



THE *nda* LIFE

## Dear Parents,

It's hard to image that we are already beginning the fourth quarter of this school year. While we have a great deal to look forward to these next couple of months, I think it's important for us to take a look back before we look ahead.

As many of you remember, on March 13, 2020, Governor Andy Beshear advised schools in Kentucky to stop in-person classes for at least two weeks. At that point, we had only just learned of COVID-19. We didn't know much about the virus and we certainly had no idea how it would impact our lives for the next two years. Our juniors and seniors will remember that we gathered our students on that now infamous Friday the 13th to tell them that we would be moving to virtual learning the following week. On Tuesday, March 17, 2020, Notre Dame Academy students and teachers broke new ground with the inception of Remote Learning @ NDA. Our community worked very hard in that last quarter of the 2019-2020 school year to remain focused and engaged in meaningful learning. Remote Learning @ NDA continued through the end of the 2019-2020 school year with NDA's Class of 2020 attending a virtual graduation ceremony and a drive-through diploma pick-up.

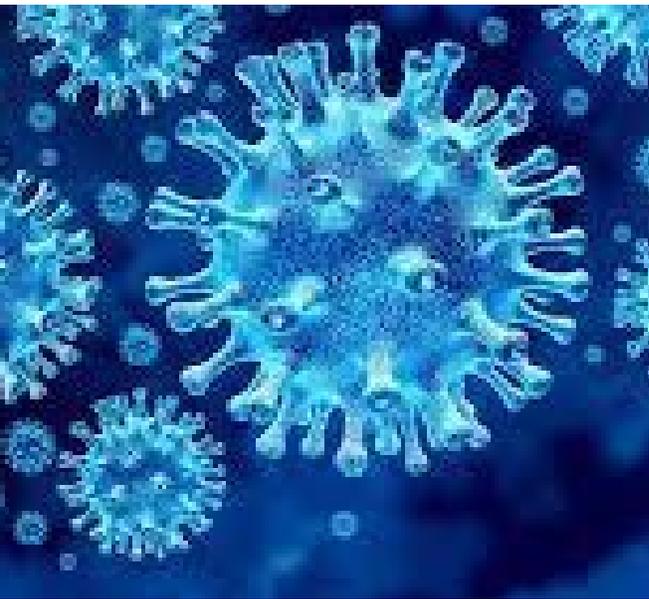
Understanding how imperative in-person learning is to the health and well being of our students, we began the 2020-2021 school year with many health and safety measures in place to ensure the safe return of our community. We briefly went back to remote learning through the winter holidays but returned to the classroom once again on January 4, 2021. Since that time we have been blessed to experience in-person learning at NDA. Over the last two years at NDA, we have sanitized, masked, socially distanced and more in order to continue our mission of educating women to make a difference. As the world commemorates the second anniversary of the beginning of COVID-19 and the extraordinary ways it has impacted lives, at Notre Dame Academy we are counting our blessings.

While many other schools have experienced an achievement gap due to the disruption of COVID-19, at Notre Dame Academy we are grateful that our students have stayed on track academically throughout the past two years. Our students, faculty, staff and administrators supported each other and became more resilient than before. We collaborated with each other and gained many life lessons and tremendous perspective. Most importantly, the COVID-19 global pandemic has strengthened the faith of our NDA community and deepened our relationships with God. Our NDA community is truly blessed.

Thank you for the tremendous amount of support you have shown us over these past two years. It is a privilege to educate your daughters in the tradition of the Sisters of Notre Dame. Now let's start looking forward to all of the wonderful things ahead for us at NDA!

In Notre Dame,

Mr. Jack VonHandorf



## WEEKLY UPDATE COVID-19

As of today, Wednesday, March 16 we have had 1 new reported case of a member 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.

