



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World

Panda Press Weekly

September 23, 2026

THE *nda* LIFE

Dear Panda Families,

As we move further into the school year, I have been thinking a great deal about what it means to be part of the sisterhood of Notre Dame Academy.

Our students hear us talk often about sisterhood, but sisterhood is more than school spirit or wearing blue and gold. It is found in the way we treat one another every day. It means choosing kindness, including someone who may be feeling left out, speaking to and about one another with respect, and having the courage to stand up for someone when others are not being kind.

Those choices matter.

High school is a wonderful time of growth, but relationships can also be complicated. Our girls are learning how to navigate friendships, disagreements and differences. Part of our responsibility as a Catholic school is to help them understand that every person they encounter is created in the image and likeness of God and deserves to be treated with dignity.

This Friday, every student will receive an NDA Family T-shirt representing one of the four remarkable women of faith for whom our Families are named: St. Rose of Lima, St. Hildegard of Bingen, St. Joan of Arc and St. Gemma Galgani. Each modeled qualities we hope our students will develop: integrity, courage, faith, leadership and compassion.

As our girls put on those shirts and fill the gym with their Family colors on Friday, I hope they remember that belonging to an NDA Family also means belonging to one NDA family. We need each of them to help make this a place where every young woman knows she belongs.

I encourage you to continue that conversation at home. Ask your daughter not only how her day was, but who she sat with, who she included, how she handled a difficult interaction, or whether someone around her might need a friend. Small choices can have an enormous impact on another person.

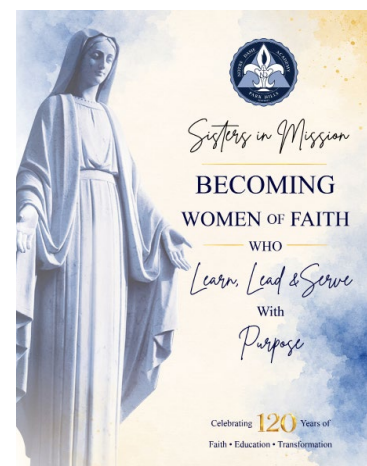
It was also wonderful to see so many of our parents at our Light the Night Gift Gathering Thursday evening at The Standard. Thank you for your continued generosity and support of NDA. If you were unable to attend and would still like to contribute, we can especially use gift cards for Light the Night. Simply send them to the front office and we will make sure they get to our Advancement team.

Thank you for partnering with us as we help our students become women of faith who learn, lead and serve with purpose, and who understand that how we treat one another matters.

Walk in Faith,

Mrs. Lisa Ruwe Timmerding

Mrs. Lisa Ruwe Timmerding '97



Walk in Faith!

CAMPUS MINISTRY



GROWING CLOSER TO CHRIST JUNIOR RETREAT

On September 14 and 21, our juniors took part in a Pilgrimage Retreat. The Pilgrimage retreat seeks to explore the beauty in local Catholic churches as well as through praying litanies and reflecting on ways that we can “Glorify God in all Things” in our everyday lives. We visited Sts. Boniface and James (Ludlow), St. John the Evangelist (Covington), St. Benedict (Covington) and Mother of God (Covington). At each church, students had the opportunity to hear about the history of the church as well as explore the space, art and stained glass windows.



FAITH FORMATION UPCOMING LITURGIES

We will celebrate Mass in our chapel on Friday, September 25 and Tuesday, September 29 at 7:25 a.m. We will pray a decade of the Rosary at 7:45 a.m. on Thursday, September 24 and Monday, September 28.

Our next all-school mass will be to celebrate Foundation Day on Thursday, October 1, 2026, at 9:40 a.m. in the gym.



WALKING THE WALK! ROSARY WALK

On Thursday, September 17, our Girls Gone Holy Group gathered for the first Rosary Walk during PPT. This is an opportunity for students to come together, lifting their voices in prayer and enjoying a walk together. They will hold a Rosary Walk on the third Thursday of each month during PPT. Students wishing to join should sign up for the chapel for PPT on that day.

Student Life



A Mother Daughter afternoon filled with shopping, lunch, a specialty café drink, and your very own flower-bar bouquet.

Cost \$25 per person

OCTOBER 18, 2026
12-3 @ NDA



RSVP BY WEDNESDAY OCTOBER 7, 2026
REGISTRATION WITH QR CODE



MOTHER DAUGHTER MARKET & MINGLE

A SPECIAL AFTERNOON FOR MOTHERS & DAUGHTERS

Join us at NDA on Sunday, October 18, from 12:00–3:00 p.m. for our Mother Daughter Market & Mingle! Enjoy an afternoon together featuring shopping, lunch, a specialty café drink and the chance to create your own flower-bar bouquet.

