore Brooke Hollenkamp finished 22nd and senior Sydney Dierig finished 24th. Our swimmers head to State at UK this Saturday with the prelims in the morning and finals that evening.



CONGRATULATIONS

STUDENT ATHLETE OF THE YEAR

Congratulations to Lainy Kruger who recently received the Student-athlete of the year award!



GO PANDAS!

SENIOR NIGHT!

Congratulations to our senior swimmers and divers! It was great to celebrate you last night! We will miss these seniors!

Sydney Dierig

Paige Donnelly

Abby Hay

Sophia Helson

Katie Mckeown

Kennedy Oak

Charlotte Sprecher



COUNSELING AND STUDENT SERVICES



EARN COLLEGE CREDITS

COLLEGE LEVEL EXAMINATION PROGRAMS (CLEP)



CLEP, is another way for high school students to earn college credits. **CLEP offers 34 exams that cover introductory level college course material. With a passing score on one CLEP exam, students can earn three or more college credits at 2,900 U.S. colleges and universities.** Click [HERE](#) to learn more.



DIVERSITY AND INCLUSION

PANDIVERSITY CELEBRATES BLACK HISTORY MONTH

To celebrate Black History Month, Pandaversity has been creating signs and encouraging posters to promote diversity and inclusion. To increase the awareness of the important, historic, many contributions of Black Americans, a slide show will be running in the CLC throughout Black History Month.



SUPPORT GRIEF GROUP



If your daughter is grieving the loss of a family member or friend and you think they would benefit from being part of a Grief Group, please contact Mrs. Hildreth. We collaborate with [Fernside](#) to provide support for grieving students.

PODCAST EPISODE #64

Ask Lisa



encore: how do i build my kids' confidence and self-esteem?

SUPPORT GRIEF GROUP

There have been some interesting podcasts lately on [Ask Lisa: The Psychology of Parenting](#) with Dr. Lisa DaMour lately: "How Do I Build My Kid's Confidence and Self-Esteem?" "Raising an Athlete? Advice from an Olympic Mom," and SO much more!

PREPARING FOR THE FUTURE NDA COLLEGE VISIT SCHEDULE

These are College Visits specifically for NDA students/families. The visits are in the hallway outside the cafeteria. All students are welcome to visit the reps.

FEBRUARY

Friday, February 18 - University of Louisville
J.B. Speed School of Engineering
Elizabeth Frazier
elizabeth.frazier@louisville.edu

March

Monday, March 7 University of Kentucky
Anna Garlock
anna.garlock@uky.edu

Wednesday, March 16 University of Alabama
Kelly Watson
kelly.watson@ua.edu



Getting Back On Track During Conflict:

Pause, Rewind,
Repair

A

I just need this to be calmer right now
Can I take that back?
I need your support right now
Can we take a break?
Let me try again
I'm sorry

I really messed up, I can see my part in this
I want to say this more gently but I don't know how
I know that this isn't your fault
Thank you for...
I understand
I love you

The Gottman Institute

ADVANCING OUR MISSION

21ST ANNUAL

WOMEN MAKING A DIFFERENCE LUNCHEON

Join us for this year's Women Making A Difference Luncheon. You can register online [HERE](#).



YOU ARE CORDIALLY INVITED TO ATTEND
NOTRE DAME ACADEMY'S TWENTY-FIRST ANNUAL
Women Making A Difference

A W A R D C E R E M O N Y 2 0 2 2

THURSDAY, MARCH 3, 2022

NORTHERN KENTUCKY CONVENTION CENTER, COVINGTON, KENTUCKY

11:00 A.M. REGISTRATION | 12:00 P.M. AWARDS CEREMONY

Honoring Notre Dame Academy Alumnae for the contributions they
have made to their families, their communities and beyond.

2022 WOMEN MAKING A DIFFERENCE HONOREES



Laura Gausepohl Arlinghaus
1981



Jo Ruwe Terry
1981



Kristy Franxman Dailey
2001

TO MAKE YOUR RESERVATION ONLINE, PLEASE GO TO

<https://www.ndapandas.org/support-nda>

OR please mail the enclosed reservation card, along with payment, to:

NOTRE DAME ADVANCEMENT OFFICE, 1699 HILTON DRIVE, PARK HILLS, KY 41011

COVID-19 protocols will be strictly followed at this event to ensure the health and safety of our guests.

Visit Tri State Oral

We are a full scope Oral and Maxillofacial Surgery office specializing in dental implants, bone grafting, wisdom teeth removal, jaw surgeries, facial cosmetics and other procedures of the head and neck area. We offer the most current technologies including 3DCT imaging and modern sedation techniques aimed at providing a first class experience not traditionally associated with a dental surgery. We have two Oral Surgery offices servicing Northern Kentucky – located in Hebron and Cold Spring. As an Oral and Maxillofacial Surgeon, Dr. Pagnotto is trained to perform a variety of procedures in the head and neck region, administer general anesthesia and IV sedation. Dr. Pagnotto is a member of the following societies: American Dental Association, Kentucky Dental Association, Northern Kentucky Dental Society, Kentucky Society of Oral and Maxillofacial Surgeons, American Association of Oral and Maxillofacial Surgeons





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

- Join the Team - NKY Roots Mountain Bike team
- SND USA NSNO Position Available
- Seeking Lower Tuition Payments?
- St. Joseph Heights Work Study Positions available for Students

Important dates

February 17	Mass in Chapel 7:20 a.m.
February 18	Mass in Chapel 7:20 a.m.
	Winter Sports Pep Rally at school
February 21	NO SCHOOL: President's Day
	Students can begin registering in PowerSchool
February 22	Senior Retreat #3
March 3	Women Making A Difference Luncheon
March 5	Incoming Conferences for Incoming Freshmen
March 8	Super Day
	Sophomore Ring Ceremony
March 9	Blood Drive
March 12	Incoming Conferences for Incoming Freshmen