**We will therefore, continue with a RECOMMENDED MASK POLICY at NDA. Masks are recommended at school and extra-curricular events but not required.**

**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@ndapan-](mailto:ndanurse@ndapan-)

## FROM THE SCHOOL NURSES PREVENTATIVE HEART SCREENING

Dear Parents,

MCORE Foundation will be back at Notre Dame Academy on Saturday, April 2, 2022, to provide our preventative heart screening program. We have worked with MCORE to provide a screening program to our community since 2019. This is an amazing opportunity for a student to have their heart evaluated for any abnormalities in a cost-effective and convenient manner, especially if they have had Covid-19. We encourage anyone interested to [watch our video](#) to learn more about MCORE Foundation.

Did you know that you may now order another set of Free-at-home COVID-19 tests? We are encouraging everyone to take full advantage of this free offer again. For your convenience and personal home use. Please click on [this link](#) to order.

Below are links to access Immunization Schedules by age category. A friendly preventative reminder that all of us should be up to date on all required immunizations. Feel free to consult with your PCP at your next MD annual check up.

- <https://www.cdc.gov/vaccines/schedules/index.html>
- <https://www2a.cdc.gov/vaccines/childquiz/>
- <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
- <https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html>

Be Well!

Tina Sizemore, RN.  
NDA School Nurse  
[ndanurse@ndapandas.org](mailto:ndanurse@ndapandas.org)

Melanie Martin, RN.  
NDA School Nurse  
[ndanurse@ndapandas.org](mailto:ndanurse@ndapandas.org)

**MCORE FOUNDATION**

**MCORE FOUNDATION CARDIAC SCREENING OPPORTUNITY**

**Notre Dame Academy Heart Screenings for Students**  
**WHEN: Saturday, April 2, 2022**  
**TIME: 8 AM - 4 PM**  
**COST: \$79**

**ALL MCORE FOUNDATION SCREENINGS INCLUDE:**

- An ECG and limited Echo test performed by registered cardiac sonographers
- Results read by our team of pediatric and general cardiologists
- Images stored within your secured account for future access or to send to your medical provider

Each test is approximately 10-12 minutes and you may use your healthcare spending account or flex care spending account for payment.

We encourage you to [watch our video](#) to learn more about MCORE Foundation.

If you would like to get involved with our mission, please visit or donate at: [mcorefoundation.org](http://mcorefoundation.org)

**TO RESERVE YOUR SCREENING PLEASE CREATE AN ACCOUNT AND SIGN UP TODAY**

**Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. SCA is not a heart attack.**

**SCA strikes people of all ages who may seem to be healthy, even children and teens.**

**SCA is preventable. The purpose of our preventative screening programs is to detect underlying heart abnormalities**

**If you have questions or need help registering: 866.382.2319**  
**[mcorefoundation.org](http://mcorefoundation.org)**



# Student Life



## CATHOLICS AT THE CAPITOL CATHOLIC CONVENTION OF KENTUCKY

Last Thursday, the following students joined over 100 other people from the Diocese of Covington at the Catholic Convention of Kentucky held at the state capital in Frankfort: Mia Bishop, Kira Kent, Josie Bozeman, Allison Dilbert, Tori Danneman and Sam Spellman. Accompanied by Associate Principal, Mrs. Grayson, the students have only positive remarks about the convention.

Mia says “the Catholics at the Capital was an amazing experience. I learned a lot about different topics and heard different viewpoints and opinions. I was able to ask questions along with my other peers in order to better grasp content.”

Sam added that “throughout my time at NDA, the phrase ‘women making a difference’ has always been in the forefront of my mind. After participating in Catholics at the Capitol, I really feel as if I have started to make an a little difference in this big world. During my visit, I was able to collaborate with legislators to share a catholic view on important issues being discussed in the 2022 legislative session. Overall, this experience has taught me that every voice deserves to be heard and cherished!”

## GRADUATION INFORMATION

### QUE THE POMP AND CIRCUMSTANCE! SENIOR GRADUATION EVENTS

On Monday, March 21 seniors will gather during homeroom to learn more about the end of year graduation activities. [CLICK HERE](#) to view the information regarding graduation activities.



