



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World

Panda Press Weekly

March 23, 2022

THE *nda* LIFE

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 celebrate the Eucharist or pray a decade of the rosary before school daily 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 Campus Minister, Bridget Price, works with our peer ministers to ensure that our students are sharing their faith with each other in positive and productive ways.

This week we will be praying the rosary during Panda Prime time tomorrow asking for the intercession of Our Lady of Perpetual Help for the war in Ukraine. On Friday, Pope Francis will consecrate Russia and Ukraine to the Immaculate Heart of Mary and our school community will pray the Prayer of Consecration at noon.

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!

As you will also see in the news below, our students continue to work hard in both academics and co-curriculars at NDA. It is wonderful to see them so fully engaged once again. What you will also see is the common denominator in the majority of our success at NDA - collaboration. Our students, faculty and staff learned this lesson well these past two years and continue to work together to accomplish great things.

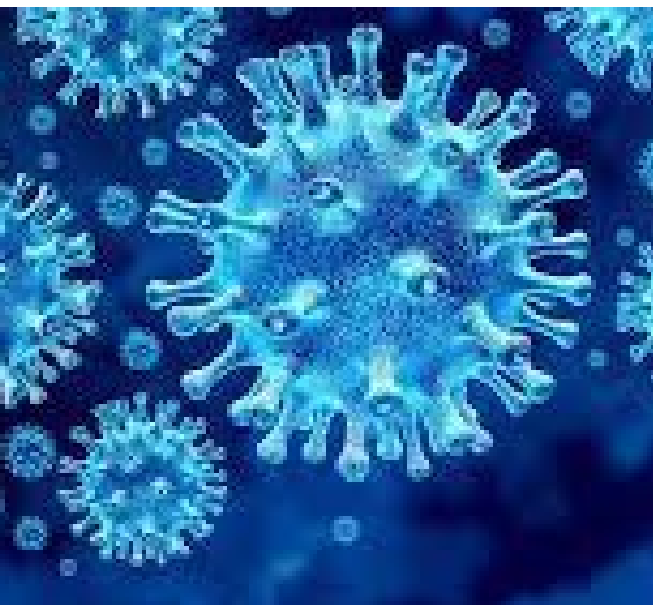
Thanks for your continued support of NDA. Please be assured that you are in our prayers during this Lenten journey.

In Notre Dame,

Mr. Jack VonHandorf



Have a great day and make good choices!



WEEKLY UPDATE COVID-19

As of today, Wednesday, March 23, we have had 0 new reported cases 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@ndapandas.org.

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 their video](#) to learn more about MCORE Foundation.

Be Well!

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

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

HOPEFULPANDA.COM

HABITS TO SLEEP BETTER AT NIGHT

Maintain a sleep schedule 	Don't get exposed to bright or blue lights before bed
Get sunlight throughout day 	Avoid eating or drinking at night
Eat a healthy diet 	Reserve bedroom for sleeping
Limit or avoid naps 	Consume caffeine only in the mornings
Exercise regularly 	

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

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.

Like, tweet, and follow us

If you have questions or need help registering: 866.382.2319
mcorefoundation.org

Student Life

CONGRATULATIONS STU-CO NEWS

Congratulations to our newly elected Student Council Members!

School Co-Presidents

Kendall Hemsath
Ellie Greenwell

Secretary

Hailey Fullenkamp

Treasurer

Abby Unkraut

Public Relations

Andie Zeis

CONGRATS!



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!

GROWING IN THE CATHOLIC FAITH PRAYERS FOR UKRAINE

On Thursday, March 24 during PPT we will be praying the rosary asking for the intercession of Our Lady of Perpetual Help for the war in Ukraine. All students, faculty and staff are welcomed to attend.

On Friday, March 25 at noon, Pope Francis will be Consecrating Russia and the Ukraine to the Immaculate Heart of Mary. As a school, we will pray the prayer of Consecration at noon. We encourage all parents to join the Universal Church in praying a Hail Mary and an Our Father at that same time.

Campus Ministry



SEE YOU SUNDAY! ORANGE AND WHITE GAME

The juniors scrimmaged against our senior Orange & White flag football team on Sunday to help them prepare for this Sunday's Orange & White Game against St. Ursula. The juniors may have won the scrimmage, but our seniors are more ready than ever to win this Sunday!