The cost is \$25 per person. Please RSVP by Wednesday, October 7 using the QR code on the flyer or [THIS LINK](#).



OCTOBER 1

FOOD TRUCK DAY IS COMING!

Get ready for Food Truck Day at NDA on Thursday, October 1! Students can place their orders now for a delicious lunch from this year's food truck lineup.

Orders must be placed by Friday, September 25 at 4:00 p.m. Students who would like to pay with cash may see Ms. Meese in Room 310 or Ms. Jones in Room 211.

[PLACE YOUR FOOD TRUCK ORDER HERE](#)

AMAZING OPPORTUNITY

FIND YOUR PLACE AT NDA!

NDA clubs are a great way to explore your interests, try something new, build friendships and make the most of your high school experience.

If you found a club (or a few!) that caught your interest at Club Orientation, be sure to complete the 2026-27 Club Registration Form [HERE](#) by Friday, September 25.

Once registration closes, club presidents will be in touch with members about upcoming meetings and activities.

Don't miss your chance to get involved, find your people and be part of something you love at NDA!

Get Involved!



ONE SISTERHOOD. FOUR FAMILIES

NEW FAMILY T-SHIRTS BRING NDA'S SAINTS, COLORS AND SPIRIT TO LIFE THIS FRIDAY!

This Friday, every student will receive a special NDA Family T-shirt representing her Family color! Students will wear their new shirts for Friday's pep rally and can continue wearing them on Spirit Wear Days to show their Family pride. Our chaplain, Fr. Kunath, is already showing his Green Family spirit!

Each NDA Family is named for a remarkable woman of faith whose life reflects qualities we hope to cultivate in our students:

St. Rose of Lima – A woman of integrity known for her simplicity, faith and dedication to serving the poor.

St. Hildegard of Bingen – A writer, musician, scientist, artist and leader who became one of only four female Doctors of the Church.

St. Joan of Arc – A courageous young woman who listened to God's call, led boldly and remained steadfast in her convictions.

St. Gemma Galgani – The patron saint of students, whose deep faith and devotion to others remained strong despite significant challenges throughout her short life.

We can't wait to see the gym filled with Family colors and Panda spirit on Friday!



SHOWSTOPPER!

STUDENT SHOWCASE DIRECTOR/CHOREOGRAPHER OPPORTUNITY!

As some of you may know, the theatre department produces three shows per year: a musical, a play, and a student-run showcase. This year, our showcase is Showstopper-themed, highlighting famous show-stopping tunes from classic and contemporary musical theatre. If you are interested in being a student director or choreographer, please fill out [this form](#) by Friday, September 25. Audition and crew information will be sent separately at a later date.



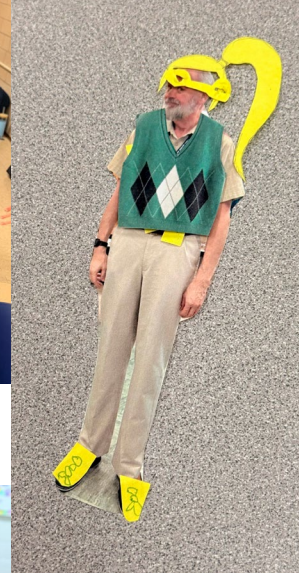


AP LANGUAGE AND COMPOSITION

FUN AND GAMES WITH RHETORICAL TERMINOLOGY

Mr. Hamm's Advanced Placement Language and Composition classes had some fun and games taking place in the classroom yesterday with learning the terminology that will better prepare them for the rest of the year and help them be successful on the AP exam in May.

Last week the students planned and constructed games in teams of 4 or 5 that would challenge their peers with the AP terms. Yesterday, they played the games as a review of these terms. This instructional activity provided the students with three opportunities to learn the materials. First, they used the terminology to construct the games; second, they executed the game their team constructed (serving as another opportunity to get familiar with the terms); lastly, they actually played the game assigned to their team as a third review of the terms all while having a great conversation in a fun and enjoyable way. Oh, and they enjoyed satirizing their teacher with lots of laughs throughout the day as referenced in some of the game boards!



TRAVELING PANDAS

JUNE 2027

EXPLORE SPAIN & PORTUGAL

There are still spots available for students to join an unforgettable 11-day journey through Spain and Portugal! Students will experience the history, art, architecture and culture of the Iberian Peninsula while exploring destinations including Lisbon, Seville, Madrid and Barcelona.