### LEARNING TO LEAD WEST POINT ETHICS SEMINAR

Last month, Juniors Riley Maddox and Sammi Flowers attended the West Point Ethics Seminar alongside a hundred other high schoolers from the Greater Cincinnati area. At the seminar, they explored ethics and value-based leadership. Bonus: Riley and Sammi had the opportunity to interact and dialogue with West Point graduates and men and women currently serving in the U.S. Military.



GET EXCITED!

## PROM & AFTER-PROM INFORMATION

Juniors and seniors met on Monday to receive information about this year's Prom. The event will be held in Music Hall's Box Office Ballroom on April 29 from 7:30-11:30 p.m. All attendees must arrive by 8:00 p.m. It is suggested that students plan to take the free shuttle that Notre Dame Academy provides to Music Hall. Parking at Music Hall can be difficult to find and is an additional cost. Tickets for the event are \$70 per person and registration is due on Friday, April 8. The form to register for Prom, After Prom, and to ride the shuttle to the event can be found [HERE](#).

**Good  
Luck  
Pandas!**

TIME TO VOTE

## STU-CO INFO

School Officer Elections for the 2022-2023 school year will be held next Monday, March 21. Good luck to all of our candidates!

### **School Co-President**

Isabelle Cook

Ellie Greenwell

Kendall Hemsath

Jada Kramer

Ava Orwig

### **Secretary**

Hailey Fullenkamp

### **Treasurer**

Abby Unkraut

### **Public Relations**

Zoe Collins

Andie Zeis



SUMMER ENRICHMENT

## SO MUCH TO DO THIS SUMMER AT NDA!

Whether you are a computer wizard, budding artist, a musician, a theatre buff, an athlete, or you are just looking for something fun to do this summer, Notre Dame Academy has all sorts of opportunities for you! [CLICK HERE](#) to find out more about summer enrichment opportunities at NDA.



## CONGRATULATIONS CENTRE FELLOW

Congratulations to Lily Sassler, junior at NDA. She was named a Centre Fellow for Centre College. This award is given to current juniors expressing interest in Centre College and nominated based on high GPA and standardized testing requirements. Each Centre Fellow is guaranteed a scholarship of at least \$25,000 per year for four years, and recipients may be considered for higher merit awards that could replace the \$25,000 with a larger amount.

# \$AVING\$!

## 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](mailto:ndahr@ndapandas.org).



## 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. All are welcome to join us!



## GRAND IDEA BAMBOOTIQUE SPIRIT WEAR SHOP

Let's celebrate the Grand Panda! In honor of our Panda grandparents this week's special at the Bambootique is 15% off all grandparent's items! You can shop at the online Bambootique [HERE](#).

please note

## REPORT CARDS FROM THE REGISTRAR'S OFFICE

The third quarter ended last Friday. Teachers are in the process of finalizing the grades this week and report cards should go out sometime next week. Only a digital report card will be sent for the third quarter since students did not earn any credits this quarter. Parents may also review grades with in the PowerSchool parent portal.



## IMPORTANT FINANCIAL INFORMATION

**Work Study Job Application Deadline: April 15, 2022**

**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 15, 2022**. When you click on the link, you will be prompted to create your own copy of the spreadsheet as a Google Sheet so you are able to type right into it. Completed applications should be emailed to [workstudy@ndapandas.org](mailto:workstudy@ndapandas.org).

Financial aid applications are also now open and will remain open until **April 15, 2022**.

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 15, 2022.



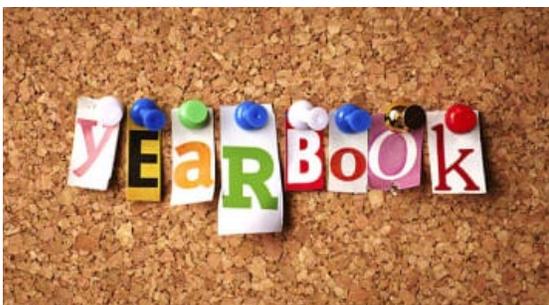
### EPISODE 3 NOW AVAILABLE THE PANDA PODCAST

Did you know that our talented Publications students at NDA are now producing a weekly podcast? Students talk about all sorts of things, like club activities, athletics, school spirit and academics. You can check out Episode 3 [HERE](#).