Orange & White tickets, hair bows, and tattoos will be available for purchase before school and at lunch starting tomorrow. The game is on Sunday at 4:00 p.m. here at Notre Dame Academy. Show up to support our seniors and support a great cause!

-Tickets- \$10

-Hair bow & 2 tattoos- \$4

STUDYING SHAPES

COLLABORATION IS THE KEY

Ms. Jen Ericson and Mrs. Leslie Litmer recently collaborated by co-teaching Geometry class. They taught their students to do real-world applications to practice their understanding of the learning objectives for finding the area of shapes.





FIRST PLACE FINISHERS FUTURE BUSINESS LEADERS OF AMERICA

Three Notre Dame Academy students took first place in their respective competitions at the Future Business Leaders of America, Region 4 Conference held at NKU on March 9. Sarah Woodrum placed first in a 'Business Law' test. Isabella and Nicolette Cottingham took first place in the 'Marketing' team competition. They will compete at the state level competition later this spring.

WOMEN IN BUSINESS PANDAS ATTEND SPEAKER SERIES

On March 21, 21 NDA students attended a distinguished Speaker Series sponsored by Xavier University's as part of its Center for Women in Business & Leadership. The day-long event included a panel and roundtable discussion of distinguished women leaders, a walking tour of the XU campus, and a luncheon with keynote speaker Kim Alexis Newton.

Mrs. Newton and the other presenters shared their experiences and advice, their secrets to success, and answered questions concerning their personal and professional lives.



GRADUATION INFORMATION

QUE THE POMP AND CIRCUMSTANCE! SENIOR GRADUATION EVENTS

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



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.

Hey senior parents!

You're understandably proud of your daughter. Why not say it with a recognition ad in the yearbook? You get to choose your words and photos yourself, and designing ads is easy and fun! Just follow [this link](#) to get started!



SPRING EVENTS HERE COMES THE BAND!

May 1	SPRING CONCERT
May 24	CCH Graduation (all Band)
May 27	NDA Graduation (all Band)
May 30	Memorial Day Parade in Park Hills





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.



GET EXCITED!

PROM & AFTER-PROM INFORMATION

This year's Prom 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](#).



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.



COZY DEAL

BAMBOOTIQUE SPIRIT WEAR SHOP

There's still a chill in the air Pandas - buy a blanket! All blankets are on sale in the Bambootique this week! You can shop at the online Bambootique [HERE](#).

\$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.



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.

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.

TECHNOLOGY COORDINATOR POSITION OPEN AT NDA

Notre Dame Academy (NDA) is searching for a Technology Coordinator to assist the Technology Director in providing an effective technological infrastructure that supports the educational mission of our school. This year-round position is responsible for supporting the technology needs of students, faculty and staff in an Apple (Macs and iPads) and Google application environment. Duties will include troubleshooting and providing tier one support for the schools 1:1 iPad program.

Ideal candidates will have experience in managing the use of technology in an educational or non-profit setting. Strong communication skills, the ability to multi-task and an excellent customer service disposition is required. Network administration, database management and website maintenance experience is a plus. A minimum of a bachelor's degree is preferred. Salary is commensurate with training and experience.

Please submit letter of interest, resume, and salary requirements to ndahr@ndapandas.org.



**JOIN
OUR
TEAM!**

ATHLETIC DEPARTMENT



PANDA ATHLETIC SIGNING

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.

CELEBRATING STUDENT ATHLETES

ATHLETIC SIGNING

NDA will be hosting an athletic signing April 27 at 4:30 p.m. in the Auditorium. If you are a senior planning to participate in athletics at the collegiate level please make sure the athletic department is aware so we can get you more details about this event!



GREAT SEASON!