An interest meeting will be held tomorrow, September 24, at 7:00 p.m. in Alumnae Hall for families who would like to learn more. Parents are encouraged to attend, and students are welcome, too. We'll share information about the itinerary, trip details and what students can expect from this exciting educational travel experience.

Interested in learning more? Register for the meeting [HERE](#).

Can't make the meeting? No problem! Be sure to RSVP anyway, and we'll send you the information afterward.

This travel opportunity is open to all students, including current seniors! Please direct any questions to Ms. Dooling (doolingm@ndapandas.org).



JUNE 2028

THE ANCIENT MEDITERRANEAN

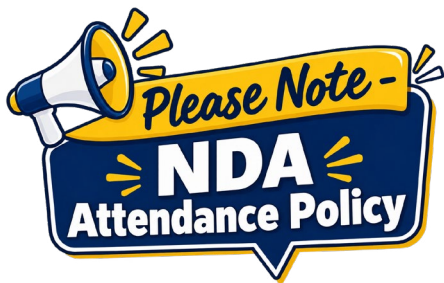
There will be an informational meeting on October 1 at 6:30 p.m. in the Auditorium for parents and students interested in learning more about our summer 2028 international travel opportunity to Italy and Greece.

This journey connects two of the ancient world's most influential civilizations, from Rome's imperial grandeur to Greece's sacred and civic landmarks. By traveling between these two influential civilizations, students will gain a deeper understanding of how the ancient Mediterranean shaped the ideas, art, and institutions that continue to influence our world today.

To register for the informational meeting, please use the link: (<https://rsvp.eftours.com/44kajcx>).

- A \$250 discount is available for early enrollees.
- Enrollment opens at the meeting. Spots will be limited.
- Due to the nature of this itinerary, preferential registration will be given to students currently enrolled in Latin.
- Please email Ms. Barnes with any questions: barnese@ndapandas.org.





REPORTING ABSENCES

ATTENDANCE POLICY

We have a dedicated attendance email for parents to report an absence or early dismissal. Please use this email if your daughter is sick or needs to leave school early: attendance@ndapandas.org. Remember, you can always call the school office with any questions at (859) 261-4300.



DELICIOUS NEWS

CAFETERIA INFORMATION

Wondering what's for lunch? The NDA Cafeteria has plenty of delicious options to keep our Pandas fueled throughout the school day!

Families can visit the cafeteria page on the NDA website to find menus, payment information and other helpful cafeteria details. It's an easy way to plan ahead and see what's cooking at NDA!

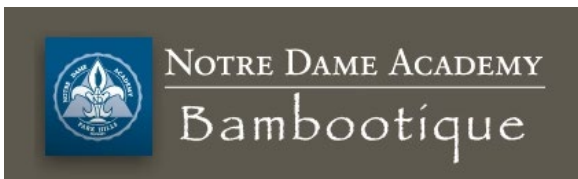
[CLICK HERE FOR ALL NDA CAFETERIA INFORMATION](#)

SHOW YOUR NDA SPIRIT

SHOP THE BAMBOOTIQUE

Show your Panda pride with new arrivals at the Bambootique! From NDA favorites to fresh new gear, there are plenty of ways to show your NDA spirit this season.

Shop at the Bambootique in person or online [HERE](#).





Join FBLA

Meets one Thursday
every month at 7:20AM



Chick-fil-A breakfast
at first meeting



Always food and
drinks



LEARN. LEAD. SUCCEED.

FUTURE BUSINESS LEADERS WANTED!

Interested in entrepreneurship, business, leadership, and experience in the business world? There is a club at NDA for that! Join FBLA (Future Business Leaders of America). Contact FBLA President Lizzy Fite at Fitel27@ndapandas.org more information or with questions.

ATHLETIC DEPARTMENT

FROM THE DESK OF THE ATHLETIC DIRECTOR

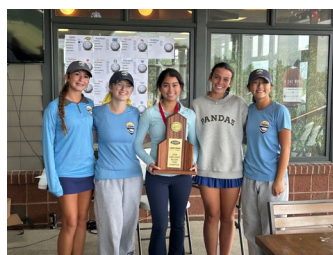
PANDA ATHLETICS UPDATE

Golf

Congratulations to our NDA Golf Team, the 7th Region Champions!

The Pandas competed Tuesday in the 7th Region Championship at Kenton County Pioneer Golf Course and came away with the regional title! This outstanding accomplishment reflects the hard work, focus and determination of our golfers throughout the season.