### HUNGRY? 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.



### ORDER BEFORE IT'S TOO LATE YEARBOOKS ON SALE!

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

# ATHLETIC DEPARTMENT



## FOUR! GOLF OUTING

NDA's 24th annual golf outing is coming up July 29 at Kenton County Golf Course. If you are interested in being on the golf outing committee and helping to plan this fun athletic fundraiser please email AD, Myanna Webster at [websterm@ndapandas.org](mailto:websterm@ndapandas.org).

## RIGHT ON TARGET ARCHERY PANDA NEWS

Last Friday in Louisville there was a snowy end to a very Sunny State Archery Tournament and Season for the Archery Pandas. The cold temperatures and snow/sleet did not deter the Panda Archers from bringing their "A game" to the tournament. Joining 9800 archers who participated in the two day tournament, the team shot a 3078 (2nd best season high) with 87 tens. Twenty two Pandas qualified and shot at the tournament: Lauren Agriesti, Megan Ahern, Marisa Bloemer, Chloe Dunham, Kaitlyn Eberhart, Alex Gardner, KJ Greis, Didi Jiradamkerng, M Cat Kelly, Emma Lange, Natalie Lovell, Annalise Neurohr, Alexis Nicholson, Megan Paolucci, Ellie Puglisi, Morgan Russell, Keira Schneider, Kate Slocum, Candace Stallmeyer, Ella Weitzel, Lea Youtsey and Mack Zemter. Keira Schneider led the team with a score of 281. Keira was followed by Ellie Puglisi at 275, Megan Paolucci at 269, Kaitlyn Eberhart at 263 and Alex Gardner and Morgan Russell at 255. Keira finished in the top 5% of high school girls, Ellie finished in the top 13%, Megan in the top 25% and Kaitlyn, Alex and Morgan in the top 50%. Alex Gardner, Morgan Russell, Lauren Agriesti and M Cat Kelly all shot season highs. ARCHERY PANDAS ROCK!



# COUNSELING AND STUDENT SERVICES



## NOTRE DAME ACADEMY

Invites you to a Parent Academy

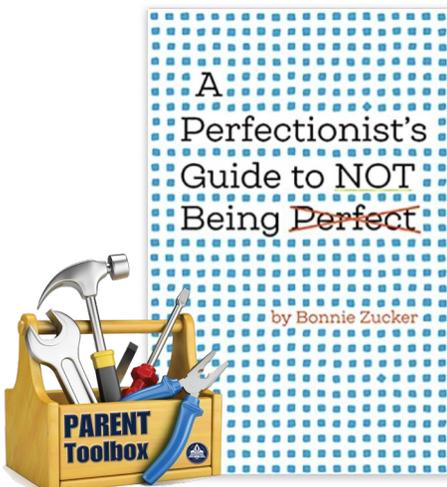
### **Straight Talk for Parents: Alcohol, Vaping and Weed**

**Monday, March 28, 2022 at 7:00 p.m.**  
in Notre Dame Academy's Theatre

Featuring  
Guest Speaker Michael DeLeon



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



#### NEW MATERIALS!

### NDA PARENT TOOLBOX

A Perfectionist's Guide to NOT being Perfect, by Bonnie Zucker  
Written to encourage teens to maintain their desire to achieve without striving to always be perfect, and to appreciate and love who they are just as they are, not for what they do or accomplish. Finding a balance between work and play is key. Some topics include: What is Perfectionism & Why Change it? Mastering Self-Care, Decision-Making, Social Media & Body Image, Making Mistakes, Failing & Life Lessons, Stress Management & Balanced Living.

NDA's counselors have put together some very useful tools for our parents [HERE](#).



BEGINNING IN APRIL

## 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, Notre Dame Academy is collaborating with Fernside to provide support for grieving students. Groups are forming now and will begin in April. Please contact Mrs. Hildreth if interested.

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.



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.