SWIM & DIVE WRAP-UP

The Notre Dame Academy Swim & Dive team recently ended their season, finishing 7th in the State Meet, tops among Northern Kentucky schools. The AquaPandas were led by junior Lainy Kruger who won two individual titles in the 200 freestyle (1:46.14) and 100 breaststroke (1:01.34), earning automatic All-American status and breaking school records in both events, and was selected to the All-State team. Freshman Sadie Hartig had two Top 8 individual finishes in the 200 freestyle (6th, 1:54.34) and 500 freestyle (3rd, 5:04.43). Junior Riley Quinn had a Top 16 individual finish in the 200 individual medley (10th, 2:10.01). Lainy, Sadie, and Riley were joined by junior Sophie Anderson for two Top 8 relay finishes in the 200 medley relay (6th, 1:49.37) and 400 freestyle relay (8th, 3:37.53).

Previously, the AquaPandas finished 3rd in the Region 7 Championships. Lainy broke the regional record in the 200 freestyle (1:47.84) and was voted Outstanding Female Swimmer of the meet. Sadie and Riley joined Lainy on the All-Region team. The freshmen finished 5th in the Freshman Regionals and the team finished 2nd in the NKAC Championships.

The pool at Scott HS is being rebuilt, so the team had to travel throughout Kentucky and Greater Cincinnati and compete against some of the top teams in Kentucky and Ohio. The AquaPandas kicked off the season by winning the Flying Turkey Invitational at Keating Natatorium (St. Xavier HS) and finished off the regular season with a 3rd place finish in the St. Henry Winter Classic at Union College in Barbourville, KY.

Congratulations AquaPandas on a great season!

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

from:



www.steeredstraight.org



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.

 CollegeBoard

CLEP



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

Monday, March 28 University of Cincinnati Clermont
Anna Dressman
dressmae@ucmail.uc.edu

Monday, March 28 University of Alabama Huntsville
Sydney Musselwhite
snm0028@uah.edu

ATTENTION JUNIORS

EXTENDED DEADLINE

Juniors! Might Commonwealth Honors Academy (CHA) be something for you this summer? Do you have a 3.50 GPA and a 25 on the ACT (or equivalent PSAT)? Would you like to spend 3 weeks on the Murray State University college campus - making new friends - and gain 6 college credits with the possibility of earning 6 more as a senior?!!

[COMMONWEALTH HONORS ACADEMY](#) IS A FANTASTIC SUMMER OPPORTUNITY! **NEW EXTENDED APPLICATION DEADLINE IS MARCH 27.** Check the website and contact Mrs. Hildreth with your questions!



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.

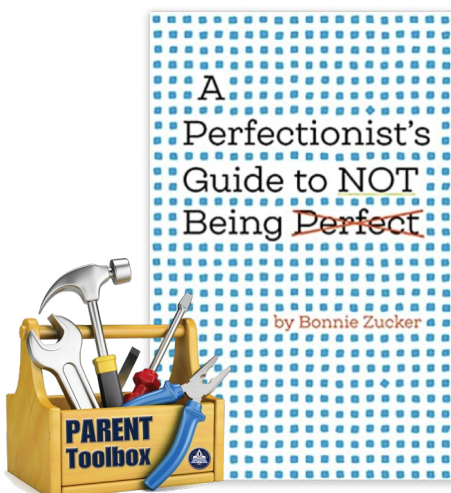
NEW MATERIALS!

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](#).



FOCUS FOR MARCH:

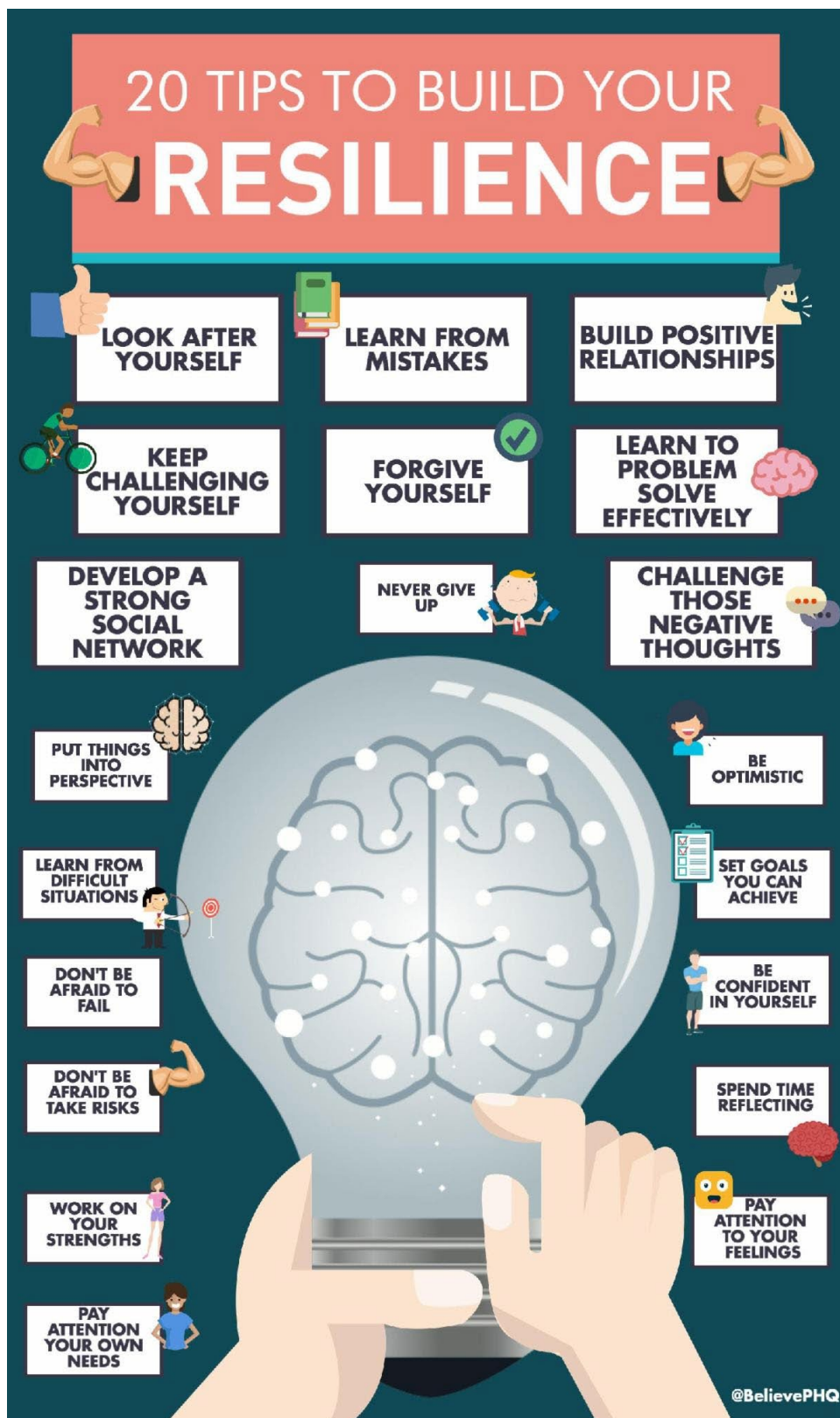
RESILIENCY



1N5

VALUABLE RESOURCES FOR PARENTS

Parents will find valuable resources from 1N5 on [Resilience](#) this month: Articles, Websites, Videos, Books, Toolkits, Activities Podcasts!



ADVANCING OUR MISSION



Help “fill the gap” and make Catholic education more accessible and available to students at Notre Dame Academy.

CLICK [HERE](#) to make a donation to NDA's 2021-22 Annual Fun. Your support of the mission of NDA is very much appreciated!



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 read the latest NDA Alumnae Storyboard feature [HERE](#).



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NEWS

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

- Volunteer this summer at Notre Dame Urban Education Center
- Expand School Choice Before Time Runs Out
- Job Opportunity for Students
- Job Opportunity for Alumnae
- 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 24	Mass in Chapel 7:20 a.m.
March 25	Mass in Chapel 7:20 a.m. Consecration of Russia and Ukraine to the Immaculate Heart of Mary 12:00 p.m. 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 for students Straight Talk for Parents: Alcohol, Vaping and Weed 7 p.m.
April 1	Panda Prowl Kickoff Pep Rally
April 7-10	Spring Play
April 9	Girl Up Day
April 14	Holy Thursday - No School
April 15	Good Friday - No School
April 18-22	Spring Break
April 29	Panda Prowl (ADJ) no classes; early dismissal Prom at Music Hall AfterProm at NKU