We are incredibly proud of our Pandas and excited to cheer them on as they continue their postseason journey!



Cross Country

First, a HUGE congratulations to everyone who raced at Williamstown yesterday!

Eleven Pandas ran the course faster than they did the first time!

Top 8 Pandas

Varsity: 2nd, 3rd, 4th & 8th places

JV: 3rd, 4th, 5th, 7th & 8th places

Up this week is our trip to Huntsville to compete in the Twilight PR'ville. Good luck, Pandas! Run fast and represent NDA well!

Soccer

Soccer had another busy week!

Our Freshman team hosted Assumption on Monday and fell 2-1 in a hard-fought match.

On Wednesday, we celebrated our Kicks for Cancer event against Simon Kenton. Unfortunately, the game was cut short due to lightning, and it appears we will not be able to reschedule the remainder of the match. Even though the game was cut short, we were grateful for the opportunity to honor two brave women who have been on their own cancer journeys. We continue to wish them health and strength.

Saturday was Senior Night, and it was a great evening with so many fans coming out to support our Pandas! We hosted West Jessamine and battled hard against the undefeated team, ultimately falling 3-2.

The Pandas bounced back Monday with a 3-1 victory over Holy Cross!

Tonight, we will celebrate our alumnae as we take on Conner High School here at Notre Dame Academy. Let's get one more win before heading into postseason play!

Let's go, Pandas!



Volleyball

Volleyball had a busy and successful week!

On Tuesday night, the Pandas took on Simon Kenton and came away with a 3-set victory!

Next, they faced state powerhouse Sacred Heart and once again earned a 3-set victory!

The Pandas finished the week by taking on Holy Cross on Wednesday and picked up another 3-set win!

Our Freshman team also competed in the LIVT Tournament in Louisville last week.

This week, our Varsity team is traveling to Chicago to take on Marist (IL) on Thursday before competing in the ASIC Challenge on Friday and Saturday.

Good luck to our Pandas as they hit the road! Let's go, NDA!





 BREAST CANCER AWARENESS 

PLAYING *for a* PURPOSE



I Have Wings®
BREAST CANCER FOUNDATION



VOLLEYBALL

BEECHWOOD
HIGH SCHOOL

VS.

NOTRE DAME
ACADEMY



SATURDAY, OCTOBER 10, 2026

LOCATION: BOONE COUNTY HIGH SCHOOL

ORDER T-SHIRTS!



EVENT SCHEDULE

4:30 PM		FRESHMAN GAME
6:00 PM		JV GAME
		I HAVE WINGS SCHOLARSHIP ANNOUNCEMENTS
7:30 PM		VARSITY GAME

BUY TICKETS HERE



TOGETHER WE PLAY. TOGETHER WE FIGHT.

 THANK YOU FOR SUPPORTING OUR ATHLETES AND MAKING A DIFFERENCE! 

STUDENT SERVICES

IMPORTANT INFORMATION FOR PARENTS

SIGN UP FOR DRUG FREE CLUB!



All parents are encouraged to sit with their daughters and sign up for Drug Free Club, the largest club at NDA. All students in Drug Free Club are drug tested, by medical professionals at least once a year with random testing conducted throughout the year. This gives your daughter the opportunity to turn down the offer of trying drugs because they might get tested. At NDA the administration and faculty never find out the results of a drug test. If something is identified by the test, parents will be contacted by the Drug Free Clubs of America parent organization.

At NDA, we work hard to recognize and reward Drug Free Club members with gift cards, goody bags, hot chocolate mornings, popsicle afternoons and more! There is a cost associated with the club to cover the testing, but NDA subsidizes this cost by paying a portion of every student's fee. The final cost to families is \$25 per school year. However, freshman families who sign up for all four years this year will get their senior year free! Signing up for all four years as a freshman means families only pay \$75 instead of \$100 for four years of membership.

To sign up, use the [link found here](#) and reach out to Mrs. Maggard with any questions about the club or how to sign up!

A yellow circle with a white border containing the text "COLLEGE REP VISITS" in white, bold, sans-serif capital letters.

COLLEGE
REP VISITS

PREPARING FOR THE FUTURE

NDA COLLEGE VISIT SCHEDULE

[CLICK HERE](#) for a list of college visits specifically for NDA students and families. The visits are in the hallway outside the cafeteria. All students are welcome to visit the reps.

COLLEGE FAIR OPPORTUNITY

EXPLORE YOUR COLLEGE OPTIONS— ALL IN ONE PLACE!