### March

Wednesday, March 16 University of Alabama  
Kelly Watson  
[kelly.watson@ua.edu](mailto:kelly.watson@ua.edu)

Monday, March 28 University of Alabama Huntsville  
Sydney Musselwhite  
[snm0028@uah.edu](mailto:snm0028@uah.edu)

## SIGNS OF A HEALTHY RELATIONSHIP

Open & Honest Communication	Trust	Respect
Interdependence	Healthy Boundaries & Consent	Mutual Support & Teamwork
Equality & Reciprocity	Conflict Resolution & Compromise	Intimacy
Comfort & Acceptance	Love Languages	Kindness & Appreciation
Curiosity & Novelty	Shared Values & Goals	Joy & Contentment

HOPEFULPANDA.COM

## HEALTHY RELATIONSHIPS SOMETHING EXTRA

Here is a little something extra from the Counseling and Student Services at NDA!

# ADVANCING OUR MISSION

ATTENTION 6TH & 7TH GRADERS

## PANDA PREVIEW NIGHT

March 22, 2022 – Panda Preview Night – 6:30 p.m. – 8:00 p.m.



Attention parents of 6th and 7th grade girls! Panda Preview Night is a great chance for your daughter to get a head start on the 8th grade. Incoming Pandas have an opportunity to learn about the NDA life and how to get ready for high school all in one evening. Panda Preview Night is also a wonderful opportunity for 8th graders who have not yet made their high school decision to come to NDA and take another look at all we have to offer!

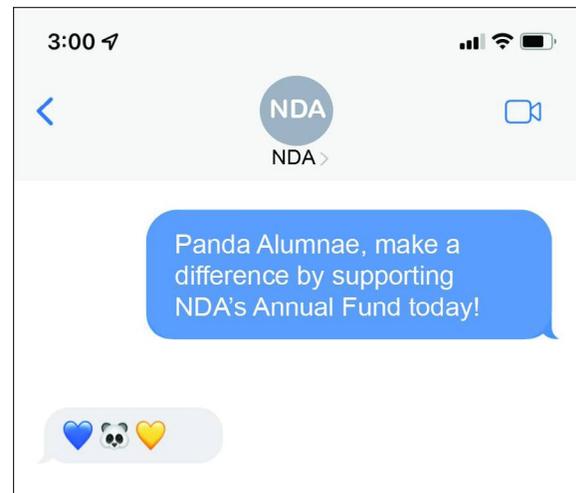
You can register for Panda Preview Night [HERE](#). The deadline for registration is March 18.

ANNUAL FUND

## MARCH MADNESS ALUMNAE ANNUAL FUND CHALLENGE

In the spirit of March Madness, NDA's Development Department is hosting a March Madness Alumnae Annual Fund Challenge. If you are an NDA alumna, keep a look out for special text messages and/or social media posts on how you can help! Once A PaNDA always a PaNDA!

Even if you are not an NDA alumna, you can still donate to this year's Annual Fund [HERE](#). Your support of the mission of NDA is very much appreciated!



Visit [USBANK](#)

US Bank blends its relationship teams, branches and ATM network with digital tools that allow customers to bank when, where and how they prefer. We are committed to serving the millions of retail, business, wealth management, payment, commercial, corporate, and investment customers across the country and around the world as a trusted and responsible financial partner.

# COMMUNITY



## NEWS

SHARING OUR

## Community News

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

- EdChoice Day at the Capitol
- Clean up Ft. Wright Day
- 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

March 17

Happy St. Patrick's Day!

*Wear green shirts/accessories with uniform skirts.*

Mass in Chapel 7:20 a.m.

National Latin Exam during Latin classes

March 18

Freshman Class Mass in Chapel

March 21

School Officer Elections

March 22

Panda Preview Night

March 25

Orange & White Pep Rally

Senior Dinner Dance

March 26

JR Retreat

March 27

Orange/White Game

March 28

Faculty/Staff Meeting at 7:30 a.m.

Drug/Alcohol Presentation

April 7-10

Spring Play

April 14-22

Spring Break

April 29

Panda Prowl (ADJ) no classes; early dismissal

Prom at Music Hall

AfterProm at NKU