Students and families are invited to the Northern Kentucky Regional College Fair. Connect with representatives from approximately 50 local and regional colleges and universities, ask questions, explore programs and opportunities, and discover the college that could be the right fit for you.

September 29, 2026 from 6:00–8:00 p.m.

Connor Convocation Center | Thomas More University

Approximately 50 colleges and universities

Before the fair: Register for your student barcode at **StriveFair.com** to make connecting with colleges quick and easy.

Visit <https://bit.ly/NKYRCF26> for more information!



THURSDAY, OCTOBER 22 | 6:00-7:30 P.M. | ST. PIUS X SCHOOL

FREE SUICIDE PREVENTION TRAINING

Learn three simple steps that can help save a life. Join Teresa Haney and Debbie Zegarra from Ethan's Purpose for a free QPR suicide prevention training focused on recognizing warning signs, asking the right questions and connecting someone with help.

SUICIDE PREVENTION TRAINING

FREE



presented by

ETHAN'S PURPOSE;
MY STORY ISN'T OVER YET

Learn 3 Simple Steps to Help Save a Life

Join Teresa Haney and Debbie Zegarra from Ethan's Purpose
for a powerful and practical session on suicide prevention.



You'll learn how to:

- Recognize the warning signs of a suicide crisis
 - Ask the right questions with confidence
- Use the QPR method: Question. Persuade. Refer.
 - Connect someone to the help they need



This training equips you with real tools to support friends, family members, students, or colleagues in moments that matter most.

QPR TRAINING

QUESTION

PERSUADE

REFER



St. Pius X School

Thursday, October 22, 2026

6:00 - 7:30pm



Be prepared. Be aware. Be the difference.

WWW.ETHANSPURPOSE.ORG



Advancing the Mission



THANK YOU, PANDA COMMUNITY!

LIGHT THE NIGHT GIFT GATHERING

What a great evening! Thank you to everyone who joined us last Thursday at The Standard for our Light the Night Gift Gathering. We had such a fun night together, and we are incredibly grateful for the wonderful gifts donated in support of Light the Night for NDA!

There is still time to help! We especially need gift cards to use as part of our auction packages. Restaurant, retail, entertainment and experience gift cards of all kinds are welcome.

Simply drop your gift card off at the NDA school office in an envelope labeled "LTN," and we'll make sure it gets to our Advancement team.

Thank you for helping make this year's Light the Night a wonderful celebration of NDA and our mission!

NOVEMBER 14

SAVE THE DATE!

Mark your calendar for Saturday, November 14, and join us at The Madison Event Center for Light the Night for NDA! This special evening will celebrate the mission of Notre Dame Academy and 120 years of educating young women to make a difference in the world. More details and ticket information are coming soon!

LIGHT *the* NIGHT for NDA

CELEBRATING
120
YEARS
1906-2026

AN EVENING TO
Celebrate
THE MISSION OF
NOTRE DAME ACADEMY

Save the Date!
SATURDAY, NOVEMBER 14, 2026
THE MADISON EVENT CENTER
COVINGTON, KENTUCKY

SPONSOR ATTEND DONATE

FAITH SCHOLARSHIP SERVICE LEADERSHIP

Important dates

September 24	Dress Down Day - \$3 - Uganda Pandas St. Agnes and Prince of Peace Shadow Day Spain/Portugal Information meeting - Alumnae Hall 7:00 p.m.
September 25	Fall Pep Rally
September 29	Non-Feeder Shadow Day
October 1	Foundation Day Panda Sneak Peek Information Night Italy/Greece Meeting 6:30 p.m.
October 4	Golden Graduates Mass and Lunch
October 7	Super Day #1
October 8-9	No School - PD Days
October 10	Playing for a Purpose Volleyball at Boone County HS
October 13	Super Day #2 - Freshman Retreat, ACT
October 15	Alumnae Rosary
October 16	Picture Retake Day
October 18	Mother Daughter Market
October 21-23	Senior Retreat #1
October 22	Freshman/Alum Halloween Party
October 24	NDA/CCH Freshman Halloween Bash - Gardens of Park Hills
October 25	Red Ribbon Week
November 2	Remembrance Mass
November 8	Open House
November 14	Light the Night for NDA
November 19	Alumnae Rosary
November 19	Alumnae Dinner Theatre

COMMUNITY NEWS



SHARING OUR Community News

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

- The Point Car Raffle
- St. Timothy Parish Religious Ed Opportunity
- Support Group for Separated and Divorced
- OCIA Workshop: Marriage, Baptism and the Christian Initiation Process